



# UUUCP News

Unitarian Universalist Church of the Palouse

September  
2019

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### September 1, 10:00 am

*Five Years After Ferguson*

**Service Leader:** Rev. Dr. Elizabeth Stevens

*Black people. I love you. I love us. Our lives matter. -Alicia Garza*

Five years ago, when protests erupted in Ferguson, MO, in response to the shooting of Michael Brown, Elizabeth traveled to St. Louis to bear witness and support the new "Black Lives Matter" movement. She will reflect on the ways that moment and this movement have transformed our nation, our faith community, and our lives.

### September 8, 10:00 am

*INTERGENERATIONAL WATER COMMUNION: The Shape of Water*

**Service Leader:** Rev. Dr. Elizabeth Stevens

**Celebrant:** Ginger Allen

*Water links us to our neighbor in a way more profound and complex than any other. -John Thorson*

During our annual ingathering service, we'll reflect on the different shapes water takes, from drops of rain to the mighty ocean. We'll create a river to represent our congregation. And we'll make our 'holy water' by each sharing some of our own. **Please bring a small vial of water from your travels or your home to symbolize your unique contributions to the world.**

### September 15 10:00 am

*Telling It Like It Is*

**Service Leader:** Rev. Dr. Elizabeth Stevens

*When we put down ideas of what life should be like, we are free to wholeheartedly say yes to our life as it is. -Tara Brach*

There are certain myths, fairytales and cultural tropes that have shaped our expectations of what it means to be human. In this service, we will take a critical look at whether these stories square up with reality, and whether they serve us well in these times. Maybe it's time to let some of them go?

**BACKPACK AND BAG BLESSING:** As part of this service, we will have our annual blessing of the bags, and hand out nifty new bag tags!

### September 22, 10:00 am

*Past Changes*

**Service Leaders:** Nancy Nelson & Ginger Allen, DFM

Before we were known as the UUUCP, our beloved community had a different name and a different location. Members will share the UUUCP origin story, beginning with our roots on the Washington State University campus.

### September 29, 10:00 am

*Creating Together*

**Guest Speaker:** Rachel Maxwell, Congregational Stewardship Consultant  
Rachel Maxwell, Congregational Stewardship Consultant who works with UU Congregations, will lead us in a service about our future. Rachel writes, "The theme of my service will be about how a community on a mission can create the future they envision through creative generosity-- of spirit, time and money."

Learn more about Rachel in her TED talk, which you can find here:

<https://www.youtube.com/watch?v=93fJ33L9OKw>



# Minister's Pages



## Minister's Musings: September 2019

*Soul Matters Theme: We are a People of Expectation*

*But there is no energy unless there is a tension of opposites; hence it is necessary to discover the opposite to the attitude of the conscious mind.*

*-Carl Jung*

If you have ever taken a Myers-Briggs personality test, you probably have heard about the difference between J's and P's. As I understand it, these letters represent a difference in how we prefer to make choices. Those who are more of a "judging" type like things decided, orderly, and predictable. Those who tend toward "perceiving" go with the flow, taking in information and delaying the decision points as long as possible.

As I've said many times, there's no one right way to be human. And these tests are only useful inasmuch as they give us insight into our unique path, so that we can be more deliberate in how we choose to be. It's worth naming that these are extremes on a spectrum, and that we all fall somewhere along that spectrum, rarely at those extremes. We also move and shift depending on what's needed of us.

The gifts we find on the "judging" end of the spectrum are things like strategic plans, policies and procedures, to-do lists and daily schedules. When we are functioning this way, we receive the blessings of

clarity, discernment, and a sense of purpose. There is a freedom we find through order and predictability.

The gifts we find on the "perceiving" end are things like surprises, serendipity, and flexibility. When we are functioning this way, we receive the blessings of curiosity, adaptability, and acceptance. There's a freedom we find through taking life as it comes.

Without our "judging" side, we can't set and reach goals. Without our "perceiving" side, we can't handle the inevitable twists, turns, and setbacks we encounter along the way. We need both, though each of us finds our own sweet spot.

One trick I use to keep my judging side from becoming too rigid is to swap "expectations" for "aspirations." The root word for "aspire" is the same as that for "spirit;" the Latin word *spirare* means to breathe. Breathing space into expectations makes them feel less confining and more supportive.

One trick I use to keep my perceiving side from immobilizing me is to choose one thing to do each day. As part of my morning meditation, I ask myself, "what is the one thing that I need to accomplish before I go to bed tonight?" Then I do it. It means that even when life is throwing me one curveball after another, I maintain a sense of forward movement.

How do you find your balance between these two extremes?

### UUCP Upcoming Family Promise Weeks at The Yellow House:

Sunday Sept. 1—  
Sunday Sept. 8

Sunday Dec. 1—  
Sunday Dec. 8

On the first Sunday of a stay, we set up at 1:00. This allows our RE classes and child-care 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.



### Board Meeting Summary

The Board is happy to announce that draft plans for the expansion to our facilities will be unveiled Sunday, August 18 after service. Four alternatives will be presented with estimated costs. These plans are not final; we are presenting these plans for your feedback so that the architect can make any needed changes before we take a final congregational vote. As part of the capital campaign to fund our expansion, 50 members representing the range and diversity of our membership will soon be contacted by mail to meet with our consultant, Rachel, at her next visit. Watch your mail in case you're one of the invitees!

