



# UUCP News

Unitarian Universalist Church of the Palouse

September  
2021

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## Sunday Services — September 2021

All of our services in September 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.

### September 5, 10:00 am

*Flowing Together*

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

**Join on Zoom for the full service OR attend a brief, in person intergenerational service at PCEI. Please see announcement for details and protocols.**

This is a time when we need the support provided by being part of a community more than ever. It is also a time when our accustomed ways of being together aren't accessible to us. How are the shape and structure of our community changing? *This week's Zoom service will include a meditative art activity. Please have a piece of paper and something to write with (pen, pencil, markers, crayons) accessible if you'd like to participate.*

### September 12, 10:00 am

*Riding the Rapids*

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

We don't know exactly what is next, but it is liable to be a bumpy ride. We'll take this opportunity to gather our courage and reaffirm our commitments before launching into the coming year.

### September 19, 10:00 am

*Making a Way out of No Way*

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

**Join on Zoom for the full service OR attend a brief, in person intergenerational service at Reaney Park. Please see announcement for details and protocols.**

Many problems we are facing today resist easy solutions. When we come up against these sorts of intransigent situations (or people), a different sort of strategy is required if we are to make our way through.

### September 26, 10:00 am

*Water Communion: Blessings Circle the World*

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

In honor of World Rivers Day, our annual Water Communion will celebrate both water and blessings that flow freely.

## 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: One Step at a Time

*"If we were meant to stay in one place, we'd have roots instead of feet." – Rachel Wolchin*

Last month, I went on an amazing backpacking trip to Grand Teton National Park. For six days, five nights, covering nearly forty miles, I carried everything I needed to survive on my back. I got to see the sunrise over the Grand. I met a glacier up close. I saw wildflowers and wildlife and on our one layover day, I hunkered down in my tent while band after band of wild thunderstorms passed over. Oh, does my soul love the wild!

I had never done a backcountry trip this long or physically challenging, so I was nervous starting out. An insight that came to me while watching the Ironman race in Coeur d'Alene stood me in good stead. As I stood there cheering on the athletes, something shifted in my mind. Swimming 2.5 miles, then biking for 112, then running a 26 mile marathon seems at the outset like an impossible feat. But when I think about doing three things that I love for an entire day - one stroke at a time, one mile at a time, one step at a time - it doesn't seem as far out of reach.

This is the approach that I took on the Tetons trip. One step at a time. In particular on the big climbs, I refrained from thinking about the start or the finish. I would say to my body, "body, just find the next effort-less step," and my body would. By focusing on my path, staying in the present, and not worrying about how fast or slow I was going, I got where I needed to

go without feeling pressured, stressed, or even particularly fatigued.

Life right now can feel impossible. There's an article I will share with you during a service in October that talks about how life (and ministry) during the pandemic has felt like a marathon, and it felt like there was a finish line in May and June. Instead, it turned out that we are being forced to pivot and begin yet another marathon. Though we are tired and traumatized and don't have access to some of our key coping strategies, we can't just collapse. Though our bones ache with exhaustion, we have to keep going.

So it feels important to remember that keeping going doesn't have to involve heroic effort. We can focus on the present, and just find the one next effort-less step. We can rest frequently, eat snacks, drink water, look around and take in the view. When living starts to feel like a Sisyphean task, we can pause, and notice how far we've already come, all we have already survived. We can also ask for help. As the song says, *"If there is a load you have to bear that you can't carry, I'm right up the road, I'll share your load, if you just call me."*

However grim and overwhelming the world feels, let's remember to access and enjoy moments of beauty, connection, laughter and joy. Let's agree to take it one moment at a time. And let's promise one another that we will reach out if we need support and care.

I love you all.

### UUCP Staff Information

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

Office hours by appointment—to make an appointment, follow this link: [calendly.com/revehstevens](https://calendly.com/revehstevens)

Zoom Room #662-139-0963

#### **Ginger Yoder, Director of Lifespan Religious Exploration**

[Ginger.Allen@palouseuu.org](mailto:Ginger.Allen@palouseuu.org)

Monday & Wednesday 10:00-12:00, and by appointment

#### **Ryan Urie, Family Ministries Assistant**

Email: [traigo12@gmail.com](mailto:traigo12@gmail.com)

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

Phone: 208-882-4328

Email: [uuchurch@palouseuu.org](mailto: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](mailto:musicdirector@palouseuu.org)

# Minister's Pages

## Church Chat: Take It Easy



*Love takes something that is difficult and makes it feel so effortless. -Debbie Macomber*

With Ginger back from her sabbatical, refreshed and renewed, I've been wanting to remind everyone that volunteers are allowed to take sabbaticals, too. In fact, some people are doing this already, stepping away from roles or groups or other commitments.

