



UUCP News

Unitarian Universalist Church of the Palouse

August
2021

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In This Issue

August Sunday Services	1
A Plea for Our Month of Sundays Program	1
Minister's Pages: Minister's Musings... ..	2
Welcome All—Gathering 08/29.2	
Grief Support Group	2
Minister's Pages: Church Chat: Navigating Decision Making	3
Family Ministries & RE.....	4
Environmental Task Force.....	4
Moscow Pullman Meditation Group	4
A Note from the Board	5
Weekend Food for Kids is in full swing	5
UUCP Staff Information.....	5
Month of Sundays—Backyard Harvest	5
Communication & Connection ...	6
2021 UUCP Board.....	6
June Board Meeting Summary ...	7
Living the 7th Principle	7
Want to Volunteer for Family Promise of the Palouse?	7
UUCP Mail/Email Information ..	8

Sunday Services — August 2021

All of our services in August will be online, via Zoom—

1st Sundays will also meet in person at PCEI in Moscow, and
3rd Sundays will also meet in person at Reaney Park in Pullman.

August 1, 10:00 am

Let It Be a Dance

Service Leader: Rev. Dr. Elizabeth Stevens

This Sunday you get to choose! Join on Zoom for the full service OR attend an abbreviated version in person at PCEI. Yes, we will sing. If you come to PCEI, please be prepared to wear a mask and respect social distance between households. We'll also ask you to sign in, in case contact tracing becomes necessary. IMPORTANT: Please check the Air Quality Index (airnow.gov) at 9:00 am on Sunday; if the AQI is over 100 we will cancel the in-person gathering.

We'll take a deeper dive into the societal and global shifts we are in the midst of- and apply William Bridge's work on transitions to these sea changes.

August 8, 10:00 am

Gathering Our History

Service Leader: Fran Rodriguez

We are interviewing some long-time members to gather parts of our UUCP history. We want to appreciate our past as we prepare for the changes that come with the new building. We also want to share our history with people who haven't heard it before. Some of the questions we are asking: When in our UUCP history do you think we did something important or special? (ie. tell about our achievements) Were there times when we struggled? How did we deal with those challenges? What do you want our congregation to remember about itself as we go forward?

August 15, 10:00 am

Gospel Music Sunday

A magnificent group of musicians including Wes Wedell, Marcus Smith, the Jellybeans and the UUCP choir will lead us in our annual celebration, live at Reaney Park in Pullman. For those who aren't comfortable gathering in person, the Zoom service will feature a previously recorded UUCP service.

August 22, 10:00 am

Gospel Music Sunday, part II

Together, we'll watch a recording of the live service offered the week before, so that everyone gets a chance to enjoy it, including those who performed!

August 29, 10:00 am

UU 101

Service Leader: Rev. Dr. Elizabeth Stevens

What exactly is this faith with the long name? Why do we light a chalice every week? Who, if anyone, is in charge? This service will review our history, theology and polity, with a healthy smattering of the best UU jokes.

A Plea for Our Month of Sundays Program

We have been lucky to be able to meet virtually in this era of self-quarantine and social isolation. I want to remind you of our mission to minister to the needs of people in our community who are struggling in these times because of loss of income, food insufficiency because of loss of school lunches and breakfasts, loss of social services, illness and other things we can't even imagine. As part of our mission to be of help, we collect money every Sunday and give it to local agencies who work to meet these needs. Since we do not have a collection in our virtual services, we need to help by sending checks and cash to the church office to support our Month of Sundays program. Please indicate on your check or cash envelope that it is to go to the Month of Sundays program. Thank you for caring.

—Mary Jo Hamilton



Minister's Pages



Minister's Musings

Things are not getting worse, they are getting uncovered. We must hold each other tight and continue to pull back the veil.

-Adrienne Maree Brown

The word 'apocalypse' comes from the Greek 'Apokálypsis', which means "lifting of the veil". It is on my mind during these days of heat and smoke serving as daily reminders of the reality of global climate change. The veil of denial has been lifted, and we are forced to face some pretty unpleasant truths.

- Our summers here on the Palouse are going to continue to get hotter and drier. The start of fire season will come sooner and sooner each year.
- Water is becoming an ever more precious resource. Four local communities are in the midst of water crises, scrambling to figure out how to provide enough water for the needs of both human inhabitants and the agricultural businesses that support their economy.
- It is likely too late to prevent devastating impacts, here and around the globe. Even if we were able to transition to a zero emission lifestyle tomorrow, we could expect further droughts, floods, and mass extinctions.
- The political situation in our nation is such that the transition to a sustainable way of life, though ultimately unavoidable, will come particularly late, and will be marked by conflict, danger, and acrimony. We are already trailing behind so many other nations when it comes to addressing climate change, and it will almost certainly get worse before it gets better.