The Worship Committee has chosen the theme of racial justice for the coming year, with one service per month dedicated to this topic. Reverend Elizabeth intends to start an associated racial justice book club.

Some new staff changes are in the works. Paul Thompson has accepted the role of Music Director, and the Board has authorized the creation of a part-time web site content coordinator position to ensure that our website stays up to date and informative. Contact Board President Joe Pallen for more information on the role.

This month our treasurer had to dip into our savings to cover our expenses. Please remember to maintain your pledges, and if you haven't yet paid for your Service Auction purchases, now would be a good time to do so. Thank you!



# Minister's Pages



## Church Chat: Phones Down, Worship Plus Two

*The more time we spend interconnected via a myriad of devices, the less time we have to develop true friendships in the real world.*

-Alex Morritt

One of the things about being a minister is that we are available 24/7 for emergencies. If your beloved is taken to the ER at 3 in the morning, I want you to feel able to call me for support. We also need to keep multiple communications channels open. Some people text; others email. Some folks mostly reach me via Facebook messenger. Others call or stop by in person.

These two job requirements, taken together, can lead to an 'always on' dynamic. Sometimes I find it challenging to be fully present, as I never know if the buzzing phone is a true emergency or just someone with a not-so-urgent question or request. On the one hand, I want to be responsive and responsible. However, I also need to have some boundaries, and the ability to focus without constant interruptions.

Ginger and I confessed to one another during our first post-sabbatical check-in that our commitment to 24-hour availability through all channels isn't sustainable. And we agreed to a 'phones down at home' policy. This means that we won't be looking at or answering texts, emails, or Facebook messages during family time. If you need us during those times, we do want to know - but we would ask you to call. If we aren't able to answer, leave a message, and we will respond as soon as we can.

I'd also invite you to ask yourself before you call: is this truly an emergency that requires an immediate response? Or is it something that can wait until we return to work? Maybe for things that aren't emergen-

cies, it would be best to use email, so that we can respond during work time. Ultimately, I think modeling healthy boundaries will be of more value to the community than instant responses to all inquiries.

In that vein, a colleague who serves a much larger congregation shared with me the policy they've instituted with regard to church-related volunteering called "Worship plus Two." Members are invited to participate in, AT MOST, worship plus two ongoing commitments, one that serves the church (serving on a committee or a board) and one that feeds the spirit (singing in the choir, joining a small group).

I hesitate to introduce this idea at this juncture, because we are in the middle of so many different initiatives. We also have an important "all-hands-on-deck" commitment in the form of Family Promise. If we don't all pitch in every time we can, we can't fill all of the volunteer slots. However, I do think it's a good rule of thumb. On the one hand, it avoids burn-out. On the other, it creates openings for new leadership, new ideas, and new ways of doing things.

I wonder, too, if it might open a way to letting go of a few things? I often feel that the church as a whole is spread a little too thin. We keep adding wonderful programs and ministries and projects, but rarely has there been a willingness to allow anything we do to come to a natural end.

As I've said from the pulpit, what we do matters, but the how matters as well. What are the practices and boundaries that will allow us to do what we do in ways that are grounded, sustainable, and balanced? Let's hold the question together.

### Dedicate a Hymnal!

Do you ever look in the front cover of one of our hymnals to see the dedications? For some of us, it brings back quite a few memories. But you might have noticed that only the gray hymnals have dedications. We are asking people to consider contributing \$15 for a new green hymnal. The money will cover the cost of the book and, if you'd like, you can dedicate it to someone you wish to honor.

Our paper-back hymnals are becoming rather worn. Contributions will revive the collection as well as honor our friends and members. To contribute, make checks payable to the UUCP with "hymnal fund" on the check. Please include the wording you want either on the check or on an attached note.



### Mah Jongg Party

The Mah Jongg party in September will be on the second Sunday of the month due to the Labor Day holiday the previous weekend. Steve Flint will be our host.

Please come on Sunday, September 8 at 6:30 pm to 4961 Lenville Road, Moscow. Check with Steve if you need directions and to let him know that you plan to come (208-882-8621; [flint.stephan@gmail.com](mailto:flint.stephan@gmail.com)).

It's a ways out to his house, so carpooling would be a good idea. Bring a snack to share and a Mah Jongg set if you have one.



## Communication and Connection

Language evolves. New words. Nuances tweaked onto old ones. Catchy phrases that sometime even become part of a global lexicon. The world is full of clever quotations. Some become words to live by and are taken to heart in a way that changes our lives and the lives of those we touch thereafter. Some bear Technicolor layers of impact, having come from books or movies or rallying cries of real people. Words like: It is a far, far better thing that I do, than I have ever done (A Tale of Two Cities). Words like: If you build it, they will come (Field of Dreams). Words like: Be the change you wish to see in the world (attributed to Gandhi). Words like: Love thy neighbor as thyself (Jesus/Matthew). Some words are plain but are words to die for, like thank you, or I love you.

Such words are backed by action and a faith in something more. Someone takes a shot of standing up and speaking out. It will be someone ordinary, perhaps as a surprise to themselves, who rises from the chairs or the ashes to offer strength, kindness, hope, direction. They won't be wearing a glittering famous person's name tag. No one will make a movie about what they did. No book will chronicle how they said something that actually mattered. And the ways are many and often small in themselves; so slight as to be easily overlooked. But taken altogether, they shape the wave of our humanity.

