



UUCP News

Unitarian Universalist Church of the Palouse

May
2018

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This Month's Theme: Creativity

May 6, 10:00 am

Service Leader: Rev. Elizabeth Stevens

Question Box Sunday

Celebrant: Lysa Salsbury

Do you have a question you've been wanting to ask your minister? What are your wonderings, your ponderings, the subjects you'd like to hear more about? Who knows what will happen in this free-form service built around questions submitted on the spot by members of the congregation...

May 13, 10:00 am

INTERGENERATIONAL Flower Communion: Blooming

Service Leader: Rev. Elizabeth Stevens

Celebrant: Ginger Allen

Flowers need certain things to bloom and grow. What do we humans need if we are to realize our full potential? If we are to become the person we are meant to be? We'll be celebrating new members and new babies as part of this service.

(See *Child Dedication* and *New Member Ceremony* descriptions, below.)

May 20, 10:00 am

Bridging Ceremony

Service Leader: Rev. Elizabeth Stevens

Celebrant: Julie Skyving

The focus of this service will be our graduating High School seniors. We'll celebrate them, as well as acknowledging other transitions in the lives of our children and youth.

May 27, 10:00 am

Ending the Pursuit of Happiness

Service Leader: Jay Feldman

Celebrant: Donna Holmes-Parks

This year the Buddha's birthday is celebrated on May 29. One of Buddhism's most fundamental claims is that all people wish to be happy. So, in honor of Buddha Day, our service on May 27 will focus on a Buddhist understanding of happiness and Buddhism's pragmatic approach to being happy.

Child Dedication: Unitarian Universalists believe every child is born in goodness. We also believe that we cannot determine religious beliefs for anyone else, especially for infants. Therefore, a Child Dedication is a celebration of a child's beginning their journey in the world, rather than a cleansing of original sin or declaration of a child's religious affiliation.

A Child Dedication ceremony is a time to remember that all children grow in the world that we are making. In a Child Dedication, the parents, godparents, and the larger community of friends and family dedicate themselves to the spiritual life of the child. A Dedication is also time to introduce a child by name, because it is by our names that we are recognized as unique individuals.

Our next Child Dedication will be held on May 13. **We invite all parents of children who have not been dedicated, regardless of age, to consider having their children dedicated.** If you are interested, please let Rev. Elizabeth or Ginger know!

New Member Ceremony: Are you ready to officially join our congregation?

As part of our flower communion on May 13, we'll welcome new members by covenanting with them as a community. Please contact Rev. Elizabeth or Elisabeth Berlinger if you would like to participate!



Minister's Pages



Minister's Musings: May 2018: A People of Creativity

To be creative means to be in love with life. You can be creative only if you love life enough that you want to enhance its beauty, you want to bring a little more music to it, a little more poetry to it, a little more dance to it.

— Osho

When my boys were little, their favorite activity was "making." I suppose it was my fault. When my older son Sam was little and started to nag about wanting an elephant or a rocket, instead of buying it for him, I would make it for him out of clay, blocks, old socks, or the contents of my recycling bin. I refused to buy merchandise, but all of his undershirts had drawings of his favorite characters—"Mom, will you buy me this Batman t-shirt?" "No, but when we get home, I'll make you one." There were the "rockets" I made out of old seltzer bottles, cardboard, and prodigious quantities of duct tape. We made an elf costume out of a dish towel. We made knight helmets out of old milk bottles.

Over the years, we've discovered we have very different styles of making. My husband, Graham, is very details-oriented. He starts with a plan, collects the things he needs, and then proceeds carefully. As a result, the things he makes actually come out the way he wants them to. I go with the flow. I use whatever materials are at hand. I'm great at improvising, not so good at planning. I never know when I start a project what I'm going to wind up with.

Some of what we make looks to the untutored eye to be a gigantic mess. One winter day many years ago, my dear sons emptied the wood pile onto our coffee table, added various toys and blankets, decorated with chalk and then poured a bottle of bubble soap over the entire thing. They accomplished all this in the five minutes it took me to put the breakfast dishes in the dishwasher. When I walked in and said, "Oh my god, what have you done?" Sam answered proudly, "Well, Daniel says it's a railroad station. But I think it's an airplane factory." It was a laugh-or-cry moment, and I chose to laugh. I let them play with it for an hour or so, and then made them help me clean it up. No harm done, and they had such a sense of accomplishment!

The joy of the creative process is what matters, not the end result. I think in today's society, so much of our art and entertainment gets handed to us on a plate. We leave creation to the experts, and watch tv, go to art museums, listen to professional music, or buy elaborate, wonderful toys (for both grown-up and kids). I certainly wouldn't suggest that we stop doing these things. Appreciation for the arts, for the gifts of others, is an important part of life.

Yet when we sit back and let the experts do all the creating, we become passive observers rather than active participants in the creative process--in life. So this spring, as the creative spirit rises, remember not to judge your creations. Making stuff is healing, energizing, and joyful. The creative process gives meaning to our lives and soothes our soul.

In the Family

Congratulations to: Judy Brown & Steve Cook, whose son Eli & daughter-in-law Sara welcomed Moira Vale Cooke to the world in early March.

Please Hold in Your Thoughts: Melissa Rockwood's sister and her daughter who is having mental health issues; Rod Sprague's Mom, who is not doing well; Pat Scott, who is recovering at Good Sam after a fall; and Nancy Porter, who had a stem implant in late April.

Please notify the office, uuchurch@moscow.com or 882-4328, of any family news to be included here.

~Check out the NEW UUCP website at palouseuu.org~



Minister's Pages



Church Chat: Gospel Music Sunday

Gospel music is nothing but singing of good tidings -- spreading the good news. It will last as long as any music because it is sung straight from the human heart.

— Mahalia Jackson

On June 3, we will gather for an annual tradition: *Gospel Music Sunday*. The service is typically mostly music, mostly tunes that aren't found in our hymnal. And of course, the primary officiant will be Rev. Jim-Bob Weddell.

