



UUCP News

Unitarian Universalist Church of the Palouse

November
2018

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November 4, 10:00 am

Stones of Remembrance

Service Leader: Rev. Elizabeth Stevens

Celebrant: Nancy Nelson

We are the living legacies of those who have gone before. This service will offer the opportunity to reflect on the nature and shape of the legacies we embody, and to express our gratitude for those we love who have died. **Feel free to bring a photograph of a person or people you are remembering for display on our altar table.**

November 11, 10:00 am

That Which Is Worthy

Service Leader: Rev. Elizabeth Stevens

On this day, we will honor Veterans and welcome new members of our congregation. Together, we'll reflect on what values, institutions, and dreams are worthy of our dedication and sacrifice. **If you are interested in joining the church, please contact the minister or Elisabeth Berlinger, chair of the Membership Committee.**

November 18, 10:00 am

Heard and Held

Service Leader: Rev. Elizabeth Stevens

In an increasingly fractured and isolating world, many people are searching for deep connections, forged through open-hearted listening and honest and vulnerable speaking. Being heard and held heals trauma and grief. Meanwhile, being trusted to listen is the true antidote to loneliness. **We will install and commission our new Lay Pastoral Ministers.**

November 25, 10:00 am INTERGENERATIONAL Apple Communion

Service Leader: Rev. Elizabeth Stevens

Celebrant: Ginger Allen, Director of Family Ministries

We build on foundations we did not lay. We warm ourselves by fires we did not light. We sit in the shade of trees we did not plant. We drink from wells we did not dig. We profit from persons we did not know... We are ever bound in community. -Rev. Peter Raible

Join us for our annual celebration of the ways we all give and we all receive within our community. People of all ages will reflect on the gifts we inherited from the generations who have gone before, and the gifts we want to put in place for those who come after.

UUCP Upcoming Family Promise Weeks at The Yellow House:

Sunday December 16—Sunday December 23

Sunday March 10—Sunday March 17

Sunday June 2—Sunday June 9

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.





Minister's Pages



Minister's Musings: A People of Memory

*Memory is never a precise duplicate of the original...
it is a continuing act of creation.*
- Rosalind Cartwright

When my boys were little, their birthday ritual included reading On the Day You Were Born, re-telling the story of their birth, and looking at baby pictures together. I wanted them to know that they were surrounded by love from day one. I wanted their life story to always be grounded in a sense of being cherished.

As they got older, the stories had to shift a bit. They started to be embarrassed by the account of their actual birth, but they still loved hearing about how challenging it was for their Dad to learn to change their diaper. They laughed at the stories of their (and our) antics, like the way we'd keep them in the front pack but put a napkin on their head during dinner.

One boy remembers having a picnic on a rock in the middle of the creek, noticing the water rising, and making it to shore just in time. The other remembers pretending to be Santa Claus in his pre-school. Both remember places we lived and people we knew. Both have forgotten many, many things as well. So have their parents!

We try not to shy away from the hard memories, the mistakes and the losses. We remind Daniel of the way he brought his favorite blankie and stuffed animal to comfort his grandmother after she lost her husband in a tragic accident. We talk about the difficulties Sam faced when his hormones kicked in at the start of pu-

berty. We openly confess what we see as our biggest parenting failures, and talk about what we might do differently with the benefit of hindsight.

Now that the boys are grown, I can see the way their memories of their childhood were constructed over time. There were certainly events that were so memorable they were indelible. But more, it was the choices we made about what memories to reinforce by telling and re-telling stories.

Each of us does this, extracts from multitudinous moments a continuous narrative of who we are, what we have done, and where we have been. We help one another, especially in families. Stories are passed down from generation to generation, giving each of us a sense of lineage.

Collectively, the church community engages in this same task. Who were our founders? When did they first gather, and where, and why? How did we acquire the current buildings? Who were the movers and shakers?

The narrative of our faith has also been constructed over time. Who are our spiritual forebears? What did they believe? What sacrifices did they make? What do we owe them, here and now?

These narratives become a form of shorthand. We couldn't possibly retrieve data from every moment of a single life, never mind a community, so we pick and choose, and remember and forget. We let some stories go, and pass others on. May we do this work mindfully and deliberately, learning from the past, shaping the present in ways that will serve the future.

Thanksgiving Invitation

"Over the River and Through the Woods" for the Holiday. No plans for Thanksgiving? Then you're invited. Join your UU friends, and if you're a brand new visitor to the church, join your "soon to be" UU friends at Pat and Dan's sixth or seventh (As they say, you lose track when you're having fun) Thanksgiving Celebration at their country cabin in Deary.

This is a family affair with all ages welcome. If you're a student or have a non-church partner, feel free to bring them and add a friend or two. A relative coming to town? Bring them also. And don't forget your furry family members. As we say on Sunday, whatever your age, the color of your hair (or lack thereof), carnivore, vegan or vegetarian, please join us for this event filled with good cheer, good stories, good music, and most of all, good company.

Reserve your spot(s) at plr23@cornell.edu. There will be the usual delicious food. We provide the turkeys (free range from the Coop), stuffing, cranberry sauce, and a vegan entree and you bring a side dish, bread or dessert.

In the true sense of the word, rather than "Thanks Giving", we will be "Giving Thanks" for our welcoming community in music, conversation, and thoughtful sharing. As we sing in church, "Come, come, whoever you are."



Minister's Pages



Church Chat: Family Promise

Doing nothing for others is the undoing of ourselves.
— Horace Mann

It's been five years since we signed on as a part of Family Promise. In that time, over sixty families have 'graduated' from the program into stable housing and brighter futures. This is good and worthy work.