Something held in common is a sense of connection. Someone steps outside of themselves to be there for a larger community, be it a group of people in their diversity or a colony of snails integral to a critical piece of land. All that matters is that All of that matters. You never know where the voice of an un-



sung hero will come from; it's wise to listen. There are jewels to be caught in the drift. And there are opportunities to be a rough pearl at least a few times in your life. Lacking the fanfare of a good polish won't lessen a good outcome.

Who do you see that you might have missed? Are they reaching inside to bear witness to something outside that needs our attention? Is it the bully to be stopped or the bully to be given a little grace so they can heal and become true their own kindness? Is it the brick that builds a wall against or the brick that builds a wall for something? Is it the simple words from a quiet voice that reminds us of our complexities in getting along and suggests we try a little harder?

Sometimes it's a child emptying a piggy bank to help someone they've never met but heard about who is in need. Sometimes it's covering a grocery bill for the person in line ahead of you who is mortified at their lack. Sometimes it's taking the time to listen to someone you don't agree with and to really hear why they feel they way they do.

If you look for it, you will see the everyday hero everywhere in your midst. Sometimes they stand out in the light only for a moment and sometimes you can count them on the corners of many streets. They all matter, just going about the business of doing what needs to be done. From time to time, you can pass them a smile and let them know it was appreciated and you've been inspired to put in your two cents too. And don't be surprised if sometimes when you pass a mirror, you'll see the reflection of one of them there in your own face, helping the world along, bit by bit.

—Victoria Seever

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## Moscow-Pullman Meditation Group

The UUCP's mindfulness group has a new name: Moscow/Pullman Meditation Group! We are a small group that meets each week to meditate, and to discuss mindfulness and meditation and how we might apply our insights 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 and meditation, secular Buddhism, and those who are pursuing further study. We discuss topics with humor, compassion, and encouragement for each other.

All are welcome! It's free and no experience is necessary! We meet each Tuesday, 6:30-8:00 PM, in the main church sanctuary.

Our structure begins with a brief check-in, a time to share something about our mindfulness practice or more generally about our lives. We then practice a 15-20 minute silent or gently guided meditation together, and finally continue to group discussion, loosely based on a book we're reading.

This spring, we're reading *The Untethered Soul*, by Michael Singer; an exploration of our "consciousness," the part of us who observes and notices. You can learn more about us at [nwmindfulness.wordpress.com](http://nwmindfulness.wordpress.com) or on Facebook at [moscow/pullman meditation group](https://www.facebook.com/moscowpullmanmindfulness).

For questions, email Cynthia Pierce-Garnett at [moscowpullmanmindfulness@gmail.com](mailto:moscowpullmanmindfulness@gmail.com)

Joining a meditation group will motivate you to maintain a consistent practice!

## Month of Sundays—September 2019—Moscow Affordable Housing Trust

Our Month of Sundays recipient for August is the **Moscow Affordable Housing Trust**.

The mission of the Moscow Affordable Housing Trust is to create and preserve safe, inclusive, and affordable housing opportunities in keeping with the character of the community. Their target population is people whose household income is between 50% and 80% of the Area Median Income (AMI), an amount that varies with household size. Currently MAHT is building a 3-unit townhouse, to be sold using the Community Land Trust model, which creates long-term affordability. When the project is sold, the buyer will pay for only the improvements, thereby reducing the purchase price significantly. The Trust will hold the land (a subsidy) in perpetuity, and, through a ground lease, require each buyer to live in their home and to sell to our target demographic.

In this project, one of the funding sources is requiring that the eventual buyer provide 40 hours of sweat equity for a reduction in the purchase price. Our MOS donation will help fund the materials and tools needed to complete sweat equity work at one home.

The Moscow Affordable Housing Trust website is <https://www.moscowhousingtrust.org/>. They can be contacted at [Director@MoscowHousingTrust.org](mailto:Director@MoscowHousingTrust.org).

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## Month of Sundays Fifth Sunday Special Collection

In months that have five Sundays, the last Sunday of the month's offering is donated to an organization that is not eligible for our regular Month of Sundays collection, but is timely and in line with our values. This month's special collection will go to **Everytown for Gun Safety**, an organization that works to stop gun violence in the US. This aligns well with one of the topics we will be focusing on as a congregation this year.

Everytown is a grassroots organization of about 6 million people who are dedicated to advocacy and political action to bring about effective legislation for background checks that work and Red Flag laws that keep guns out of the hands of those who may harm others or themselves, and also to keeping the stories of the survivors and victims of gun violence in the public eye. Read more about this organization at [everytown.org](http://everytown.org). We will be collecting donations for Everytown on September 29.

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## 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 & 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 ([pnwduua.org](http://pnwduua.org)) or contact Chuck Harris, 208-310-3469 or [ccharrisjr@hotmail.com](mailto:ccharrisjr@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.



## UUCP Environmental Task Force September 2019 Report



Dakota Goodman from the University of Idaho Environmental Law Club spoke at our church for the earth day service. One of her comments has stayed with me. "When you reach the top, keep on climbing." This certainly describes our efforts with environmental issues. We're finding that there really is no top. There is always another goal in front of us to be reached. And then even another one.