Rev. Jim-Bob has been showing up to do this almost every year for the last twenty. He gives us a powerful gift; the music he chooses reconnects him to his spiritual roots, which he then plants in the rich soil of our UU values. He shares his history, but he also shares his heart, and in the years I've been around, the contents of that heart have humbled, touched, and informed me in unexpected ways.

This year, being the 20th, is going to be especially wonderful. Jim's son, Wes, a professional musician, is

coming over from Seattle, and will lead us in an original gospel song he wrote, perhaps thinking of his Dad. The other pieces chosen are a sort of "Jim-Bob's Greatest Hits."

For those of us who didn't grow up Southern Methodist, some of the songs may be a little unfamiliar. But they are catchy, and they inspire and enliven -- so long as we sing with enthusiasm and don't worry too much about whether we agree with all of the words. On Gospel Music Sunday, there's no questioning that the Holy Spirit is in the House! (Translate that phrase as needed...but don't think about it too hard.)

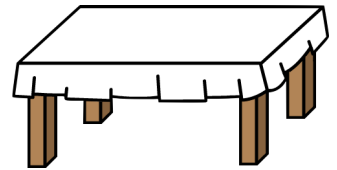
Following the service, we have a "Picnic on the Grounds." People bring potluck dishes to share, and if the weather's nice, we take our plates outdoors. Usually, there's pie. Mmmmm...pie.

This is a Sunday not to be missed. Fact is, when I interviewed with the search committee, and they asked if I was okay with giving over my pulpit to Rev. Jim-Bob once a year, I answered, "Heck, yes! If you call a different minister, could I still come on that Sunday?"

Want to Borrow Tables/Chairs/Etc. from UUCP? Here's How!

It isn't unusual for one of us to borrow something from the church on occasion when we are hosting an event that needs some chairs, or you are putting on a reception and really could use a larger coffee pot. Our plastic chairs graced the stage at the Women's March and again at the Climate March, and are often seen at parties at the McConnell Mansion. Our coffee pot goes to the Renaissance Fair and the Martin Luther King Jr Breakfast. While the church wants to support all these activities whenever possible, sometimes things go missing when they are needed at the church. To make this process go more smoothly, we are instituting a few rules for borrowing.

1. Check the calendar with Summer to be sure that there is not an event at the church that will need the item of interest.
2. Fill out the Lending Log with your name, phone number or e mail address, what you are borrowing, the time the items are taken and the time the items are returned. Of course, be sure the items are clean and in good condition when returned. You may be asked to pay a security fee refundable upon return of the borrowed items.



Thanks in advance for helping to make this easy and stress-free for us all!

UU Church Ren Fair Booth

It is spring time again and the Ren Fair is coming. The UUCP will be a major part of the food court again this year. Once again we are raising money for important causes by selling delicious food at the Renaissance Fair. Our recipient this year is the Syringa Relief fund. We will be selling Black Bean Burritos, tortilla soup and dragon legs (chicken legs), and decadent desserts. Please join us in making this year's booth a success. We will need volunteers to work the booth, make beans, soup and our wonderful desserts as well as a variety of other tasks. To sign up go to Signup Genius at <http://www.signupgenius.com/go/30e0c4aaaa62ba64-renfair2>

Join in helping out with this exciting and traditional UUCP event. Questions? Please contact Ken Faunce at kfaunce@roadrunner.com

Notes from the UUCP Board

It has been an honor and a pleasure to serve on the UCCP Board of Trustees over the past year and half. Being members of the UUCP congregation has meant a great deal to Paula and me. Service on the board is one way I feel I can contribute.

As stated in the UCCP By-Laws, the “final authority in the Unitarian Church of the Palouse resides democratically in the membership” of the congregation. Matters such as the election of members to the Board of Trustees, budget approval and major policy decisions are voted on in a Congregational Meeting.

The UCCP Board of Trustees represent the membership of the congregation. The board provides for the immediate governance of the organization and considers long range planning. It identifies and reviews strategic initiatives to take to the congregation and also provides the structure and support for the general operations of the church.

A current goal of the Board of Trustees is to increase transparency with the congregation. Copies of board meeting minutes will be posted on the bulletin board outside of the Administrator Secretary's office. Board members started wearing distinctive name tags (pale blue) during church services so they can be easily identified by members of the congregation. Please feel free to approach any board member with questions, suggestions or comments. While monthly board meetings are open to the public, there are plans to hold additional periodic discussion forums between interested members of the congregation and the board. These sessions would facilitate communication and offer opportunities for input, questions and answers. Beginning April 22nd, a board member will be reading the announcements at the beginning of Sunday services. This is another way to introduce board members to the congregation.

All members of the UUCP Board of Trustees are receptive to suggestions or questions. Input from members of the congregation is important and valued.

Again, Paula and I are thankful to be welcomed members of the UUCP congregation.

—Gene Siple, UUCP Board of Trustees

~Check out the **NEW** UUCP website at palouseuu.org~

Moscow-Pullman Mindfulness Sangha

We are a group from the Moscow, Idaho and Pullman, Washington area. We meet (Tuesdays, 7:00-8:30 pm, CS) to meditate and discuss mindfulness and Buddhist ideas and how we might apply our practices to our lives. We are a mixture of ages, gender, and degrees of belief, but we're all lay practitioners ranging from those just interested in mindfulness, secular Buddhism, and those who are pursuing further study. We discuss topics with humor, compassion, and encouragement for each other. Each week we begin with a meditation and then discuss a mindfulness topic. All are welcome

May this group:

- Promote a safe and happy community
- Promote a curious and inquiring mind
- Promote a generous and kind heart



Wholly Crones

Wholly Crones is a group of friendly “life-experienced women” who meet on the first and third Tuesdays of every month (September - May) at 1:30 pm. Meetings are held in the Micky Lounge at Good Samaritan, 640 N. Eisenhower, in Moscow.

We invite women of the UUCP to join us. We will explore and discuss a variety of topics such as aging, decision making, women's issues, current events, medical care in America, and spirituality in the second half of life. Feel free to bring a bag lunch or snack. For Questions or further information contact Mary Jo Hamilton, 208-882-0443.