It's also hard work. Each week that we host, we need to fill over 50 volunteer slots. While we do partner with two other organizations, they are much smaller, so the lion's share of the work falls to us. And over time, we are seeing a steep decline in the number of people volunteering.

To be successful, our weeks hosting Family Promise ought to be an "all available hands on deck" affair. Not everyone can fill every kind of role required, but each of us can find a way to contribute. And we need to, if the program is going to succeed. Here are the various roles. Please reflect on which ones you might be able to help with:

- **Pick Up:** Tom Woodrum has been faithfully hauling the trailer back and forth, occasionally digging it out of snow and ice, for the last several years. Tom is no longer a spring chicken, and would appreciate some help and back up.
- **Set Up:** Mattresses and box springs need to be lifted out of the trailer and hauled into the Yellow

House. And the beds need to be made up with linens. We need strong, healthy backs for set up!

- **Checker:** Walk through and make sure everything is ready for our guests each day. Take out trash/recycling, restock toilet paper, etc.
- **Dinner cook:** Each night, we have two slots for cooking dinner, one for the main dish, and another for salad and desert. If you like to cook, this is for you...
- **Dinner host:** Show up and eat. Seriously. Could it be any easier?
- **Overnight host:** Show up and sleep. I guess it can.
- **Take down:** Perhaps the hardest slots to fill, because this happens in the wee hours before church. The beds are disassembled and reloaded onto the trailer.
- **Family Promise Coordinator:** Sue Engels has been doing a fabulous job for the last four years. But it's too big a job for a single person. She needs some help, and thinks a team of three would be ideal. Let us know if this might be up your alley.

Sixty families with stable housing and brighter futures. That is no small achievement. It is no small effort. Here's hoping we can keep up the good work.

The Chalice Lighter Program

The Chalice Lighter Program assists the growth of new and existing Unitarian Universalist member congregations in the Pacific Northwest with grants to provide vital capabilities and infrastructure. Grants are funded exclusively through contributions from Unitarian Universalists who participate as Chalice Lighters.

Chalice Lighter grants are intended to help congregations grow by:

- securing, improving or furnishing a building
- reaching out to the community to attract new members
- initiating a new congregation
- funding any other creative program to facilitate growth

To be eligible for a grant, at least 30% of the members must be enrolled as Chalice Lighter donors. Our own UUCP has received funds in the past for renovating the Yellow House and the church basement.

The Chalice Lighter Program will issue no more than three calls for donations per year and Chalice Lighter donors are asked to donate at least \$20 per call. (You may also simply contribute \$60 at the start of the year.)

You can learn more about the program under the district web site (pnwdoua.org) or contact Jim Frenzel (jim.frenzel@gmail.com, 208-882-3963).



Notes from the UUCP Board

The UUCP Board is hard at work on determining the future of our church facilities. The recent Next Steps Weekend, led by our stewardship consultant Rachel Maxwell, was a great success. The enthusiasm of the congregation was amazing!

The resulting recommendations and timeline will soon be available on the UUCP website and in the church foyer. The Board has decided to begin carrying out the plan, beginning with a vote at the next congregational meeting on whether to officially initiate a capital campaign. In the meantime, the Board will begin assembling the necessary committees and volunteers, developing financial projections, and opening a holding account for capital campaign funds in anticipation of a vote to proceed. The Board will soon be looking for capital campaign committee chairs and members. If you are interested taking an active role on a committee, please contact UUCP Board President Joe Pallen.

The Board is currently assessing the Family Promise program, which is suffering from a shortage of volunteers. One hosting involves about 60 volunteer slots, and without more congregational buy in, Family Promise may not be able to continue at UUCP. The Board agreed to establish a Family Promise Committee to ease the burden of organizing each hosting event and will evaluate the congregation's interest in continuing with the program at the next congregational meeting on December 9.

At this meeting, in addition to reviewing our interest in Family Promise, the tentative agenda will include votes on the 2019 budget, new Board members, an official vote on the path of our capital campaign, and the Green Sanctuary Committee's Climate Change Resolution. A full agenda will be provided to the congregation by November 25. We are also planning a Q&A about the budget at least a week prior to the Congregational Meeting that will be hosted by the Finance Committee.

It's an exciting time to be a Board member of UUCP! We feel so fortunate to serve such an active, enthusiastic, and caring community. We'd like to offer a big thank you to the members and friends of our congregation, UUCP's many volunteers, and the staff members who make all this church does possible.

—Ryan Urie

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In order to improve transparency, the UUCP Board is now providing monthly board meeting summaries (like the below) in the UUCP newsletter and on the web.

At their September 19 meeting, the UUCP Board made plans for the Breakfast With the Board on September 30, from 8:30-9:30 am, and the Next Steps Weekend scheduled for October 5, 6, and 7. The Board also picked a tentative date for the second phase of the feasibility study. The Board discussed making signs and ordering sign posts to designate reserved parking places for elderly or limited-mobility members. The Board also discussed our growing need for RE program volunteers.

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.



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 dish pan through the dishwasher when you are done.





UUCP Environmental Task Force November 2018 Report

"Water is the essential ingredient needed for human residency." The Palouse Basin Aquifer Committee reminded us of this at the annual Water Summit which many of us attended. The

data presented gave us an update on the importance of water conservation. We were also provided a summary of the possible potential future projects necessary as we deplete our aquifer.