For those of us who have been paying attention and working to raise awareness and move forward a shift, it can feel like we have failed. Think of the futility of trying to push on a giant ocean liner while the powerful engine of capitalism continues full speed ahead. As hard as we kick, as fast as we swim, until the engine slows, we can't keep up. We can't make the ship change course.

However, the ship is steaming fast toward a field of icebergs, and eventually, a cliff. We should continue to try to work with the people who have the power to steer; the citizen's climate lobby does amazing work. We should also start preparing for the ship to go down. We need to build lifeboats, gather supplies, and learn first aid. We have to save as many people as we can.

As the veil continues to lift, we should prepare to deal with folks who refuse to face reality. Some are too frightened; can we meet with them with compassion and an invitation to courage instead of judgment? Some will act with stubborn callousness, indulging narcissistic and selfish impulses like those that led Jeff Bezos to spend \$2.5 million dollars a minute for an 11 minute trip into space. It's hard to know what to do with the rage these kinds of acts inspire in me. I found myself praying that Bezos's eleven minutes might lead to an epiphany, inspiring him to pour his fortune into saving the planet he spent so much to see from above the Kármán line.

This is not a time to yield to despair or apathy. I believe that when navigating a shift this complex, every little thing we've done to raise awareness or to change our own habits made a difference. Someday, the difference made by our efforts will become apparent. In the meantime...hold each other tight, and continue to pull back the veil.

WELCOME ALL!

The UU Membership Committee invites old-timers and new folks of all ages to meet and mingle in person, come together, connect, renew friendships and make new ones. Enjoy cookies offered by the membership committee.

We meet **at PCEI on August 29 at the usual time, 12 noon to 1pm**. There will be children's activities while the adults visit with each other.

Grief Support Group

Grief group will take a break for July and August—the next meeting is **September 6**.



Minister's Pages

Church Chat: Navigating Decision Making



For now, people who have gotten their shots must navigate decision-making in a world where the vaccinated and unvaccinated will coexist for months, even within the same household.

-Sumathi Reddy, in the Wall Street Journal

Now that I am fully vaccinated, I've been really enjoying seeing people, hugging, listening to live music, and eating in restaurants. My personal calculus acknowledges that I am likely to encounter people who aren't vaccinated, and that I might catch and spread the virus, but most of the people I come in contact with are fully vaccinated. I keep my distance from people who I don't know, and lean toward wearing a mask if I have to be inside. I take particular care to mask, wash hands, etc. if I'm around kids or others who can't yet get vaccinated. I'm a little scared of the Delta variant, not to mention the Gamma variant, both of which seem to have more 'breakthrough' infections. But overall, the mental health benefits of being with humans again outweigh the risk.

The institutional calculus is a whole 'nother kettle of fish. Given the vaccination rate locally and the rising number of COVID infections, there is a very reasonable chance that someone who comes to a church gathering will have been exposed. Those who are vaccinated can still get sick, and even if they have no symptoms, they could be shedding the virus. This means we need to continue to take precautions and abide by CDC recommendations.

Small groups have some latitude to meet in person. We will never ask for vaccination status, but if everyone volunteers that information and it turns out that all group members are vaccinated, it is safe to gather in person. We've asked group facilitators to check with all group members as to their comfort level, and to enforce the precautions anyone requests. No arguing, no pushing back. Consent is key.

Otherwise, all church events are outdoors, and we ask that people wear masks and observe mindful distancing. This is to say, we need to check with one another before going in for that hug. I've been thinking a lot about how this works. I can say, "I'm fully vaccinated. Would you be comfortable with a hug?" In response:

- The other person might answer, "I'm fully vaccinated, too...and I'd love one!" Green light.
- They might say, "Sure," and not volunteer

their vaccination status. Then I have to decide whether I want to assume the risk of hugging someone who might be unvaccinated. It's hard to find a graceful way to change my mind. The best I've come up with is to be direct: "I don't want to ask you for your vaccination status, but I'm also uncomfortable hugging someone who might not be vaccinated. How about a fist bump, instead?"

- Or they might say, "Not really." In which case, I accept gracefully, and offer that fist bump. We're all learning how to navigate this. It's tricky!