Creative Arts Eliot Camp 2018 for UUs and their Friends and Family

"Creative Arts Eliot" takes place at the beautiful Seabeck Conference Center on Hood Canal in Seabeck, Washington from Saturday, August 11 through Wednesday, August 15, 2018 and offers opportunities for UUs and friends and relatives to enjoy many wonderful aspects of a multi-generational "summer camp" experience while also pursuing an interest in one or more artistic or creative endeavors.

Talented presenters will delight and inspire during a five-day camp full of learning and fun with morning workshops in Poetry, Small Art Quilts, Paper Maskmaking, Improvisation, Photography, Painting, and Song-writing; and afternoon workshops in Theater Games, Dragon Sculpting, and Intermediate Ukulele. An additional morning program, "Active Sports," will be available for those wanting a more physical activity, with biking, hiking, kayaking all possible options based on the interests of those who sign up.

Campers choose one or two workshops to focus on while at camp, and spend the rest of their time enjoying waterfront fun, sports, games, walks, campfires, singing, UU community, worship, cards and board games, evening programs and entertainment, and numerous other planned activities including Firelight, music/talent shows/concerts, and an "Extravaganza" on the last day to celebrate the fruits of everyone's creativity.

For more information, please contact the Eliot Administrator at Eliotregistrar@gmail.com or visit our website at www.eliotinstitute.org.

UUCP Retirees' Lunch— May 3

We meet on the 1st Thursday of each month at 11:30 am in the back room of The Breakfast Club, 501 S. Main, in downtown Moscow. Everyone is welcome, retired or not. Join us for good food and conversation.



UUCP Mah Jongg Party

The May Mah Jongg party will be on Sunday, May 13 so as to not conflict with the Renaissance Fair. Please come to Elizabeth Berlinger's and Tom Bode's home, 2106 Orchard Avenue, Moscow at 6:30 pm. Bring a snack to share and a Mah Jongg set if you have one. Please let them know if you plan to come (208-883-3638; eberlinger@yahoo.com).



Final Facilities Discernment Meeting—Sunday May 6

Please plan to attend the final congregational meeting to discuss and express a preference for one of the four options for future facilities for the UUCP. Options 2-4 are described on the posters in the Fellowship Hall. (The first option is to keep the status quo.) Diana Prorak, Chuck Harris and Mary DuPree are organizing these meetings and will also solicit written input.

The final meeting will be **immediately after the service on Sunday May 6**

Reserve the UUCP Space You Want to Use

If you want to hold an event at UUCP, whether it's a small meeting or a massive party or anything in between, please be sure to reserve your space ahead of time. Call 208-882-4328 or email uuchurch@moscow.com—the Secretary will need to know the date, start & end time of your event, and the space you want to use. It is helpful to have an alternate date or two picked out in case the space isn't available on your first-choice date.

If there is no space available at UUCP for a UUCP-related event, space is often available at the 1912 Center. You can either set up the rental yourself and have the bill sent to UUCP, or you can request that the Secretary set up the rental (and UUCP will cover the bill).

If you want childcare for your event, you MUST contact Ginger Allen as early as possible to see if child care workers are available.

Make your reservations as early as practical, to avoid last-minute panic. A minimum of one week is recommended (the Secretary's office hours are limited, especially in the summer, so it may take some time before your phone or email message gets a response) but we can sometimes accommodate last-minute changes of plans, bad weather, etc.

Religious Exploration News—This Month in RE

2017-2018 Religious Exploration Children's Classes and Curricula

Children ages prek-8th grade attend the first part of our 10:00 am service and begin classes in the Yellow House after the Time for All Age portion of the service. Classes run until 11:30.

Middle School Our Whole Lives and High School Youth meet 12:00-2:00 in the Yellow House.

Nursery care for children aged birth – 4 years old is available from 9:45-11:30 each Sunday.

Prek (age 4*) - First Grade: Spirit Play

Meets in Yellow House Basement; 10:00 am Service

Spirit Play is a model of Religious Exploration that invites children to create their own spiritual expressions and reflect on their own understandings of faith, spirit and story. Drawing inspiration from the Montessori Method, this class centers around hands-on stories that illustrate our values and faith which are followed by open ended ‘wondering questions’ which invite children to express their own thoughts and understandings of the concepts presented. Children then are invited to reflect through self-chosen spiritual tasks around the classroom which will include art responses, spirit work such as yoga and creating with blocks, a reading nook, and re-exploring stories.

Grades 2-3: Soul Matters

Meets in Yellow House Main; 10:00 am service

Soul Matters is a way of transforming our religious exploration classes to dive deeper into the themes that shape our lives and to connect us with our larger church community. Each month the whole church will embark on a new theme which will be explored through experiences in story, song, service, movement, activities and connection to ourselves and others. Each week we will look at the monthly theme through a new lens, allowing each child to fully connect in his or her own way. The monthly themes for the fall include Welcome, Courage, Abundance and Hope.

Grades 4-8: Soul Matters

Meets in Yellow House Youth Room; 10:00 am service

Our older elementary children and middle school youth are also embarking on our Soul Matters journey. They will explore the same themes as the younger and older youth through age appropriate activities, service, and engagement of self. Note that this class is available for all middle school youth regardless of their participation in the OWL program which occurs after church. In this way all of our middle school youth are served in each Sunday morning.

Middle School OWL

Meets in Yellow House Main, 12:00-1:30 pm Sundays (schedule varies)

Our Whole Lives (OWL) is a comprehensive sex and relationship program that views sexuality as a vital part of our human and spiritual self. With a holistic approach, Our Whole Lives provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity, sexual orientation, sexual health, and cultural influences on sexuality. This program requires a parent orientation and firm youth commitment through the church year. **We have completed our OWL program for the year! Middle school youth are invited to be part of the 4-8th grade 10:00 am programing.**

Grades 9-12: Youth Group

Meets in Yellow House Youth Room (Upstairs); 12:00-2:00 pm most Sundays

This group is encouraged to take leadership over the direction and function of their group. They will be also using the Soul Matters theme of the month to guide their engagement in the group, the church and our community. Facilitated by amazing youth leaders from our church, this group can be seen going on a summer rafting trip, attending area youth conferences, becoming involved in community events and justice work, as well as hanging out and being offered the space to find their own spiritual paths.