If a church related task or activity feels like a burden, this is your permission to lay it down. Please tell someone first, and don't just vanish. But I believe that volunteer work should consist of things that help us feel connected and joyful, not pressured and overwhelmed.

It may be that someone else will feel called to pick up the task you no longer want to perform. It may be that no one will, and it won't get done. In these strange, stressful times, some of our cherished traditions have needed to be released. It's okay. We can always pick them back up down the road...when it feels easy and fun for someone to do so!

We've all heard about Marie Kondo, and the practice of sorting through objects by holding them and asking if they 'spark joy.' We can sort through our schedules this way as well. Imagine holding each of your commitments. Does it feel light and make you want to smile? Or does it fill you with dread?

Now is a good time to simplify our lives. The goal

is to make our days feel spacious, with a shape and balance that are pleasing. Modern life can push and pull, distract and overwhelm. We can choose, though, to resist the pull, and move at a measured pace. We can choose to do only the things that feel right and necessary. We can learn the power of a clear and kind 'no.'

Mostly, I find myself needing to say 'no' to things that feel like obligations, things I think I 'should' do. I've found that though I can force the issue, I don't do those things well. I'm not effective. When I wait until I can do something and have it feel like an act of love, like something I truly want to do, things tend to unfold with ease, and in ways that are better than they would have otherwise. I get better results when I don't try so hard.

So. Directions for engagement with church this year:

- Take it easy. Take a break if you need to.
- Do only the things that spark joy, that feel right and good and nourishing. Lay down the rest. (Again-make sure to communicate!)
- Let every contribution feel like an act of love, effortless, joyful, and beautiful.
- Trust that things will unfold in beautiful and unexpected ways.

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## A Note from the Board

Fall is always a time of mixed emotions for me. Having worked in the academic world for most of my life, fall brings the excitement of a new school year, but the loss of the freedom of summer. Fall can bring some of the nicest weather to enjoy the outdoors, not too hot or buggy, and this year, we can hope for improvements in air quality if fires decline. However, fall weather can be more unsettled, and, soon the cold weather will limit some outdoor activities.

Fall is harvest time, and our garden this year is bursting with produce. But we need to use or process all that bounty. Soon, fall frost will end that. This year, fall means I am going back to work in person. Again, I've missed social interactions with colleagues and students. But working at home also took a lot of pressure off me and it's a challenge to move back to the face-to-face workplace. Finally, there is day length. While I love our long summer days, I can feel pressure to keep going while it's light. Shorter days brings me inside sooner, which is sometimes a way to slow down and settle in. But those dark mornings, ugh.

So fall is a time of change. And, like most change, it has its advantages and disadvantages. Our church is going through a lot of change now. As we joyously see the progress on our building, we look forward to gathering again in an upgraded, accessible space.

But some of us have found advantages to remote worship and meetings. We would like to keep some of the advantages of virtual participation as we happily begin to be able to sing together and chat in-person while drinking coffee. Keeping the best of both participation methods has technological, medical, ethical and privacy challenges. The Board, along with other committees, is working through these issues as we plan to gather again. We ask for your input, support, patience and understanding as we navigate this tricky course.

—Diane Prorak

# Family Ministries and RE – September 2021

## September Religious Exploration Programing

As we move toward fall so much is changing again in our lives. School is starting, the delta variant is on the rise and we all are facing uncertainty. With this in mind our RE programming will remain flexible and ever-changing to the needs of our families and members. What I want you all to know is that we are here, we love you, and whatever lies ahead your community will support you. We are approaching this fall with the idea we will plan various opportunities for connection with the expectation that there is no expectations of you! Please give yourself permission to use any or none of these ways to meet your needs. No matter your ability to come to any particular event you are held in love.

## September Dinner Ministry + New “Nap” Ministry

Our September Dinner Ministry is going to look a little different!! We are going to offer the option of dinner delivery or pick up and go / pick up and eat at the park with other UU parents!

AND...we are offering TWO hours of drop off childcare beforehand! We are calling this our new Nap Ministry as we want to provide parents with a chance to rest (or do whatever you need for those two hours!!).