Keynote speaker Sandra Postel gave a very inspiring talk addressing the water issues faced by various communities in the United States. Elizabeth Kolbert, author of "The Sixth Extinction" wrote that "Nothing is more important to life than water, and no one knows water better than Sandra Postel" in her review of Ms. Postel's new book "Replenish" which has been purchased for our UUCP environmental collection.

We were very pleased to be invited to join PESCC presenting our environmental programs at a Water Summit table for the first time at the event this year. As a result we were able to plan future collaboration with the UI Environmental Club. Their faculty advisor, Danielle Colter, attended our Sunday Planning meeting to work with our group developing both a community questionnaire and an individual questionnaire on plastic use.

The community questionnaire will be circulated by her students in both Moscow and Pullman while

the individual one will be distributed to churches and various organizations. Look for it soon at the UUCP. The results will be summarized and published by UI and also our community papers. We are excited to add the UI Environmental Club to the UI Clean Energy club as college partners.

As well as tabling at Farmers' Market, we marched in the Homecoming Parade for the fourth year, sharing informational flyers with the enthusiastic crowd of well-wishers.

We ended the month with a film at the church on October 31. Jennifer Ekstrom chose us for the local premier of her new film, "Redefining Posterity: The Gold Rushes of Nevada City." This documentary tells the remarkable story of a town faced with the hardships of their dying mining and logging industries.

It's a story of engaged citizens, moving from a world that is dying to one yearning to be reborn. It is both a hopeful and inspirational showing what dedicated people can accomplish.

Remember Margaret Meade's quote, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Please join our group of thoughtful, committed citizens at our next planning session after church on November 18 as we discuss ways we can change our world here in the Palouse. Questions can be addressed to Pat Rathmann.

—Pat Rathmann

UUCP Library Update

The UUCP Library, located in Fellowship Hall, welcomes you to check out books from our materials related to UU principles. Simply fill out a blue registration card (one time only) and then follow the posted instructions for checkout. If you wish to donate items, they will be considered for our collection or placed on the sale table. All proceeds from the sale table go towards the maintenance of the library.

Our library is in need of an additional volunteer to help with maintaining the library and cataloging new materials. This usually involves about two hours a week on Wednesday mornings. If you love books and what they can teach us, please help us out. For more information please contact Louise Brown, sunbeeme47@yahoo.com or Molly Smith, mollyfolly@gmail.com.



Month of Sundays— November 2018

The November recipient of our Month of Sundays collections will be Pullman's Muslim Ummah of North America (MUNA) Feed the Hungry Program. The program provides free and fresh warm meals for residents in need every Wednesday and Sunday from 1pm to 8pm. There is no religious affiliation required. Anyone can get free meals by registering at the Community action Center.

MUNA provides the meals in cooperation with the Pullman Islamic Association and Community Action Center.



Communication and Connection

How do we tackle a big project? One answer is to take small bites of the elephant until you get it down. At the onset, big projects tend to be overwhelming. Overwhelming in needed time, energy, and money. Overwhelming in scope and in motivating people to change or let go of comfort in the status quo. Overwhelmingly exciting so that one is eager to get going on the thing, but forging headlong on it could bumble the project into some missteps or disappointment from shooting unrealistically high. It could be that the thing goes overwhelmingly well and one becomes plagued by others wanting the secrets of success and to be incessantly urged to join in their project because surely they won't fail with you on board.



The weight of the elephant on your shoulders can be daunting and a hard reach to get a nibble at. But it can be brought down to a more manageable size. Give your shoulders a break by sharing the load and maneuvering it in such a way that it's not crushing you. Consider how big the meal really needs to be. Determine what you want to do through a partnership with others. Find the balance. How to stay connected to what is personally important as well as on a broader social level. How to non-abrasively communicate where the lines are drawn. How to shift your feet until it feels fair enough for everyone involved.

The project could be anything, of course. November elections. A career change. Self-improvement and self-acceptance. Participating in a community project. Taking on additional roles or letting go of a few with-

out regret. Trying something puzzling new. Your own version of saving the world. Building a church. Helping someone build a new life.

An elephant isn't just the project; it's the relationship to it, your connection. And the connection speaks to how it evolves and what it means on broader levels too.

Real elephants are sturdy, companionable, socially cohesive, communicative. They're only a nuisance if at cross-purposes with something else or if someone feels threatened. Clarifying and shaping our shared purposes does a lot to focus our mutual goals, lest we forget there are usually mutual goals. Being open, even at the choke points, does a lot to keep channels flowing. Digesting the challenges with careful deliberation can invest you with its strengths and opportunities.

You are what you eat. What you eat makes you something more than what you were beforehand. A Sufi saying from Saadi of Shiraz says: "Make no friendship with an elephant-keeper if you have no room to entertain an elephant." Taking liberties to tweak that a little, we want to entertain an elephant by bringing it down to size, bite by bite, until we've got the whole elephant where we need it, and then the elephant is a keeper. Or perhaps being more direct with the saying, it implies that to engage the big project means figuring out how to have the means to do it in accordance with the nature of the elephant and the space you can make for it to be the right fit. So eat hardy and dream big.

—Victoria Seever

Moscow-Pullman Mindfulness Sangha

Moscow-Pullman Mindfulness Sangha meets 6:30-8:00 pm Tuesday evenings in the UUCP sanctuary.

We meet to meditate and discuss mindfulness and Buddhist ideas and how we might apply our practices to our lives, using texts written by mindfulness teachers as a means to deepen our practice. 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. All are welcome.