~Check out the **NEW** UUCP website at palouseuu.org~

This Month in Religious Exploration—Soul Matters Theme: Creativity

May 6

Spirit Play (ages 4-1st Grade): Spring Art Project. We will be looking at fine art and thinking about signs of spring in order to create spring art which will be hung in the basement of the church in our rotating art exhibit area. Come and create a beautiful piece of work to be on display for the whole congregation to admire!

Grades 2-3 and Grades 4-8 (separate classes): Spring Art Project. We will be creating spring art to be hung in the basement of the church in our rotating art exhibit area. Come and create a beautiful piece of work to be on display for the whole congregation to admire!

Our Whole Lives (Middle School): We have completed our OWL program for the year! Middle school youth are invited to be part of the 4-8th grade 10:00 am programing.

High School Youth Group: Due to Ren Fair we will not be having formal programing this weekend. Please consider signing up for the church booth to volunteer and help out!

May 13

Flower Communion Sunday; Mother's Day and Child Dedication: One of our uniquely UU Celebrations, Flower Communion is our annual all ages celebration of diversity, spring and flowers. We will also be holding our annual Child Dedication, a blessing of new children and families in our community. The Nursery is open for our youngest children, but no other classes will be held. Bring a flower to share in service.

High School Youth Group: No Class due to Flower Communion and Mother's Day.

May 20

Spirit Play (ages 4-1st Grade): *Flower Communion Story*. We will expand on our flower communion experience the week before through story and real flower arranging. This will help them process and discover further meaning of this important UU Celebration.

Grades 2-3 and Grades 4-8 (separate classes): "We each have a piece of the puzzle." Today we will hear a story where each character has a different perspective on the same large object and begin to think about how we can all hold a different truth.

Our Whole Lives (Middle School): We have completed our OWL program for the year! Middle school youth are invited to be part of the 4-8th grade 10:00 am programing.

High School Youth Group: 12:00 noon "Service Sunday" meet at a local home of a congregant to help with yard work. We will have snacks but not a full lunch. Thanks!!

May 27: Memorial Day

Spirit Play (ages 4-1st Grade): Feast Day. Today we build our community through shared snack, sharing our joys and sorrows, and work time in our classroom.

Grades 2-3 and Grades 4-8 (combined classes): Memorial Day Children's Chapel. Come and think about the ways we remember those who have left our lives. We will make memorial stones and place them in the children's garden.

Our Whole Lives (Middle School): We have completed our OWL program for the year! Middle school youth are invited to be part of the 4-8th grade 10:00 am programing.

High School Youth Group: No Class Due to Memorial Day Weekend

Soulful Parenting, our Parent Support Group, will continue to meet through the summer. Dinner and childcare provided, 2nd and 4th Wednesday 5:30-7:30 pm in the Church Basement.

Our next **Parent Night Out** will be in June. Watch announcements for dates and information on signing up.

Our summer RE program will be "Connections". Look for more information in the June Newsletter!

Living the 7th UU Principle The World You Want Is Up to You:

Victoria Seever Promotes the 7th Principle in Downtown Moscow With a Edible Park

At a recent Moscow City Council Meeting, Victoria spoke in favor of the proposed Edible Park Exchange. "A friend and I looked over the area last Friday. I also walked through the old UI Arboretum last Wednesday for a comparison.



While there, another senior citizen and three students also walked through the Arboretum....I visited the old Arboretum fairly often as a student and as an employee at UI. Sometimes I still go there. The Indian Hills edible arboretum would even more broadly draw visitors of varying ages and interests."

She continued, "A small amphitheater at the bottom of the park shelter ...would encourage usage, including school field trips to learn about trees, pollinators, Palouse geology easily seen there, as well as being a spot for people to [spend a quiet] moment. It

would offer an attractive entry to Moscow to feature sustainability and scenery. All parks do not have to be playgrounds, and kids can run through a forest with their imaginations." She continues, "Tonight I heard the edible forest would be pesticide-free, and as I'm on the Sustainable Environment Commission, which has been exploring pesticide-free feasibility in our parks, I can assure you that it will be {welcome}."

In conclusion, "And it will draw the broader Moscow community because of the view, openness, and our natural affinity for trees." As Victoria began her statement, "I support this parkland exchange. Nuts, fruits, berries and even herbs in a forest setting is exciting."

Water Saving when Using the Church Dishwasher (and maybe at home, too):

Scrape food residue off the dishes. **Do not rinse dishes under running water.** Use the small white dishpan to soak the dishes briefly and scrub off any remaining food. The water does not need to be hot. Put the dishes into the racks without further rinsing. Our dishwasher deals very well with greasy films so don't worry about how dirty your rinse water in the pan gets. There are rubber gloves under the sink you can wear. Run the dishpan through the dishwasher when you are done.

Reduce, Reuse, Recycle: a Note on Church Recycling

The church now has regular single stream curbside recycling pick-up. For many Moscow residents, it should be a very familiar process. There are bins in the church and Yellow House kitchens. Materials do not need to be sorted, but it is very important to only include the proper materials. The instructions are posted in both kitchens.

A few key points:

- NO GLASS. There is a separate bin for glass in the church kitchen. We haul it to the recycling center ourselves. Empty the containers, rinse and discard the lids.
- Plastic: NO LIDS. Please rinse containers and discard the lids. China has announced that they are no longer buying recycled plastic from the US. Disposables plastic water bottle are a huge component of plastic waste, use a refillable bottle. Don't drink soda from plastic bottles (better yet don't drink soda; you know why).
- Cardboard Pizza boxes: YES! They are acceptable. Be sure to throw out the greasy inner liner, though.
- Half & Half Cartons: Yes, they can go in the single stream containers. Be sure to rinse and the containers and discard the lids. Same for milk, juice and broth cartons.