The decision to offer in person worship was a tough one for me. For me, it wouldn't be worship without singing, and singing is definitely a higher risk activity. But the calculus also includes the reality that there are people who haven't been joining us on Zoom. Worship is a core ministry of our congregation, and now that the staff is fully vaccinated, it feels important to offer some way for those folks to participate.

That said, we'll have several precautions in place. We'll ask people to mask and maintain social distance between households. We'll have masks and hand sanitizer available. We're going to ask people to sign in so that we can easily notify everyone if someone does wind up sick, so of course, we're also asking that we be notified if someone has symptoms or a positive COVID test. We're shortening the service, and taking out elements of the liturgy that include physical contact (passing the basket) or sharing a microphone (joys and sorrows). Most importantly, we'll continue to offer Zoom services, doing our best to make both options enriching and enjoyable.

When we are able to return to our building, we'll transition yet again to full hybrid, which will give us the capacity to include those who prefer Zoom in meaningful ways. We're researching and investing in the technology required for us to do this, and even got a grant. Among other items, we will need screens in the sanctuary, which I know was a little controversial when we discussed it last. However, there's no way to do hybrid worship without them.

It's complicated to navigate all this, individually, and as a community. However, we have clear, shared values to guide us: we respect the science, we respect and care about each other, and we welcome everyone, no exceptions. See you soon- online or in person!

Family Ministries and RE – August 2021

August Open Mic Night!

In addition to weekly activities at PCEI, this summer RE is planning several fun, outdoor events. For August, we're hosting a UUCP talent show/open-mic night Sunday, August 29, at 6:00 on the East City Park stage. You don't need to perform to attend, but if you *would like to participate*, email Ryan Urie (ryan.urie@palouseuu.org) with your act, its length, and any equipment or other accommodations you'll need. Hope to see you there!

August Parent Group

Our next Dinner Ministry/Parent Group will be Wednesday, August 18 at 6:00 p.m. at Phillips Farm County Park north of Moscow. Prebagged meals will be provided for all who sign up, and childcare will be available. After we eat, parents will have the chance to circle up and chat like we did pre-COVID. Grabbing a meal to take home instead will also be an option. Look for signup info on Facebook and in your email!

Sunday In-Person Gatherings 12—1 @ PCEI Nancy Taylor Pavilion

All are welcome to gather, rain or shine, at the PCEI Nature Center each Sunday at noon. Snacks and drinks will be provided, and all are welcome. The pavilion is mostly sheltered, and there is a playground and trails for children to explore.

Youth Group (Middle and High Schoolers)

Youth Group is on break for the summer! We hope to resume weekly gatherings in September. Have a great summer!

UUCP Environmental Task Force August 2021 Report

Nimiipuu Protecting the Environment organized a very interesting Totem Event at Chief Timothy Park on July 25 that was very well attended. It was delightful to get together once again with Luci Simpson and Elliott Moffitt. We were also happy to see some friends from Bellevue. We will be planning some get-togethers for the summer and fall.

RF 100 has been meeting monthly. In addition to working on new municipal goals for Moscow, we hope to join with the Vandal Clean Energy Club for some activities. However, that will probably have to wait until University of Idaho classes start this fall.

Since The Kenworthy has opened and started to show films again, we are thinking of reserving the theater for another event. "The Need to Grow" is a possibility. It has received excellent reviews. Please let Pat Rathmann know if you have any suggestions.

Several members have been meeting with the Food Coalition to plan this year's Food Summit. Since our group is a member of the Coalition, we have a significant part to play. Unfortunately, Covid has slowed us down.

To quote Eleanor Roosevelt, "It's better to light a candle than to curse the darkness." We hope the candle we are lighting is shedding a bright beam of light here in Moscow.

All are welcome so please join us at our Sunday meetings.

—Pat Rathmann



Moscow-Pullman Meditation Group

The UUCP's Moscow/Pullman Meditation Group is currently using alternative meeting methods—contact Cynthia Pierce-Garnett at moscowpullmanmindfulness@gmail.com !

You can learn more about us at nwmindfulness.wordpress.com or on Facebook at moscow / pullman meditation group. For questions, email Cynthia Pierce-Garnett, group facilitator, at moscowpullmanmindfulness@gmail.com Joining a meditation group can motivate you to maintain a consistent practice!



A Note from the Board

“If you are careful enough, nothing good or bad will ever happen to you”. These words were shared with me by a student of mine decades ago. I think the statement may be useful during times, such as these, when we are faced with many choices as Covid-19 restrictions are lifted.