Each week we begin with a brief check-in, a time to share something about our mindfulness practice or more generally about our lives, we then practice a guided meditation together, and finally have a group discussion on a chosen topic. No experience is required, nor do you need to own or read the current book. Starting in October, we'll be using a new book to spur our discussion and meditations: "Meditation for Fidgety Skeptics: A 10% Happier How-to Book" by Dan Harris, Jeff Warren, and Carlye Adler (2017). Amidst the retelling of a 10-day road trip to promote meditation, it provides a variety of meditations and a humorous look at the obstacles we face in starting or sustaining a meditation practice. See updates on Facebook in our group: Moscow / Pullman Mindfulness Sangha.



November 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
				¹ 11:30 am Retirees' Luncheon, The Breakfast Club 7:00 pm Choir, CS	² 7:30 pm Folk Dancing, CB	³
⁴ 10:00 am Service 12:00 pm "New to UU" Workshop, CB 12:00 pm THEalogy Group, Loft 12:00 pm MS Youth Group, YH 5:00 pm? Sarnhain Service, CS & CB 4:30 pm Food Not Bombs, YH 6:30 pm Mah Jongg, members' homes	⁵ 6:00 pm Grief Support Group, CS 7:30 pm PPQ, CB	⁶ 1:30 pm Wholly Crones — UUA Common Read, CB 7:00 pm Bridge Grp II, CB 6:30 pm Moscow-Pullman Mindfulness Sangha, CS	⁷ 4:30 pm PRDC Mtg, YHM 6:00 pm PFLAG Mtg, CB 6:30 pm Lay Pastoral Care Training, Loft	⁸ 4:00 pm LCHRTF Mtg, CB 7:00 pm Choir, CS	⁹ 7:30 pm Folk Dancing, CB	¹⁰
¹¹ 10:00 am Service 12:00 pm MS Youth Group, YH 12:00 pm HS Youth Group, YH 12:00 pm Moscow Recycling Update Presentation, CS 4:30 pm Food Not Bombs, CB	¹² 10:30 am Executive Comm Mtg, CB 7:30 pm PPQ, CB	¹³ 7:00 pm Bridge Grp II, CB 6:30 pm Moscow-Pullman Mindfulness Sangha, CS	¹⁴ 5:30 pm Parent Support Group, CB & YH	¹⁵ 7:00 pm Palouse Prairie Foundation Board Mtg, YHM 7:00 pm Choir, CS	¹⁶ 7:30 pm Folk Dancing, CB	¹⁷
¹⁸ 10:00 am Service 11:30 am Worship Comm Mtg, Rev. Elizabeth's Office 12:00 pm MS Youth Group, YH 12:00 pm Env. Task Force, Ginger Allen's Office 4:30 pm Food Not Bombs, CB	¹⁹ 6:00 pm Grieving Parents Support Group, CS 7:30 pm PPQ, CB	²⁰ 1:30 pm Wholly Crones — UUA Common Read, CB 7:00 pm Bridge Grp II, CB 6:30 pm Moscow-Pullman Mindfulness Sangha, CS	²¹	²² <i>Thanksgiving Day</i>	²³ 7:30 pm Folk Dancing, CB	²⁴
²⁵ 10:00 am Service 12:00 pm MS Youth Group, YH 11:30 am Small Grp Ministry Facilitators' Mtg Rev. Elizabeth's Office 4:30 pm Food Not Bombs, CB	²⁶ 7:30 pm PPQ, CB	²⁷ 7:00 pm Bridge Grp II, CB 6:30 pm Moscow-Pullman Mindfulness Sangha, CS	²⁸ 5:30 pm Parent Support Group, CB & YH 6:30 pm Board Meeting, CS	²⁹ 7:00 pm Choir, CS	³⁰ 7:30 pm Folk Dancing, CB	Dec. 1 UUCP Christmas Tree Hunt & Installation

November Events

Thursday November 1

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

Sunday November 4

"New to UU" Workshop, 12:00 pm, CB

THEAlogy Group, 12:00 pm, Loft

Samhain Service, TBA, CS & CB

Mah Jonng, 6:30 pm, members' homes

Monday November 5

Grief Support Group, 6:00 pm, CS

Tuesday November 6

Wholly Crones — UUA Common Read, 1:30 pm, CB

Wednesday November 7

PRDC Mtg, 4:30 pm, CB

PFLAG, 6:00 pm, CB

Lay Pastoral Care Training, 6:30 pm, Loft

Thursday November 8

Latah Co. Human Rts Task Force, 4:00 pm, CS

Sunday November 11

HS Youth Group, 12:00 pm, YH Upper

Moscow Recycling Update Presentation (Green Sanctuary), 12:00 pm, CS

Monday November 12

Executive Committee Mtg, 10:30 am, CB

Wednesday November 14

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

Thursday November 15

Palouse Prairie Found. Board Mtg, 7:00 pm, YHM

Sunday November 18

Worship Committee Mtg, 11:30 am, Rev. Elizabeth's office

Environmental Task Force Mtg, 12:00 pm, Ginger Allen's Office

Monday November 19

Grieving Parents Support Group, 6:00 pm, CS

Tuesday November 20

Wholly Crones — UUA Common Read, 1:30 pm, CB

Thursday November 22

Thanksgiving Day

Sunday November 25

Small Group Ministry Facilitators' Mtg, 11:30 am, Rev. Elizabeth's Office

Wednesday November 28

Board Mtg, 6:30 pm, CS

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

Saturday December 1

Christmas Tree Installation, watch announcements for time, CS

Dates to Remember— Mark Your Calendars!