When in doubt, leave it out!

I'm happy to answer your recycling questions.
Margaret Dibble m-dibble@hotmail.com



Help UUCP with Best Western Seasons Restaurant Receipts

Bring your receipt from dining at the Best Western Seasons Restaurant (the restaurant receipt, NOT your credit card receipt) to the UUCP, and each month Best Western will write UUCP a check for 10% of the total! Receipts can be mailed to the church (PO Box 9342, Moscow, ID, 83843), deposited in the office drop box, or added to the collection plate on Sundays. Questions? Mary Jo Hamilton, 208-882-0443.

May 2018

YHM — Yellow House, Main Floor
 YHB — Yellow House, Basement
 YH2 — Yellow House, Second Floor
 CS — Church Sanctuary
 CB — Church Basement

Sunday	Monday	Tuesday	Weds.	Thursday	Friday	Saturday
6 10:00 am Service 11:15 am Facilities Disцерment Mtg, CS 12:00 pm Youth Group, YH 12:00 pm New to UU Wkshp, CB <i>Renaissance Fair, East City Park, Moscow</i>	7 10:30 am Exec. Comm Mtg, CB 6:00 pm Grief Support Group, CS 6:00 pm Refuge Recovery, YH2 7:30 pm PPQ, CB	1 1:30 pm Wholly Crones, Good Sam Micky Lounge 7:00 pm Bridge Grp II, CB 7:00 pm Moscow-Pullman Mindfulness Sangha, CS	2 4:30 pm PRDC Mtg, YHM 6:00 pm PFLAG, CB	3 11:30 am Retirees' Luncheon, The Break-fast Club 7:00 pm Choir, CS	4 7:30 pm Folk Dancing, CB	5 <i>Renaissance Fair, East City Park, Moscow</i>
13 10:00 am Service <i>Flower Communion, Child Dedication, & New Member Ceremony</i> 12:00 pm Youth Group, YH 12:00 pm Green Sanctuary Comm Mtg, CS 6:30 pm Mah Jonng, members' homes	14 6:00 pm Refuge Recovery, YH2 7:30 pm PPQ, CB	15 1:30 pm Wholly Crones, Good Sam Micky Lounge 7:00 pm Bridge Grp II, CB 7:00 pm Moscow-Pullman Mindfulness Sangha, CS	16 6:30 pm Board Mtg, CS	17 7:00 pm Choir, CS	18 6:00 pm Fund-raiser Dance for Syringa Residents, CS & CB	19 2:00 pm Piano Concert, CS 4:00 pm Chants to Dive Deep, CS 6:00 pm Piano Concert, CS
20 10:00 am Service 11:30 am Worship Comm Mtg, Rev. Elizabeth's Office 12:00 pm Youth Group, YH 12:00 pm Env. Task Force, CS	21 6:00 pm Refuge Recovery, YH2 7:30 pm PPQ, CB	22 7:00 pm Bridge Grp II, CB 7:00 pm Moscow-Pullman Mindfulness Sangha, CS	23 5:30 pm Parent Support Group, CB & CS & YH	24 7:00 pm Choir, CS	25 7:30 pm Folk Dancing, CB	26
27 10:00 am Service 11:30 am SGM Facilitators' Mtg, Ginger Allen's office 12:00 pm Youth Group, YH	28 6:00 pm Refuge Recovery, YH2 7:30 pm PPQ, CB	29 7:00 pm Bridge Grp II, CB 7:00 pm Moscow-Pullman Mindfulness Sangha, CS	30	31 7:00 pm Choir, CS		

May Events

Tuesday May 1

Wholly Crones, 1:30 pm, Good Sam Micky Lounge

Wednesday May 2

Paradise Ridge Defense Coal. Mtg, 4:30 pm, YHM
PFLAG, 6:00 pm, CB

Thursday May 3

Retirees' Luncheon, 11:30 am, The Breakfast Club

Saturday May 5 & Sunday May 6

Renaissance Fair, East City Park, Moscow

Sunday May 6

Facilities Discernment Mtg, 11:15 am, CS
New to UU Workshop, 12:00 pm, CB

Monday May 7

Executive Committee Mtg, 10:30 am, CB
Grief Support Group, 6:00 pm, CS

Wednesday May 9

Parent Support Group, 5:30 pm, CB & CS & YH

Thursday May 10

Latah Co. Human Rts Task Force, 4:00 pm, CB
Palouse Prairie Found. Board Mtg, 7:00 pm, YHM

Sunday May 13

Flower Communion, Child Dedication, & New Member Ceremony during service, CS
Green Sanctuary Mtg, 11:45 am, CB
Mah Jongg, 6:30 pm, members' homes

Tuesday May 15

Wholly Crones, 1:30 pm, Good Sam Micky Lounge

Wednesday May 16

Board Mtg, 6:30 pm, CS

Friday May 18

Fundraiser Dance for Syringa Residents, 6:00 pm, CS & CB

Saturday May 19

Piano Concerts, 2:00 pm & 6:00 pm, CS
Chants to Dive Deep, 4:00 pm, CS

Sunday May 20

Worship Committee Mtg, 11:30 am, Rev. Elizabeth's office
Environmental Task Force Mtg, 12:00 pm, CS

Wednesday May 23

Parent Support Group, 5:30 pm, CB & CS & YH

Sunday May 27

Small Group Ministry Facilitators' Mtg, 11:30 am, Ginger Allen's office

Sunday June 3

Gospel Music Sunday!

Dates to Remember— Mark Your Calendars!