How do we avoid being overwhelmed by the opportunities open to us again? How do we decide which of our previous activities and commitments to resume? Which of the past demands on our time can we eliminate without feeling guilty? And what about the long list of tasks we had planned to complete during pandemic isolation? I call this situation post-pandemic reentry anxiety. A tactic for me to avoid paralysis due to this anxiety is to ask, “Do I want to be careful enough so nothing good or bad will ever happen to me?”

Hopefully, my answer to the question is “no” which encourages me to take risks and be fully engaged in making wise choices for my future activities.

—Rich Alldredge

Weekend Food for Kids is in full swing.

This program provides bags of kid-friendly non-perishable food for 2-3 days to Moscow school children in need of a little help every Friday during the summer. As the summer progresses, we add fresh local fruit. Our first distribution was last Friday, and we ran out of bags at 150 kids – we are increasing our number this week!

You can help with this much-needed project by signing up on the SignUp Genius, <https://www.signupgenius.com/go/10c0c45afab2ba2f49-weekend1>. Our greatest need is for the most fun part of the project, handing out the bags to the kids on Friday. Join your fellow UUs and friends by signing up.

If you would like to support this project financially, send a check to UUCP, PO Box 9342, Moscow ID 83843. Be sure to put WFFK in the memo line. Thanks for your support!



UUCP Staff Information

Rev. Dr. Elizabeth Stevens, Minister

Office hours by appointment—to make an appointment, follow this link: calendly.com/revehstevens

Zoom Room #662-139-0963

Ginger Yoder, Director of Lifespan Religious Exploration

On Sabbatical from April 9—August 9; please contact Rev. Elizabeth, Ryan Urie, or Summer Stevens.

Ryan Urie, Family Ministries Assistant

Email: traigo12@gmail.com

Summer Stevens, Administrative Secretary — office now in the Methodist Church

Phone: 208-882-4328 Email: uuchurch@palouseuu.org

Office Hours: Tuesday & Thursday 2:30-4:30, in the borrowed office at the Methodist Church; Monday, Wednesday, & Friday afternoons—working from home

Sam Welsh, Music Director

musicdirector@palouseuu.org

Month of Sundays—August 2021

Our Month of Sundays recipient for August is Backyard Harvest.

The mission of Backyard Harvest is to work within our community to connect those with extra fresh produce with those who need it most. Their programs highlight the impact small vegetable gardens, residential fruit trees, and urban chicken coops can have on the local food system. One of their principles is that food grows communities because when people are engaged in producing and sharing their own food, a community's sense of common purpose and fellowship is strengthened. Gathering, gleaning, and growing are activities that engage people of disparate ages, ethnicities, and socio-economic backgrounds.

For more information visit the website info@backyardharvest.org or call (208) 669-2259.

Communication & Connection

What's another downside to that us vs. them thing? We're quick to pick up on specific conflicts with another point of view. But that *thing* also engenders a tendency to pigeonhole all divergent thinking as being either-or bottom line, right or wrong, true or skewed off into la-la land. Even those of your own ilk, those we largely agree with and consider to be on our side of the line, can be habitually undercut when they happen to agree with those on the opposite side.

To stick rigidly in a narrow camp precludes opportunities where two sides do indeed hold something in common, or have come to understand a broader perspective has real merit, or that growth and collaboration can be successfully achieved.

Sometimes we become so attached to our rightness, our impassioned commitments, our do-or-die to change things for the better, we end up forgetting that the ultimate goal is not a side, but to succeed to the point where we connect holistically. If a faction of us has found a way to bridge difference, rather than feel they've fallen off our mutual ladder, we might take a deeper look how that connection was made. It may inform us and offer useful tools to open up communications. It may suggest possibilities to move us all forward. Have they found a workable angle?

Admittedly, there is much teeth-gnashing when confronted with seriously opposing attitudes. Perhaps even more frustrating is when those considered sensibly to be on our side seem to have taken leave of their senses and jumped ship. But have they? Or have they



trail-blazed a bridge? If we pause, can we see it? Can we temper our tempers long enough to sort out the value of compromise or new collaborative thinking? Can we avoid internal factioning and instead, extend our reach? Many things feel like a desperate race to fix before chaos reigns; we feel compelled to dig in and not relent our focus. Sometimes it's true and necessary

and admirable to fervently stand ground. But sometimes, we forget that the goal is not to come out on top, but to come out together—and that will top the alternatives.