Mondays:

Purple Paisley Quilters, 7:30 pm, CB

Tuesdays:

Bridge Group II, 7:00 pm, CB

Moscow-Pullman Mindfulness Sangha, 6:30 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

Food Not Bombs, 4:30 pm, CB (will meet in the Yellow House on Nov. 4)

UUCP Staff Information

Rev. Elizabeth Stevens, Minister

Phone: 208-310-5937

Email: revehstevens@gmail.com

Office hours are afternoons...Monday at the UUCP, Wednesday at Cafe Artista and Thursday at Cafe Moro in Pullman. To make an appointment, follow this link: calendly.com/revehstevens

Ginger Allen,

Director of Lifespan Religious Exploration

Phone: 208-882-4328

Email: uucp-dre@moscow.com

Office Hours:

Monday, Wednesday, & Friday 9:00 am—12:00 pm
And by appointment

Summer Stevens, Administrative Secretary

Phone: 208-882-4328

Email: uuchurch@moscow.com

Office Hours:

Monday & Friday 9:00-4:00

Tuesday & Thursday 2:00-4:00

Jon Anderson, Music Director

jansoteson@gmail.com

Paul Thompson, Choir Director

pthompson@uidaho.edu

2018 UUCP Board

Joe Pallen, **President**

Mary Ellen Radziemski, **Vice President**

Ryan Urie, **Recording Secretary**

Judy LaLonde, **Treasurer (Ex-Officio)**

Mary DuPree

Gene Siple

Charla Willis

Marisa Gibler

Dan Schmidt

Lynna Stewart

It's Time for Christmas for Kids!

It is that time again for Christmas for Kids.

Christmas for Kids is an organization that serves our community by supplying gifts for those kids in families that are in financial need.

The time we have to distribute the tags and collect the gifts is always intense because it coincides with the Thanksgiving Holiday season and the gifts need to be at the CFK site by mid Dec for distribution to the families.

As per usual, a table will be set up downstairs, hopefully the Sunday preceding Thanksgiving, with tags and a list of the gifts for the children. If anyone wants to participate but is not a shopper, a check to UUCP with CFK in the memo line will aid in purchasing unpicked tags.



Any other questions please contact Carol Casavant 208-835-5587 or nccasavant@gmail.com.

Thank you!

—Carol Casavant

The Green Sanctuary

In September the Green Sanctuary Committee hosted a Fall Equinox service on Sunday the 23rd. A group of 16 people participated in a wiccan ritual written by Star LeFay honoring the blessing from the past year and the bounty of the harvest season. After the ritual we all shared in a potluck. We want to thank Star for providing us with a beautiful service.

The Green Sanctuary Committee will not be holding our regularly scheduled meeting in November. In its place we would like to invite the congregation to join us in the church sanctuary on Nov. 11 at 12:00 pm to hear a talk by Stevie Steely, the new education and marketing coordinator for Latah Sanitation's recycling program.

Stevie will provide us with information on the new rules for recycling and a broad picture of what's happening with recycling. Children are welcome to the presentation.

—Barbara Hellier



New to UU Workshop

Are you a newcomer at UUCP? Would you like to know more about us?

Please consider joining Rev. Elizabeth Stevens for a **NEW to UU Workshop and light lunch**. There will be time to get acquainted and ask questions as you are introduced to Unitarian Universalism, including a little history and understanding of our shared values and principles. You will come away with a better understanding of what our congregants love about this church and what keeps us coming back for more at the UUCP.

We are offering one more workshop this fall, so please let us know if you'd like to attend.

When? Sunday November 4, 12:00 noon

Where? The church Fellowship Hall (basement)

RSVP please to: Summer, our administrative secretary at the church office, 208-882-4328 or uuchurch@moscow.com, or Pat Rathmann at 208-882-8262.

Child care is available upon **advance** request.

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.



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UUCP Retirees' Lunch— November 1

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.



Religious Exploration News—This Month in RE

This Month in Religious Exploration

Children ages prek-5th 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 Youth meet 12-2 in the Yellow House. High School Youth meet monthly—watch for announcements. Nursery care for children aged birth – 4 years old is available from 9:45-11:30 each Sunday in the Yellow House Nursery.

November 4

Spirit Play Explorers (ages 3-Kindergarten): Red Promise. We will hear a story about our Red Principle, Respect all People and think about how we can act with respect and love to all those around us.

Spirit Play Adventures (1st-3rd Grade): Red Promise. We will hear a story about our first principle, Respect the inherent worth and dignity of all people. We will wonder what this means for us in our classroom and our lives.

Grades 4-8: Crossing Paths. *Judaism Review and Game Day.* On Nov 2 we visited the temple Beth Shalom in Spokane for a Shabbat Service. Today we will review our experiences and then have community games.

High School Youth Group: We meet once per month for fun, service and spiritual connection. Our next meeting is November 11, 12:00 in the Yellow House. We will have lunch and crafts including Christmas for Kids Tags. Hope to see you there!

November 11

Spirit Play Explorers (ages 3-Kindergarten): Orange Promise. We will hear a story about our second UU principle, Offer Kind Treatment to All.

Spirit Play Adventures (1st-3rd Grade): Orange Promise. We will think about how to be kind In our classroom and beyond.

Grades 4-8: Crossing Paths. *Chase the Chill Project.* We will be coordinating with the Latah County Library for the Chase the Chill project. We will be collecting, bagging and putting out warm accessories to be given to those in need this winter.

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November 18

Spirit Play Explorers (ages 3-Kindergarten): Bread Communion/Feast. Explore the idea of our traditional Bread Communion and its symbolism of diversity and strength. We will also have bread and juice for snack.