At our recent Food Coalition meeting, of which we are a member, we made plans for our Sixth Annual Food Summit in January. At our last summit, we were invited to host a table where we led a lively discussion on the future of local food. This year, we'll continue that discussion and continue to support our local food economy. Membership in this group is open to anyone with an interest in that topic. Please contact Pat Rathmann if you would like a membership form.

Pat and Dan Rathmann represented our group at the Speak for Wolves event in Portland. We shared many ideas with the attendees and brought home contact information to enable us to continue our work for wolves here in the Palouse.

We ended our summer film series with "The Devil We Know." This environmental prize winner covers the law suit brought by a small West Virginia community against DuPont for polluting their water resulting in many cases of cancer. We were very pleased at the attendance of 20 plus viewers including many community members as well as church members.

We have several films scheduled at the Kenworthy. On September 9, we are showing "Damned to Extinction" about the plight of the Puget Sound orcas that are fighting for their existence. It illustrates the necessity for breaching the Snake River dams in order to preserve the salmon the orca depend on. Then on September 23, we are joining with the Vandal Clean Energy Club to show the Sierra Club film, "Reinventing Power."

We tabled at the WSU Welcoming Picnic and the UI Palousafest sharing information and flyers on our upcoming events. We are pleased to welcome and thank members of several UI Clubs who have been working with us in distributing posters and information on campus. We'll continue to table at Farmers Market in Moscow and the Free the Snake Dam Breaching event at Hells Canyon State Park on the 20th and 21st.

Richard Powers in "The Overstory" reminds us that "The best arguments in the world won't change a person's mind. The only thing that can do that is a good story." Through films, presentations and discussion groups we try to tell the environmental justice story. If you are interested in this issue and have a story to tell, please join us at our next meeting after church on Sunday, September 15. Check with Pat Rathmann for details and further information about events mentioned in this article.

—Pat Rathmann

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## Wholly Crones

Wholly Crones is a group of friendly "life-experienced women" who meet on the first and third Tuesdays of every month (October – May) at 1:30 pm. Meetings are held in the Micky Lounge at Good Samaritan, 640 N. Eisenhower, in Moscow. Our first meeting this fall will be on Tuesday, October 8. We invite women of the UUCP to join us.

At the first meeting, we will catch up with each other after our summer off, and welcome new women who join us. We will also make plans for what we are interested in discussion. 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. An interesting new book, *Women Rowing North* by Mary Pipher, may be the basis of some of our discussions. Here are a few reviews of the book.

"An enlightening look at how women can age joyfully." - *People*

"Both practical and inspiring." - *New York Times "Inside the List"*

"Full of first-hand anecdotes, the hopeful book doesn't shield the reader from the realities of aging, but rather delivers thoughtful insight and guidance to help women get more out of their lives and to be happier. This mental makeover is a necessity when you consider our senior population, especially women, is growing faster than you can say 70 is new 60." - *Postmedia*

"This is bound to become the bible of baby boomer women." - *Editors' Picks, Library Journal*

"Think of *Women Rowing North* as a GPS for navigating your later years. And while Pipher, 71, says she wrote it specifically for women crossing from middle age to old age, there is much in the book that is useful for any of us." - *Considerable*

For Questions or further information contact Rev. Elizabeth or Mary Jo Hamilton.