Mondays:

Refuge Recovery, 6:00 pm, YHM
Purple Paisley Quilters, 7:30 pm, CB

Tuesdays:

Bridge Group II, 7:00 pm, CB
Moscow-Pullman Mindfulness Sangha, 7:00 pm, CS

Thursdays:

Choir, 7:00 pm, CS

Fridays:

Folk Dancing, 7:30 pm, CB

Sundays:

Service, 10:00 am, CS
Youth Groups, 12:00 noon, YH

UUCP Staff Information

Rev. Elizabeth Stevens, Minister

Phone: 208-310-5937

Email: revestevens@gmail.com

Mondays 3:30-5:00 at UUCP

Wednesdays 3:30-5:00 pm at Cafe Artista (Moscow)

Thursdays 3:30-5:00 pm at Cafe Moro (Pullman)

Also by appointment

Ginger Allen,

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Tuesday & Thursday 1:30-3:30 pm

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2018 UUCP Board

Joe Pallen, **President**

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UUCP Environmental Task Force May 2018 Report

"Culture is not a vault. Just like the seeds of a plant, you have to live part of it. You have to make part of it alive." This wisdom comes to us from Mohawk Steve McOmber. It introduced a discussion on native plant life at the April Nimiipuu Protecting the Environment Summit. Ethno-Botanist Nan Vance led us on a photo journey of the plants of the Columbia River basin which stressed the importance of the need to concentrate on preserving the habitat for the wild treasures we are so fortunate to enjoy. Emily Brown shared information on plants in the wild that the Nimiipuu plan to use to inspire their young people. We left with a wealth of knowledge from indigenous culture.

Another group we support is the Palouse Clear-water Food Coalition. At their recent meeting, Pat Rathmann volunteered to work on pollinators and food waste at the next 2019 Food Summit.

Pat and Nancy Chaney discussed a possible book discussion group using "Big Hunger" as our first selection. Any one interested in joining the group should contact Pat for more information.

We are still working with some Alaska federated tribes to publicize their efforts to defeat the Pebble Mine in Bristol Bay. George Bedirian shared some links to excellent information available online. We have sent a list of questions to Lindsay Layland, Deputy Director, of the Bristol Bay United Tribes. We hope to follow that up with a meeting with an aide of Senator Maria Cantwell who has expressed an interest in the issue.

After tabling at both the Moscow Coop and the

UI Sustainability Bike Fix, we held our fourth Reduce Your Carbon Footprint under the able direction of Nils Peterson. The recycling question was discussed as it will become an even greater problem now that the Chinese are buying less of our plastics. At our April planning session, we decided to focus on that next year. We have several possibilities for films and public presentations. Our new member Aletha Lassiter will help with a talk on personal recycling ideas.

We were very pleased to host author and wolf expert Beckie Elgin for several events discussing her book "Journey, The Amazing Story of OR-7, the Oregon Wolf that Made History." Beckie's visit was in conjunction with the documentary, "OR-7: The Journey" that we showed at the Kenworthy as our 2018 Earth Month event. This was an excellent lead in to the July Speak for Wolves workshop in West Yellowstone.

We'll participate in the September Free the Snake Flotilla publicizing breaching the four lower Snake River Dams. Alli Jackson will help with suggestions on obtaining large canoes for folks who are not able to do their own individual paddling.

Mohawk Rowan White shares his belief that "when we turn to the very hopeful act of planting a seed, we move towards a balance of choosing hope over fear. Thus it's a potent form of prayer and activism." As we end Earth Month, our group chooses this form of activism in the climate we live in today. Please join us at our next planning session after church on May 20 to plant another seed of activism in our community.

The Green Sanctuary

April 22 was Earth Day. This year's theme was "End Plastic Pollution". The organizers are asking each of us to take responsibility for the plastic in our lives- to reduce, refuse, reuse, recycle and remove plastic. Here are a few statistics about plastic pollution.

- The production of plastic uses approximately 8% of the world's oil production.
- Total plastic production from the 1950's to Dec. 2017 has been estimated at 8.3 billion metric tons.
- 8 million metric tons (1.6 million elephants) of plastic pollution enters the oceans every year. Some of it finds its way in or on sea birds, turtles, and even many fish species.
- It takes 500-1000 years for most plastic to degrade. As plastic products age, they break down into smaller and smaller particles - microplastics.
- Microplastics have been found in water sources across the globe.
- Secondary microplastics are created from plastic waste like plastic bags, plastic packaging and plastic straws.
- 500 million plastic straws are used in America per day. They are in the top 10 items found in beach clean-ups.

Make a commitment to reduce, refuse, reuse, recycle and remove plastic from your life. The GSC will be sponsoring a talk/forum in May or June on everyday ways to reduce and remove plastic from our lives. Watch the Upcoming Events notices for the date.

Soul Matters: Suggested Spiritual Exercises

Option A: The Big Art of Your Life

All the arts we practice are apprenticeship. The big art is our life. - M.C. Richards

You don't have to know how to use a paintbrush or put words into poetry to be an artist. Creation is something we do with our very living. We are all composing numerous projects and pieces with our relationships, activism, parenting and jobs. And yet we don't often think of our daily living that way. So this exercise asks us to put our life through this artistic lens. To do so, meditate and reflect on this question this month: ***What am I building, constructing, composing, planting or recreating with my life?***

Option B: A Creative Response

Ideas about creativity abound. It is a rich area of discussion and thought...so rich that we can get stuck at this level of abstract discussion and debate. This exercise invites us to bring thoughts about creativity down to earth, to turn our creative insights into creative action. To help, we've gathered a number of videos from one of the most followed young thinkers on the internet, Jason Silva. He has a brilliant mind and infectious energy. He brings ideas alive in a way that few can. This exercise invites you to take Silva's passion and creatively connect it to your daily living.

Take a day or a week and reflect on the seven videos below. Find the one where Silva's passion connects with your own. ***And then DO something with it.*** Once you've identified the insight that grabs you, find a way to respond with an action of some kind. Change your behavior. Try something new. Create something with a friend. Take a risk of some kind. It's all about allowing your altered and inspired thinking to alter and inspire your living.