Spirit Play Adventures (1st-3rd Grade) and Grades 4-8: Thanksgiving Children's Chapel. Today we will explore what it means to be thankful and how our diversity makes us stronger. We will bake and break bread together as we move into the holiday season.

High School Youth Group: We meet once per month for fun, service and spiritual connection. Our next meeting is December 2, 12:00 in the Church Sanctuary to decorate the church tree! Cookies, hot cocoa, and cider will help warm our spirits. Hope to see you there!

November 25

Thanksgiving Intergenerational Service — Join us as we worship as a full congregation in the spirit of love and thanksgiving. No separate RE classes, nursery care is available.

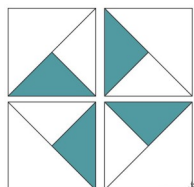
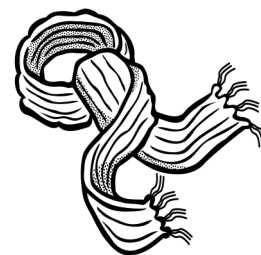
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Soulful Parenting, our Parent Support Group, will continue to meet through the fall. Dinner and child-care provided, 2nd and 4th Wednesdays, 5:30-7:30 pm in the Church Basement.

Chase the Chill Project — Donations Needed

Once again we will be partnering with the Latah County Library for the Chase the Chill Project. During the winter months warm accessories are hung outside the library and are free to anyone in need. We will have a donation box here at church and there will be one at the Library. Our children and youth will help sort, bag, and hang them throughout the winter as a way to help our community.

Please bring hats, gloves, scarves and mittens in child and youth and adult sizes.



The final session of folding, stamping and enveloping Jill Seaman's South Sudan Medical Relief newsletter didn't get finished until October 1. We were finished by about 8:30 pm. Not wanting to waste good (experienced) volunteer time, Judy LaLonde went and fetched all the letters that needed folding, stamping and enveloping to be sent for the church pledge drive. I expect the bunch of us saved Summer a lot of time.

The big news in the Proud Parent category comes from Mary George. ZeroDaysVR, a tech company, won an Emmy for Outstanding New Approaches in Documentary. Mary and Archie's son, Jim, works for this company. A quote from an article announcing the award: "We think this is the first Emmy for a volumetric capture powered immersive experience". Now you know what he does in his profession! The other

PPQ News

great news from Jim is that he is planning on getting married this coming summer.

We are still working on hand quilting our next raffle quilt. This is a long term project as we are doing extensive quilting. It will be a real heirloom when it is finished.

The other thing on our radar is preparation for our annual Holiday Bazaar, scheduled for Saturday, December 1, 10:00 am-2:00 pm at the Winter Market and Sunday, December 2 after church in the basement. Sara is busy creating new cat toys filled with organic catnip. Mary Jo has three new batches of tomato salsa and a lot of pickled beans. Mary George and Judy have new fun knitted items perfect for holiday giving. Be sure to bring your checkbook to church that day. As you know, all our income goes to GOOD CAUSES around the world.

—Mary Jo Hamilton

UUCP THEA-logy Group

Thealogy (countable and uncountable, plural thealogies) The study of or reflection upon the Goddess or feminine divine from a feminist viewpoint.

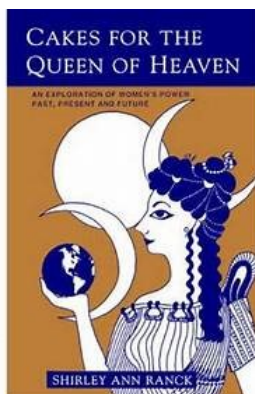
Join us for open, safe discussions and exploration of women in religion, feminist writings, women in society today, and support women rights in our community and world.

Occasional women only celebrations will arise as well.

This group is both online and in person. We will start with the Cakes for the Queen of Heaven Curriculum.

If you are interested in learning more or joining please contact Jessie at lettuceeatwell@gmail.com.

Please let me know if childcare is essential to your participation.



Grieving Parents' Group

Co-facilitators: Ryan Law & Elizabeth Stevens

November 19, 6-7:30 pm, at UUCP

Losing a child is perhaps the most heartbreaking challenge we humans have to endure. It changes everything. It's hard to know what to do or how to cope.

This group doesn't offer any answers or solutions. Rather, we seek to create a space to be with other grieving parents, to build community and to offer companionship on this most difficult of journeys.



Soul Matters: Suggested Spiritual Exercises

Option A: The Memento That Matters

We all have one: a memento that holds one of our favorite memories. The physicality of these objects somehow gives our memories more “substance” and staying power. But they also have a way of getting knocked off the mantle or tucked away in a dusty closet. We lose them. And in doing so, we forget.

So you are invited this month to spend some time dusting off one of your treasured “memory objects” and getting it back into clear view. What value, relationship, aspiration needs to return to the center of your life? What object symbolizes this for you? Maybe it’s a picture of your family that needs put back on your office desk to remind you that your heart lies somewhere other than that desk. Maybe it’s the peace sign t-shirt from your “radical days.” Maybe it’s that old pair of pointe shoes that used to hang by your dresser. Maybe it’s that old train car—the first one your dad bought for you and soon became part of that miniature railroad you and he built together. Whatever it is. Find it and return it to its central place, so it can return those memories back to you.

Option B: Your Earliest Memory

What’s your earliest memory? Spend some time this month not only remembering it but exploring why you remember it. A simple way to do this is to ask: Why have I held on to this memory for so long? Why has it been holding on to me? What it is trying to give me? Who helped me remember it? Keep in mind that you’re not trying to remember your most profound memory; just your first.