# September 2019

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                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------|-----------------------------------------------------------------------------|
| <b>1 10:00 am Service</b><br>11:45 am Green Sanctuary Comm Mtg, CS                                                                                                                                          | <b>2</b><br>6:00 pm Grief Support Group, Rev. Elizabeth's Office<br>7:30 pm PPQ, CB<br><i>Family Promise</i> | <b>3</b><br>6:30 pm Moscow-Pullman Meditation Group, CS<br>7:00 pm Bridge Grp II, CB<br><i>Family Promise</i> | <b>4</b><br>4:30 pm PRDC Mtg, CS<br>5:30 pm All UU Pullman Small Group, Pullman UCC<br>6:00 pm PFLAG Mtg, CB<br><i>Family Promise</i> | <b>5</b><br>11:30 am Retirees' Luncheon, The Breakfast Club<br>5:00 pm Crafting Small Group, CB<br>7:00 pm Choir, CS<br><i>Family Promise</i> | <b>6</b><br>7:30 pm Folk Dancing, CB<br><i>Family Promise</i> | <b>7</b><br>2:00 pm Young Adults, Main Bldg. (all)<br><i>Family Promise</i> |
| <b>8 10:00 am Service</b><br>11:30 am Building Project Steering Comm Presentation, CS<br>11:30 am Small Group Ministry Facilitators' Mtg, Rev. Elizabeth's Office<br>6:30 pm Mah Jonng, home of Steve Flint | <b>9</b><br>10:30 am Executive Comm Mtg, CB<br>5:30 pm Young Adult OWL, YHM<br>7:30 pm PPQ, CB               | <b>10</b><br>6:30 pm Moscow-Pullman Meditation Group, CS<br>7:00 pm Bridge Grp II, CB                         | <b>11</b><br>5:30 pm Parent Support Group, CB & YH<br>5:00 pm Building Project Steering Comm, CS                                      | <b>12</b><br>4:00 pm LCHRTF Mtg, YHM<br>5:30 pm Crafting Small Group, YHM<br>7:00 pm Choir, CS                                                | <b>13</b><br>7:30 pm Folk Dancing, CB                         | <b>14</b><br>2:00 pm Young Adults, YH                                       |
| <b>15 10:00 am Service</b><br>11:30 am Worship Comm Mtg, CS<br>12:00 pm Env. Task Force, Ginger Allen's Office                                                                                              | <b>16</b><br>5:30 pm Young Adult OWL, YHM<br>6:30 pm Board Mtg, CS<br>7:30 pm PPQ, CB                        | <b>17</b><br>6:30 pm Moscow-Pullman Meditation Group, CS<br>7:00 pm Bridge Grp II, CB                         | <b>18</b><br>5:30 pm Family Game Night Potluck, CB                                                                                    | <b>19</b><br>5:00 pm Crafting Small Group, YHM<br>7:00 pm Choir, CS                                                                           | <b>20</b><br>7:30 pm Folk Dancing, CB                         | <b>21</b><br>2:00 pm Young Adults, YH                                       |
| <b>22 10:00 am Service</b><br>11:30 am UUCP Library Registration Party, CB<br>12:00 pm K-1 OWL Parent Orientation, YHM                                                                                      | <b>23</b><br>5:30 pm Young Adult OWL, YHM<br>7:30 pm PPQ, CB                                                 | <b>24</b><br>6:30 pm Moscow-Pullman Meditation Group, CS<br>7:00 pm Bridge Grp II, CB                         | <b>25</b><br>5:30 pm Parent Support Group, CB & CS<br>5:00 pm Building Project Steering Comm, CS                                      | <b>26</b><br>5:00 pm Crafting Small Group, YHM<br>7:00 pm Choir, CS<br>7:00 pm Palouse Prairie Found. Mtg, YHM                                | <b>27</b><br>7:30 pm Folk Dancing, CB                         | <b>28</b><br>2:00 pm Young Adults, YH                                       |
| <b>29 10:00 am Service</b><br>12:00 pm K-1 OWL, YHB                                                                                                                                                         | <b>30</b><br>5:30 pm Young Adult OWL, YHM<br>7:30 pm PPQ, CB                                                 |                                                                                                               |                                                                                                                                       |                                                                                                                                               |                                                               |                                                                             |

## September Events

### **Sunday September 1**

Green Sanctuary Comm Mtg, 11:45 am, CS  
*Family Promise Hosting Begins*

### **Monday September 2**

Grief Support Group, 6:00 pm, West Office

### **Wednesday September 4**

All UU Pullman Small Group, 5:30 pm, UCC  
Church in Pullman  
PFLAG, 6:00 pm, CB

### **Thursday September 5**

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

### **Sunday September 8**

Building Project Steering Comm Presentation,  
11:30 am, CS  
Small Group Ministry Facilitators' Mtg, 11:30 am,  
Rev. Elizabeth's Office  
Mah Jonng, 5:30 pm, home of Steve Flint

### **Monday September 9**

Executive Comm Mtg, 2:00 pm, CB

### **Wednesday September 11**

Parent Support Group, 5:30 pm, CB & YH  
Building Project Steering Comm, 5:00 pm, CS

### **Thursday September 12**

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

### **Sunday September 15**

Worship Comm. Mtg, 11:30 am, West Office  
Env. Task Force, 12:00 pm, East Office

### **Monday September 16**

Board Meeting, 6:30 pm, CS

### **Wednesday September 18**

Family Game Night Potluck, 5:30 pm, CB

### **Sunday September 22**

UUCP Library Registration Party, 11:30 am, CB  
K-1 OWL Parent Orientation, 12:00 pm, YHM

### **Wednesday September 25**

Parent Support Group, 5:30 pm, CB & YH  
Building Project Steering Comm, 5:00 pm, CS

### **Thursday September 26**

Palouse Prairie Foundation Board Mtg, 7:00 pm,  
YHM

### **Sunday September 29**

*Special 5th Sunday Collection for Everytown for  
Gun Safety*  
K-1 OWL, 12:00, YHB

## **Mark Your Calendars!**

### **Mondays:**

Young Adult OWL, 5:30 pm, YHM (starting Sep-  
tember 9)  
Purple Paisley Quilters, 7:30 pm, CB

### **Tuesdays:**

Moscow-Pullman Meditation Group, 6:30 pm, CS  
Bridge Group II, 7:00 pm, CB

### **Thursdays:**

Crafting Small Group, 5:00 pm (5:30 pm on 2nd  
Thursdays), YHM  
Choir, 7:00 pm, CS

### **Fridays:**

Folk Dancing, 7:30 pm, CB

### **Saturdays:**

Young Adults, 2:00 pm, YH

### **Sundays:**

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

## **UUCP Staff Information**

### **Rev. Elizabeth Stevens, Minister**

*Office hours are afternoons...Monday at the UUCP,  
Wednesday and Thursday locations by arrangement.  
To make an appointment, follow this link:*  
[calendly.com/revehstevens](http://calendly.com/revehstevens)

### **Ginger Allen,**

### **Director of Lifespan Religious Exploration**

*Phone:* 208-882-4328

*Email:* [uucp-dre@moscow.com](mailto:uucp-dre@moscow.com)