- **Creativity is Madness**

<https://www.youtube.com/watch?v=US18sczUnTk&list=PLF7eeGkHcenS75D3X73YfcSAQ1QPKxUxf&index=3>

- **How Our Creations Change Us**

<https://www.youtube.com/watch?v=hHCo9U4jxzE>

- **How Being Bilingual Enhances Creativity**

<https://www.youtube.com/watch?v=7lp6Bxyp0Ek&index=4&list=PLF7eeGkHcenS75D3X73YfcSAQ1QPKxUxf>

- **How We See Ourselves Through the Eyes of Others**

<https://www.youtube.com/watch?v=mykdIUyLPD4>

- **What is Creativity?**

https://www.youtube.com/watch?v=tYbA_-mAtUY&t=14s

- **The Ecstasy of Art**

<https://www.youtube.com/watch?v=6iHwPfirUg&list=PLF7eeGkHcenS75D3X73YfcSAQ1QPKxUxf&index=8>

- **Can Suffering Inspire You?**

<https://www.youtube.com/watch?v=Sb9KbVqW0zY>

Option C: A New Trip to the Art Museum

A trip to the museum; It means many things. We go to check out the new exhibition. We compare the technique of the artists. We learn a little art history. Every eighth or ninth piece, we talk about being moved. But we rarely talk about the trip as a spiritual practice or think of what we're doing there as meditation. **Go to your local museum to meditate.** We have a new museum to explore in Pullman...

Option D: Create & Give

This exercise invites you to explore the relationship between creativity and generosity. Often the creative impulse involves expressing yourself, but it's also about using yourself for the sake of others. Another way to put this is to say: we create in order to heal and help. Creativity is not just about bringing something new and original into the world; it's also about bringing beauty, kindness, joy and affirmation to others.

So, give some thought to how the people around you need beauty, kindness, connection, joy or affirmation. Then pick one person from the bunch and create something for them. The gift can be as simple as a baked good or as elaborate as a painting. The most important thing is to figure out what that gift is a conduit for. Are you offering it to bring a bit of joy or fun into their life? Are you sharing it to reflect one of their wonderful qualities back to them? Is your gift a means of helping them hold on to something they loved but recently lost?

Month of Sundays—May 2018

This month our Month of Sundays collection will go to our **Weekend Food for Kids** program.

St. Mark's Episcopal Church and UUCP jointly run this program every summer – this will be our fifth summer. The program provides bags of food for children from food-insecure homes in Moscow and Latah County to take home during the summer weekends.

The bags contain two breakfasts, two lunches, two dinners, two snacks plus fresh fruit, milk and fruit juice. We distribute the food bags every Friday at the same site where the Moscow School District's free lunches in the park are served.

We are anticipating that the program will run for 11 weeks this summer. We are planning for 120 students per week, so 1320 bags of food. Cost of a bag of food averages around \$7.00.

Our program is all volunteer. All funds donated go directly for food purchase. We are lucky to have donors who provide fresh local fruit in the second half of the summer. We rely on donations from Service Clubs, churches and occasional small grants to provide the funds for the food. Please consider donating to help us keep children healthy and well fed during the summer.

Soul Matters: Questions for May

Your Question

As always, don't treat these questions like "homework" or a list that needs to be covered in its entirety. Instead, simply pick the single question that speaks to you most and let it lead you where you need to go. The goal is to figure out what being a part of a people of balance means for you and your daily living. So, which question is calling to you? Which one contains "your work"?

1. Do you know what are you building, constructing, composing, planting or recreating with your life?
2. Are you as "creatively maladjusted" as you'd imagined you would be?
3. When was the last time you created (or helped create) something that will outlive you?
4. Who is in the way of your self-expression?
5. Are you being called to help someone else see themselves as a piece of art?
6. Is it time to recreate yourself?
7. What around you needs put back together again?
8. They say creativity comes with a cost. Are you trying to achieve creativity but avoid the cost?
9. There's creativity in tearing things down. What in your life needs creatively deconstructed so new life has room to grow?
10. How often do you give yourself the gift of inspiration? Tell me again why you think you can go without it for weeks at a time?
11. When was the last time you woke up feeling like the new day was a blank canvass?
12. Do you feel like you create your days or like they create you?
13. Do you make space for the muses?
14. Are you trying to create alone?
15. Who says we organized, responsible, spreadsheet-loving types aren't creative (in our own way)?!
16. They say we shape our gods and then they shape us. How is the shape of your god shaping you?
17. What's your question? Your question may not be listed above. As always, if the above questions don't include what life is asking from you, spend the month listening to your days to hear it.

Continued from previous page

Option E: Capture Creation

This exercise invites you to explore the relationship between creation and attention. So much of creativity is about attention: seeing connections, noticing the new, looking at things in a new light, appreciating what is trying to be born. And along with greater attention comes greater appreciation. The more we notice how abundantly creative this world is, the more we realize how lucky we are to be a part of it. So to honor this, make time this month to ramp up your appreciation and refine your attention by **taking a picture of one "act of creation" each day.**

You decide what counts as "an act of creation." What it is matters less than you noticing it. Many of us have a cell phone to make it easier, but if you don't have one, carry a camera.

PPQ News



The PPQ had a visit from long-time member Mike O'Neil this month. He has moved to the Tri Cities to take care of his elderly but very active Mom. He's also taken on two jobs in his retirement - a full time AmeriCorps position with Second Harvest, working in their food distribution center, and a weekend job with Hillcrest Memorial Center transporting bodies and working at the Funeral home. He's still active in the Village Bicycle Project and returns to Moscow to act as an advisor to his fraternity. We were glad to see him, especially since he brought a big box of very fresh asparagus for us to purchase. Thanks, Mike!

We are happy to report that the quilt commissioned by Kate Beasley for her son Kennan was delivered on his birthday. We haven't heard what his reaction was, but we thought it turned out great. Happy Birthday, Kennan.

Now we are beginning the hand quilting on our next raffle quilt, a vintage Dresden Plate top. We have decided to do a LOT of hand quilting on this one, so it will take us a while, but it will be very special when it is done. Want to learn to quilt? Come and join us any Monday night, 7:30 pm in the church basement. Work also continues on the braided rug we are making for the kids to sit on in the sanctuary during the children's story. The work goes slowly because only one person can work on it at a time.

Enjoy the beautiful spring weather.