And here are some additional resources to help you dig deeper:

- The weird science behind our earliest memories:
<http://www.newstatesman.com/2018/04/science-behind-first-earliest-memories-weird->
- Why do memories stick into adulthood? http://www.slate.com/articles/life/family/2012/04/children_s_memories_toddlers_remember_better_than_you_think_.html
- • What’s Your Earliest Memory?
http://www.slate.com/articles/life/family/2012/04/what_s_your_earliest_memory_how_old_were_you

Option C: The Memory Shared at Your Funeral

Our dance with memory is about looking forward as well as looking back. Our life is driven not just by the desire to collect good memories, but also by the hope that we will be remembered well. Memory’s question is not just “Do you remember?” but “How do you want to be remembered?”

So this month, you are invited to become a bit more aware of how you want to be remembered. Here’s your focus question:

If you had to limit the memories shared at your funeral to three, what would they be?

And here’s the additional twist: before you answer that questions, make room for three conversations:

- Ask your spouse or life-partner what three memories they would tell
- Ask your child or parent which three they’d pick.
- Ask your newest or oldest friend what’d they’d choose.

After comparing the results of all three conversations, make your three picks. Of course, the exercise is less about what you pick and more about the similarities and differences between everyone’s selections.

Option D: Ten Things to Remember

From a spiritual perspective, memory is not just about holding pictures of the past in our head; it’s also about holding on to our core values. There’s a reason we say, “I need to remember who I am.” Indeed, this has long been the way UUs think about church. Church, for us, is the place where we come to remember who we are.

To honor and engage this, you are invited to spend some time this month “reminding yourself who you are” by making a simple list of “10 Things to Remember.” Think of it as self-talk. As your better self-helping your forgetful self-return to your center. Pull out a sheet of paper or pull up a document on your computer and type out a list numbered 1-10. Then spend the month filling it in with 10 pieces of wisdom or advice that are important to you but that you also often forget.

Here are some example reminders to get you thinking:

- Remember that failure stings but regret haunts.
- Remember that assuming good intentions is not only correct but also often creates good intentions.
- Remember to “want what you have.”
- Remember you always have a choice.
- Remember you’ve already received a death sentence.

Soul Matters Questions

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. What memory has been with you the longest? What does it want from you so badly that it has held on this long?
2. How has your memory changed as you've grown older? Do you think of childhood memories more or less? Is it stories or images you now remember more? Has your confidence about the accuracy of your memory grown or lessened? Or is that no longer a question you worry so much about, as long as the "truth" of those memories remain?
3. Has memory ever made you smarter? We think of memory as a warehouse or scrapbook, but for many of us it serves as a teacher and tutor. How has that been true for you?
4. Has memory ever set you free? For some of us, all it takes is seeing that swing from our childhood in our mind's eye. Or our favorite dog running with abandon. Or that image of staring at the purple sunrise on the river while fishing with our grandfather. When life starts feeling small, depleted or threatening, what memory do you turn to to remember that open doors are all over the place?
5. What memories have been entrusted to you? Families pass down stories. Old friends look to one another to remember each other's childhoods. Spouses safely house their vulnerable stories and secrets with each other. We are all protectors and sustainers of memories that keep pieces and parts of others alive. What precious memory have you been asked to keep alive?
6. What memory will die with you if you don't pass it on? Is this the month you finally make a concrete plan to make sure it lives on the memory of another?
7. What memory holds your truest self? For some, it comes from childhood, like that time we were handed a paintbrush and canvas and felt a strange sense of home. For others it is from our adult adventures, maybe that time we bravely walked away. We don't just have personality traits, we hold tight to our defining traits through memory. What memories help you hold on to yourself?
8. What is your favorite shared memory? Memory is the glue that binds our friendships, marriages and partnerships. Is it time to take your friend or partner out for lunch to reminisce and toast the way that memory's magic has held you together?
9. Is it time to admit that your memory may not be the complete picture of what happened?
10. What if the question isn't, "Did it really happen that way?" But instead, "Why do you want to remember that it happened that way?"
11. Are you ok with the person you used to be? Have you been working a bit too hard to wipe the "previous you" from your memory? They say none of you gets to walk through the door unless you're willing to bring all of you in.
12. What do you do to remind yourself that you did not make yourself? What practice do you use to remember that you stand on the shoulders of countless others?
13. Have you figured out the story you want to be remembered by?
14. Does fall come with its own set of memories? Do you remember differently this time of year?
15. What has life taught you about memory and pain? It is said that time does not heal all wounds but gives us the tools to endure them. Has this been true for you? Is there someone in your life that needs this message?
16. 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.

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- Remember that everyone is carrying pain, even if you can't see it, so we must be kind, in every single case.
 - Remember to always buy the good chocolate and good beer. There will be other ways to balance the budget.
 - Remember that grace and goodness don't always win, but they also can't ever be completely erased. They linger in the corners, so never stop looking.
 - Remember that you're not the only one that feels like an imposter. They only look like they have it all together.
 - Remember that you've already "made it" and you're already enough. So you can put the striving and the proving down whenever you want.

Living the 7th UU Principle

The World You Want Is Up to You: Some Reflections from Nils Peterson

The UU website says the Seventh Principle is “respect for the interdependent web of all existence.” Think about that as more than just an ecologic or environmental idea. It could be our solution to the seeming conflict between the individual and the group.



Google has examples like a common pasture where individual herders, acting in their own best interests, put as many animals as possible on the land.