*Office Hours:* Monday and Wednesday 1:00-3:00  
Thursday 9:00-12:00

### **Summer Stevens, Administrative Secretary**

*Phone:* 208-882-4328

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*Office Hours:* Monday & Friday 9:00-4:00  
Tuesday & Thursday 2:00-4:00

### **Paul Thompson, Music Director**

[pthompson@uidaho.edu](mailto:pthompson@uidaho.edu)

## **2019 UUCP Board**

Joe Pallen, **President**

Rich Alldredge, **Vice President**

Ryan Urie, **Recording Secretary**

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

Mary DuPree

Dan Schmidt

Lynna Stewart

Karen Jennings

Margaret Dibble

Mary Ellen Radziemski

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

Church member Judy Brown introduces a class by PCEI member Darci Deaton who teaches preschoolers the meaning of the interdependent web of life.

Palouse Roots is starting its second year offering an outdoor, nature school for children ages 4-7. The dream of this school began slowly as a realization that when working with children in the outdoors, using plants and animals as teaching tools, the children that I found myself working with were much more engaged and curious than when inside a classroom.

I noticed the distinction many times and as a teacher and care provider, I found myself discouraged when I was asked not to take children outside for extended periods of time because it was considered to be a less productive learning time. Something about this common sentiment did not seem balanced to me and did not resonate with what I was experiencing.

One day I attended a film at The Kenworthy called, "School's Out: Lessons From a Forest Kindergarten." This film compares a kindergarten classroom in Minnesota with a forest kindergarten in Switzerland. It asks the viewer to consider why children in the U.S. are spending less time in the outdoors and how it is affecting not only their learning but also their fundamental social, emotion, and motor skills. It seemed that the children in the outdoor school were also more compassionate, curious, and courageous.

The film resonated with me so much that I started planning to open my own nature school. I visited for-



est kindergartens in North Carolina and Washington and attended a teacher training program at Cedarson Forest Kindergarten on Vashon Is., WA.

When my husband and I moved back to Moscow to settle I started to explore the business side of starting a school. I knew very little about PCEI and Moscow's very own Nature

Center but many advised me to make a connection with this organization. When I did, they emphatically invited me to join them, use their space, and benefit from their established role in the community.

Because of this partnership we have been able to get the school running quite quickly and are now excited to be growing into our second year. We now offer class Tuesday through Friday in the mornings during the school year. We have a beautiful space to call our own, acres and acres of trails to explore, and a wonderful group of families building our Palouse Roots community.

Palouse Roots' aim is to offer our community a place where children come to learn to love learning, get to know this place deeply, be called outside rather than to their computer screens, learn to manage risk, develop friendships and confidence, and learn to care for each other. All this while surrounded by trees, dirt, friends, and birdsong.

Darci Deaton, Director and Lead Teacher

### UUCP Retirees' Lunch—September 5

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.



### In the Family

**Congratulations to:** Carol & Shane McFarland on their 10th wedding anniversary.

**Please hold in your thoughts:** Janet DeTemple, who is recovering from surgery; Pat & Dan Rathmann's son Kurt who is on the trip of a lifetime backpacking in the Arctic Circle in north Alaska with no cell phone coverage; Janice Willard, who underwent a heart procedure in late August; and Karen Ward, who was planning on knee replacement surgery but now has a possible crushed disc.

**Condolences to:** Family and friends of Maggie McGreavy.

*Please notify the office, [uuchurch@moscow.com](mailto:uuchurch@moscow.com) or 882-4328, of any family news to be included here.*

# Religious Exploration News

## 2019-2020 Religious Exploration Classes

### Nursery

We have a staffed nursery available for children aged birth through five each Sunday from 9:45-11:30 am. The nursery is a cozy space located in the Yellow House basement directly next door to the church building. Our nursery attendants are trained in early childhood development, first aid and CPR. Beginning at age 3-4 children are welcome to transition to our Spirit Play classroom.

### Ages PreK-First Grade: Spirit Play

*Meets in Yellow House Basement after the Time for All Ages in the main church 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 and explore their own inner wonderings and through self-chosen tasks around the classroom which include art, books, yoga, creating with blocks, literacy, science and math activities and re-exploring stories.

### Ages Second Grade- Fifth Grade: Imagination Stations

*Meets in the Yellow House Main after the Time for All Ages in the main church service.*

This class begins each week with a central story, idea or theme that all the children engage in. Then children are invited to choose from an activity station that engages them in art, reading, building, cooperative game or whole body movement that relates to our theme. Using the Soul Matters curriculum, each month's overall theme relates to worship and small group ministry.

### Middle School: Coming of Age

*Meets in the Yellow House Upper after the Time for All Ages in the main church service. Watch for special events that will occur this year at different times and off site.*

Our Middle School group is embarking on our Coming of Age sessions this year where each teen is supported in discovering their own understanding of faith, morals, ethics and UUism. Each teen is paired with an adult mentor and the groups work together twice per month. The other two times teens are invited into a group just for them to explore these issues on their own. Activities will include challenge courses, discussion, social action projects, community involvement and social activities.

### High School Youth Group

*Yellow House Upper; 12:00 Sunday*

This group chooses their own curriculum and are encouraged to take leadership over the direction their group takes. 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 finding their own path.