UUCP Upcoming Family Promise Weeks at The Yellow House:



Sunday June 24—Sunday July 1
Sunday July 1—Sunday July 8
Sunday September 16—Sunday September 23
Sunday September 23-Sunday September 30
(Guests will stay in the Yellow House, but
hosting duties will be covered by two LDS
Wards)

On the first Sunday of a stay, we set up at 1:00. This allows our RE classes and childcare to take place as usual in the Yellow House. On the second Sunday of a stay, we pack up by 9:00 to allow classrooms to be set up again.

Social Justice Update

Spring is here and summer is on the way. People will be enjoying the weather outside, and working in their yards. Social Justice Events slow down over the summer, but we as UUs can still be active. While you are out enjoying the weather keep an eye out for activities related to social justice.

Be aware of injustice around us. Important issues will not take a break even if school is out and we move into summer mode. The UUCP supports Black Lives Matter, LGBTQ activities, and movements for equal right and equity, so keep an eye out where you can help. We need to be aware of immigration issues, support DACA, and stand against acts of discrimination and violence.

Young people at our high schools and middle schools took action with a walk out against gun violence on April 20. We need to stand and support them in their work. We as UUs need to be allies to all groups and individuals that face discrimination for whatever reason.

Also, we need to recognize our own privilege. I know this can be difficult, but by recognizing our privilege and using that privilege for social justice we can become better allies to those who are vulnerable. We all make mistakes, but admitting our mistakes and educating ourselves we can move forward.

Speak up when you see injustice, take a stand on issues that matter to you. At times all of us could make a comment or comparison that is discriminatory or demonstrates our privilege (whatever type of privilege that is). Be willing to learn and grow when you are called out for this mistake. It is very easy to become angry or defensive, I have done this myself, but take a breath and think about the situation from a different perspective. Be open, honest and understanding. Ask questions and educate yourself. Only by recognizing and acknowledging the privilege we and others enjoy can we become true allies. Attend events and rallies when possible, show support, contact your legislators, and donate your time.

The Moscow Renaissance Fair is coming up on May 5 & 6. The UUCP will have our usual food booth for the event. All money raised will support the Syringa Relief Fund. Please help out!

We need help with setup and take down, booth shifts and people to make soup, black beans and desserts. Look for the Signup genius link in the newsletter and the church Facebook page.

Also, on May 18 there will be a benefit dance at the church for the Syringa Relief Fund.

Keep in mind the Pride March and Pride Festival on August 26. We would love to see a large group of UUs participating. Also, mark your calendars for September 22, 2018 for the next Finding the Center Action oriented Human Rights Conference. This important conference provides hands on activities related to Social Justice. If you have any questions please contact me.

—Ken Faunce, Social Justice Coordinator

Refuge Recovery, Mondays in the Yellow House

Refuge recovery is a non-theistic, Buddhist-inspired approach to recovery from addictions of all kinds. We are a community of people dedicated to the practices of mindfulness, compassion, forgiveness, and generosity, using meditation and kindness to heal the pain and suffering that addiction has caused in our lives and in the lives of those around us.

Our weekly peer-led meetings include guided meditations, readings from the book *Refuge Recovery*, and group sharing and discussion.

We meet every Monday night at 6:00 pm in the Yellow House.

Communication and Connection

Sydney Rozen's column on April 14 in *The Daily News* spoke eloquently of making connections after living on the Palouse seven years. One could skip the writing you are reading now and simply go read hers. And one doesn't have to have moved from Seattle to Moscow to feel isolation at having been dislocated from home. You could be a young adult walking across a campus many states away from where you were raised. You could be recently divorced and along with losing a life partner, many friends and common ground has been fractured as well. You could be a migrant, seeking a place in a very different culture and struggling with a new language to even be heard.

The contexts are as varied as are the people who find themselves in them. For some, there is adventure and opportunity. For others, it is literally a matter of life or death, of justice, liberty and bread. No matter the why, how does one begin? The common path for all is in connection. As charmed as the ego is with itself, it craves connection. As self-sufficient as we can be, we do not flourish completely on our own. As comfortable as one may be in one's skin and digs, we have an innate desire to reach out and be a part of something bigger than ourselves. To build, to heal, to learn, to give and receive. To brilliantly greet a morning on a delightful day is not done without connecting to the joy of that day no matter the weather.

Sydney Rozen spoke of gratitude at finding a tribe here with the support found in others when in need and the simple heart-to-heart of every day connections over coffee and gardens and general happenstance. Is it not a driving force for most of us? Just to be and to



be together in the general and spiritual contexts of living on the Palouse and in the world wherever it touches us? It's a place to start. It's a place to evolve and transform. It's a place to plant seeds and share in the care of nurturing. It is community and the stuff dreams are made of, be they small and ordinary or game-changers achieved in partnerships.

She took a moment to depart from her usual column of wit and impetuous gardening and the whims of one Benjamin BadKitten and the stories she tells to graciously acknowledge the wonder of making connections, whether cursory or deeply felt. In a sense, it's what we do when we gather in places like Sunday church or parks or travels or inside the pages of a good book with stories to share. The path is everywhere, crisscrossing and open to countless possibilities to meet and greet.

Onward come the steps into connecting with a purpose, with people, with what you value and savor and life's revelations. With the moments of quiet and laughter and the miracle of a butterfly's wings. The universe out there is no more magical and magnificent than the one right here that we live each day. It is exactly the same. This is intimately connected to that. We are the star that guides us. We are the darkness and the glittering light. We span the length and breadth of the cosmos because that's what we are, part and parcel of the universe. The heavens are in the kind word and smile of everyone and thing a mere hand and breath across from us on each and every day. There's the start and a path. It goes straight to the heart.

—Victoria Seever

Chants to Dive Deep is a musical meditation event designed to take you deep into inner space. Led by April Rubino, **CDD** will be offered this month on **Saturday May 19** from 4:00 - 5:30 pm in the sanctuary at UUCP. All voices are welcome, both sound and silence are appropriate. Suggested love offering: \$5-10, no one turned away for lack of funds.

UUCP

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