The atmosphere is a commons; it is a place we share for disposing our greenhouse gas pollution.

Google the phrase “Triumph of the Commons” to learn how, with effort, it is possible to resolve the conflict between the individual and the group to make a common resource last.

It’s easy to say that carbon dioxide emissions need to be cut. Fairness suggests we share the burden in proportion to use.

To identify the largest emitting individuals, visualize a wide “coupe” style champagne glass with a shallow round bottom. The depth of bowl represents the top 20% of world incomes, and the width is their carbon emissions – almost 70% of the world totals.

The tall thin stem of the glass, 80% of world population, is responsible for the remaining 30% of emissions.

Investopedia says an income of \$32,000 USD is in the top 1% of earners worldwide. In 2016, Credit Suisse put an adult with \$68,800 in wealth in the top 10 percent.

Pogo was right: “We have met the enemy and he is us.”

The Paris Climate Accord is an attempt at voluntary regulation of the commons. Many nations are not achieving their commitments.

When and how, as the richest 20% of the world, do we engage in this conversation about the interdependent web, our individual actions and the common need?

—Nils Peterson

In early September the Moscow Pullman Daily News ran a front page article on the rains that spoiled the harvest of 1893. It was a great reminder that, prior to anthropogenic climate change, there was weather variability with impactful extremes.

Reading the article I noted a number of contrasts to modern farming, many of them made possible by mechanization with fossil energy in: fields, transportation and storage.

I also noted that the “green revolution,” itself powered by fossil energy, provided wheat varieties that shifted our modern harvest dates a month earlier, as well as fertilizer and pest/disease control chemicals.

Finally, if the farmers of 1893 had access to satellites and long-range weather forecasts, they might have changed their practice of leaving the harvest in the field.

All these “improvements” foster the idea of the “individual” farmer by making the harvest require less time and fewer people.

Reflecting on that story helps me understand that scaling back our fossil energy use is a hugely complex problem. Our food system is part of an interdependent web with fossil fuels.

Historically, farming had the idea of a “commons,” a shared area.

The concept “Tragedy of the Commons” is a social science theory stating users of a common resource destroy it through overuse.

UUCP Mah Jongg Party

The Mah Jongg party in November will be at the home of Joy Irving, 1931 Orchard Avenue, Moscow. Please come on Sunday, November 4 at 6:30 pm. Please let her know (irvingjoy@aim.com; 208-882-3012) if

you plan to come. Bring a snack to share and a Mah Jongg set if you have one.



Food Not Bombs of the Palouse

The now international organization, Food Not Bombs (FNB), was founded in 1980 in Cambridge, Massachusetts. Keith McHenry and other co-founders began taking food that was bound for the trash in what today is called food recovery, food reclamation, or food rescue. The end-points for this perfectly good food were the stomachs of those who needed it. As anti-nuclear activists and students of Howard Zinn, they named the organization Food Not Bombs to show their opposition to violence and draw attention to outrageous amount of time and money spent on wars in the face of global starvation. It is important to note that they did not start a charity, they started a solidarity movement. That is to say, FNB is not aimed towards helping “those in need”, it’s about creating mutual aid and a community in which we all live free of hunger and waste. Feeding the hungry, the homeless, and protestors, FNB has an illustrious tradition of nonviolent direct action based upon their three guiding tenets.



- Nonviolence. This is expressed through vegan and vegetarian meals and nonviolent direct action.
- Consensus. Everyone’s voice is weighted equally, and there is no hierarchy.
- Free food for all. “Rich or poor, stoned or sober” has become a mantra of FNB. And the food is always free.

At Food Not Bombs of the Palouse (FNBP), we hope to carry on the same tradition of community building that was started in 1980. We are one of hundreds of chapters worldwide, but the first to operate in Idaho. With encouragement and expertise offered by FNB Spokane, as well as help from the free FNB handbook, “*Hungry for Peace*”, FNBP has had tremendous success thus far. This is entirely due to a tremendously supportive community which doesn’t hesitate to volunteer their time, their resources, their food, and their love to make this solidarity happen. Partners such as Safeway, Rite-Aid, Palouse Juice, Rants and Raves, Jimmy John’s, Northstar Financial, the Unitarian Universalist Church, and Sojourners’ Alliance (just to name a few) have made what we do possible by giving us donations of food, offering space for fridges, a space to cook and serve, and standing in solidarity. All of this community effort creates a warm, family-friendly environment for all at our community meals every Sunday at the Unitarian Universalist Church (420 East 2nd Street, Moscow), full of music, hot vegan and vegetarian food, and a myriad of groceries to take home. We also make regular deliveries of food to the Women’s Center on campus and the Latah Recovery Center downtown. We have experimented with direct deliveries and are currently working to brainstorm options for those who can’t make it to distribution sites.

Looking for a way to help? Check us out on our Facebook page, our email is foodnotbombsofthepalouse@gmail.com, and come swing by a meeting or a meal; we would love to have you there! We could use volunteers of all kinds! We need cooks and volunteers for pickup and delivery, but any talent or skill can help build and grow community. Join us in solidarity and help build a community free of hunger and food waste.

—Veronica Smith

In the Family

Congratulations to: Frances Norton, who turned 100 years old on October 5; John Larkin, who is on his 5th Camino Walk (from Lisbon to Santiago); and Jamal Lyksett on completing 18 months of sobriety.

Condolences to: family and friends of Kimberly Phelan; and Archie George on the death of two running buddies, Ron & Dennis, earlier this year.

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 ~

UUCP

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<http://www.palouseuu.org>

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