We need to keep at least one ear whole-heartedly open. To slow the roll of our tongue in order to see and hear and feel a fuller context around us. And where we may not give much quarter, to give as much kindness as possible. After all, with an eventual goal of unity, where's the advantage to maiming what we strive to incorporate into one body, and even broadly speaking, one soul.

And to remember, "*one*" is not defined as one and the same. *One* is fluid. *One* is connective even in its diversity. And when one thinks a compatriot has suddenly gone bonkers and is collaborating with the enemy, to remember *one* does not seek to be at odds with itself, but to find the flow between parts. Maybe our buddy has tapped into something we could recognize as being mutual in some way. Maybe that gone bonkers wasn't so odd after all. Maybe it's a ladder to us as well as to the other side.

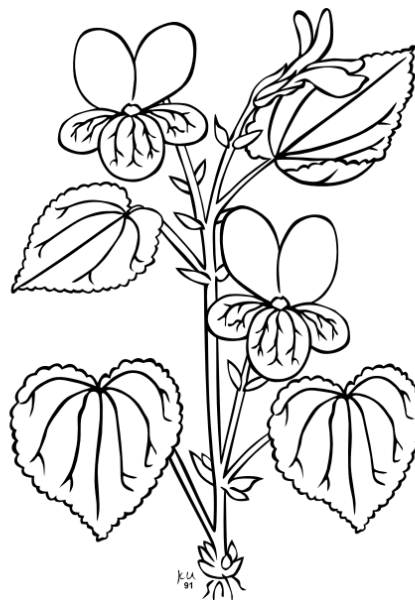
—Victoria Seever

2021 UUCP Board

Fran Rodriguez, President
Judy Brown, Vice President
Ellery Blood, Recording Secretary

Duane DeTemple
Diane Prorak
Rich Alldredge
Marcus Smith
Karen Jennings
Margaret Dibble

Treasurers:
Judy LaLonde & Sue Engels



July UUCP Board Meeting Summary

We're gearing up for in-person services on the first (at PCEI) and third (at Rainey park) Sundays of the month with zoom alternate services as well beginning in August.

Elizabeth will here for the service on August 1st, Ginger will be back on the 9th.

The church construction continues to progress well. The first two floors are fully framed up now. Check out Joel's blog (linked from the website) for updates.

Living the 7th UU Principle — The World You Want Is Up to You Let's link arms to reclaim our future.



We've reached a point in time where more and more people are longing for a world that respects all living beings, and where the needs of the planet take precedence over corporate profits. A world where life is simple, yet wonder-filled and joyous. Where communities, freed from unfair policies dictated by governments, can decide among their members how they wish to live their lives. A world where we once again connect with one another, person-to-person, face-to-face, and heart-to-heart. That's not to say people want to completely abandon online communications, for after all, how could we organize ourselves into a global protest without the internet! But the online craze has gotten out of hand. We need balance as we walk together mindfully and consciously into the future.

For these Global Action Days in August, let's reach out to others to share this vision for a better world. There are many local groups that are working on issues related to the environment, human rights, censorship, world hunger and world peace to list just a few. Perhaps these upcoming days can become a movement where we join together with others for Mother Earth. Let's link arms for a world where we understand deeply and fully that we are an integral part of this Web of Life. Watch for upcoming events. Let Pat Rathmann know if you want to get involved.

—Pat Rathman



Want to volunteer
with Family Promise of the Palouse?



The UUCP is not able to host families
until we are back in our building.



In the meantime, call FPP at 208-882-0615
to ask about volunteering.



There are lots of ways you can help support
the good work they do.



UUCP

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

Return Service Requested

Mail Pledge Payments to address above

General Church Information

UUCP Phone: 208-882-4328
Office Email: uuchurch@palouseuu.org
Rev. Dr. Elizabeth Stevens, Minister
Judy LaLonde, Treasurer: 208-882-3556

<http://www.palouseuu.org>

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We pay the postage. Thank you.

Would you like to receive email updates from the UUCP?

☐

Sign me up for the UUCP list, which receives notices of UUCP events, activities, etc.

☐

Sign me up for the Non-UUCP list, which receives notices of events, activities, etc. not directly related to the UUCP but of likely interest to our members and friends.

My email address is: _____
(please print clearly!)

☐

Please update my email address!

New email address: _____

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Place in drop box into church office, email uuchurch@palouseuu.org,
OR mail to UUCP, PO Box 9342, Moscow, ID 83843