### Kindergarten/First Grade Our Whole Lives

*Fall 2019 only; preregistration required*

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, OWL 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 attendance commitment.

In eight, one-hour workshops, OWL models and teaches caring, compassion, respect, and justice. It helps young children identify their attitudes, values, and feelings about themselves, their sexuality, and others' sexuality. Participants in Grades K-1 are guided by trained facilitators through an engaging curriculum that addresses age appropriate topics. For more information on this program see <https://www.uua.org/re/owl> and/or email [Veronica Smith](#), OWL Coordinator at the UUCP.

## This Month in Religious Exploration

### September 1: Labor Day

**Labor Day All Ages** (grades 1-5): We will hear the story of Farmer Duck and talk about treating people fairly in the workplace. We will then have a cooperative all ages activity.

### September 8: Water Communion All Ages Service

In our annual ingathering service we will explore how our community is like water and nourishes us in a variety of ways. Children will be part of the service, no separate classes. Nursery will be open to all young children needing a place to play. Don't forget to bring your water to share to our collective bowl.

### September 15: First Day of Fall RE Classes!

**Spirit Play (ages prek-first grade):** Orientation Session 1. We will have our first session of the year and think about how to be in our classroom with focus on community with love, respect and a sense of exploration.

**Grades 2-5: Welcome Children's Chapel** We will gather in the main room of the Yellow House for a special children's worship centered on coming back together again.

**Middle School:** First Gathering. Gather with hearty breakfast snacks and meet your fellow middle schoolers and mentors for the year. We will play some icebreaker games and get to know each other a bit.

**High School Youth Group:** Will begin in October.

### September 22

**Spirit Play Explorers (ages 3-Kindergarten):** Orientation Session 2. We continue to learn about our classroom and how we can come together into community with love, respect and a sense of exploration.

**Grades 2-5: Imagination Stations Orientation:** We will begin by looking at our new way of being in RE together. Looking at our theme of the month, Expectation, we will explore what we want out of our time together this year. This session will focus on our covenant, our promise of how to be together for the year.

**Middle School: TBA**

**High School Youth Group:** Will begin in October.

### September 29

**Spirit Play (prek-1<sup>st</sup> grade):** Orientation Session 3. We continue to learn about our classroom and how we can come together into community with love, respect and a sense of exploration. We will have our first feast day and share joys and sorrows.

**Grades 2-3: Expectation Imagination Stations.** When we have expectations and they are not met we can feel disappointed. How can we manage that? We will think about our expectations today.

**Middle School: TBA**

**High School Youth Group:** Will begin in October

## Soulful Parenting

September 11 and 25; 5:30-7:30; Dinner and Childcare Provided

Our parenting support group continues! Open to any and all parents who wish to connect with others and gain support from one another. Childcare and dinner is provided, we eat at 5:30 in the church basement as a group and the kids head to the Yellow House for free childcare. Parent group starts at 6:30 and ends at 7:30.

### All UU Pullman Small Group

Wed Sept 4, 5:30-7:30 pm at the UCC Church in Pullman

Childcare and dinner to support all!

A UU family friendly small group with childcare has begun in Pullman! Group will meet the first Wed of each month at the UCC Church, 525 NE Campus St, 5:30 dinner (optional potluck-bring something if you can) and 6-7:30 childcare and group. We hope that all those who need a bit of connection and support will be able to come. This is an extension of both our family support nights and small group ministry.



## PPQ News

The PPQ is approaching the fall with our current raffle quilt nearly finished. It is a traditional Dresden Plate pattern with a great deal of hand quilting on it, really a lovely piece of work. We will be considering what our next project will be, perhaps getting back to finishing all those braided mats for kids to use while they hear the Children's Story on Sunday mornings. The mats will also be good for cushions on the adult seats that lack them.

We were happy and honored to present a quilt to the youngest one in the UUCP congregation, Malek Alenazi, son of Ozi and Marcia Alenazi and little brother to Thamer, who is 3. We are anticipating at least two more happy events coming up, and we are

ready for them with a nice selection of quilts, thanks to Mary George, who whips them out in her spare time. Thanks, Mary.

I'd like to extend an invitation to anyone in the congregation (or not in the congregation, but interested) to join us any Monday evening in the church basement at 7:30 pm. We can teach you the basics of making quilts, and the art of hand quilting and braided rug making. We do a lot of knitting instruction, too. As we work, we discuss the world's problems and what we can do to help solve them. We stand ready at any time to offer Good Advice on most any questions.

It's a great way to find your niche in the congregation if you're new, and if you're not new, a fun way to learn a new skill. We would love to have you come.

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## New for Fall 2019!

### Thursday Crafting Small Group

Join us for the start of a new small group! Thursdays 5:00 pm to 7:00 pm (5:30 pm start time on 2<sup>nd</sup> Thursdays). We will be meeting on Thursdays in the Yellow House main room to enjoy each other's company and craft together. Various supplies will be available and you are encouraged to bring personal projects. For more information contact Veronica at [vdsmith128@gmail.com](mailto:vdsmith128@gmail.com).

### Young Adult Small Group

Meetings are held on Saturdays 12:00 pm to 2:00 pm with a monthly rotation:

- 1st: Pullman Coffee Shop (Café Moro)
- 2nd: Board Game Day (Yellow House)
- 3rd: Activity (September: Crafting at the Yellow House)
- 4th: Moscow Coffee Shop (One World Café)
- 5th: Movie Night

For more information contact Veronica at [vdsmith128@gmail.com](mailto:vdsmith128@gmail.com)

### K-1 OWL

Do you have kids in kindergarten or first grade? The K-1 OWL program supports parents in educating children about birth, babies, bodies and families. The 8 sessions engage children with stories, songs and activities and include a weekly HomeLink - a homework project for parents and children to do together. Promotes dialogue between parent and child. Sessions will be held on Sundays from 12:00 pm to 12:45 pm in the Yellow House from September 29<sup>th</sup> to November 17<sup>th</sup> with a parent orientation on September 22<sup>nd</sup> from 12:00 pm to 1:00 pm in the Yellow House. For more information or to sign up contact Veronica at [vdsmith128@gmail.com](mailto:vdsmith128@gmail.com).

### Young Adult OWL

The Young Adult OWL program helps participants navigate young adulthood with accurate information, increased self-knowledge, enhanced safety and strengthened interpersonal skills. This is a 14 session program that will be held on Mondays from 6:00 pm to 8:00 pm in the Yellow House from September 9 to December 16 with a break on November 25. For more information or to sign up contact Veronica at [vdsmith128@gmail.com](mailto:vdsmith128@gmail.com).

### Family Game Night Potluck

Join us on the 3<sup>rd</sup> Wednesday of every month for a family game night potluck from 5:30 pm to 7:30 pm. Bring a dish and your favorite games to join in creating a fun community space. All ages welcome! For more information contact Veronica at [vdsmith128@gmail.com](mailto:vdsmith128@gmail.com)

## Social Justice Update

September is National Recovery Month and the theme for Moscow's Inclusive Community month is Mental Health. National Recovery Month is to educate people that substance use treatment and mental health services can enable individuals with mental and substance use disorders to live healthy and rewarding lives. This observance every September celebrates the millions of Americans who are in recovery from mental and substance use disorders.

This reminds us that treatment is effective and that people can and do recover. Another goal is to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, which can discourage people from seeking help. A mental illness is a condition that affects a person's thinking, feeling or mood, and these conditions may affect someone's ability to relate to others and function each day. Each person will have different experiences, even people with the same diagnosis.

Mental Health issues are not rare or isolated. Statistics from the National Alliance on Mental Health (NAMI) demonstrate the extent of the issue. Approximately 1 in 5 adults in the U.S. experiences mental illness in a given year, while 1 in 25 adults in the U.S. experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities. Approximately 1 in 5 youth aged 13–18 experiences a severe mental disorder at some point during their life. For children aged 8–15, the estimate is 13%.

Connected to mental health is substance abuse issues as many individuals self-medicate. Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5 had a co-occurring mental illness. Only 41% of adults in the U.S. with a mental health condition received mental health services in the past year, while 62.9% of adults with a serious mental illness received mental health services in the past year. Only half of children with a mental health condition aged 8–15 received mental health services in the previous year.

There is a stigma around mental health issues that keeps individuals from seeking help. This stigma can be stronger in minority communities. African Americans and Hispanic Americans each use mental health services at about one-half the rate of Caucasian Americans, and Asian Americans at about one-third the rate.

A mental health condition isn't the result of one event. Research suggests multiple, linking causes. Genetics, environment and lifestyle influence whether someone develops a mental health condition. A stressful job or home life makes some people more susceptible, as do traumatic life events like being the victim of a crime. Biochemical processes and circuits and basic brain structure may play a role, too. The issue is complicated and can affect anyone.

So how can we help?

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is the first step. Another way to help is policy change, which can make a difference in the lives of people living with mental health conditions and their families. NAMI advocates for an array of issues including: Protecting people's access to treatment and services; Attaining mental health parity; Securing better funding for research. Each year the organization fights stigma, provides support, and public education, while advocating for equal care. Mental health matters to everyone.

So, learn about mental health—educate yourself and others; See the person not the illness—strive to listen, understand, tell my own story; Take action—spread the word, raise awareness, make a difference.

There are several activities you may want to check out in Moscow in September that are tied to Mental Health and Recovery Month.

On **Saturday September 14** the Latah Recovery Center will hold a teen and family information day from 9:00 am to 12:00 pm tied to mental health and addiction.

**Saturday September 21** from 8:00 am–12:00 pm an exhibit will be placed in front of City Hall titled the Opioid Crisis Hits Home.

The Inclusive Community Potluck will be held on **Thursday September 26** starting at 6:00 pm in the 1912 Center Great Room.

And the month will close with the Recovery Festival held at the Latah County Fairgrounds on **Saturday September 28** from 2:00—8:00 pm.

I hope you will be able to participate in any of these events. If you want further information, please contact Ken Faunce at [kfaunce@roardrunner.com](mailto:kfaunce@roardrunner.com)

—Ken Faunce



## UUCP

Unitarian Universalist Church of the Palouse  
PO Box 9342  
Moscow, ID 83843

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#### General Church Information

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Office Email: [uuchurch@moscow.com](mailto:uuchurch@moscow.com)

**Rev. Dr. Elizabeth Stevens, Minister**

**Judy LaLonde, Treasurer:** 208-882-3556

<http://www.palouseuu.org>

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