So, from 4-6 pm Sunday Sept 12 we will have childcare outdoors, masked, at Lions Park in Moscow, followed by our dinner gathering / delivery / pick up and go at 6 pm! Please sign up below so we can serve you and your family!!

<https://forms.gle/CV5NC4EEHdNTPwU56>

**In accordance with new guidance from the UUA all gatherings will be masked for all participants. Thank you for your cooperation!!**

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## Stuck in the Middle with UU

### September 19 2021, 4:00 UI Arboretum

Are you stuck in the middle? Not young adult, but not yet elder? We are Stuck in the Middle with UU, self-identified 35-55 year olds who want to find meaningful connection. This group had a great start before COVID, and now there is a growing interest in this group beginning to meet again! Following new UUA guidelines for best practices we will meet outdoors with masks and get spend time together. Meet at the barn at the UI Arboretum and we will find a place to walk or simply hang out in the soon to be fall trees. Bring a snack for yourself if you wish. This first meeting has no agenda but to just be together once again.

### Youth Group September Meeting

### September 26<sup>th</sup> 12:00, UI Arboretum, 6<sup>th</sup>-12<sup>th</sup> graders

A fall walk in the arboretum has become an annual tradition for our youth group, and one we can continue in September! We can meet rain or shine to walk, create nature altars, simply be together. We would LOVE to see you all there.

Ginger Yoder, Family Ministry Director  
Home Office Hours: Monday and Weds 10-12;  
also available by appointment

## Our Whole Lives (OWL) Updates

Our Whole Lives is our values-based sexuality curriculum that truly is one of the foundations of our religious exploration program. We put the program on hold in March of 2020 with the high hopes we could offer several age ranges this fall. Alas, this just simply cannot be.

OWL can only hold its integrity in person without masks as the subjects covered are deeply personal, essential to our human core, and hold the potential to be triggering for some participants. OWL was not designed to be implemented online or (with the exception of the kindergarten-first grade level) delivered by parents in the home. We have received strong messages from the UUA not to offer it in any way but in person without masks and it is not safe to do this at this point.

This is hard. There is no way around it. Comprehensive and values based holistic sexuality education is one of the most important things to be offered to our children and youth. And we have to wait. However, we have some options to help bridge the gap.

### **Parents as Sexuality Educators – small group meetings**

One of the fundamental assumptions of the OWL program is that parents are their children's first and foremost sexuality educators. But how do we do this?! How do we support our children's sexuality development? There is a program we can offer that will support you in this role, find answers to all the burning questions you and your children have, and create a community of love to hold space for this important part of our children's development. We can offer it to parents with children of any age over zoom (I know...) or in a socially distanced outdoor gathering. We need at least 5 parents to express interest/commit to the program to make it run, and then we can talk logistics.

Please contact Ginger and/or Ryan to express interest in this program. Ginger – [gin-ger.allen@palouseuuu.org](mailto:gin-ger.allen@palouseuuu.org) Ryan - [traigo12@gmail.com](mailto:traigo12@gmail.com). Facebook messenger also works great for Ginger!!

*From the UUA website: Parents as Sexuality Educators: Ten sessions invite parents and caregivers to explore their role as the primary sexuality educators of their elementary through teen age children. The 90-minute sessions use a small group ministry format to engage adults in topics including Gender Identity, Relationships, Social Media, and Consent.*

### **At Home Resources**

There are some amazing recourses out there to help parents and children find their way in this sea of sometimes conflicting and always confusing messages concerning sexuality education. Your RE team is compiling a list of online and print resources for each age group and for parents to have on hand when questions arise in your home. We will span the issues covered in OWL and also be on call if you need to ask a specific question. The RE team is also willing to buy each home a book aimed at supporting parents and a book aimed at their children's developmental level that affirm the Our Whole Lives program values. Watch for this call and resources in September.

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## **Family Friendly In-Person Services September 5 and 19**

### **Online Water Communion Sept 26**

Moving back into fall has seemed somewhat surreal to me. There are so many familiar routines and events that are happening...and yet they are different and full of change. School and the church year starting are a perfect example, both of which begin this month. Water Communion will happen, and yet it can't be in the sanctuary full of all our folks coming together.

Yet I believe we have found a way that will feel joyous, inclusive and safe for this month's familiar yet new way of celebrating our church year beginnings. Here's the scoop:

- We are holding two in-person (socially distanced and masked) services, the 5<sup>th</sup> will be at PCEI in Moscow and the 12<sup>th</sup> at Raney Park in Pullman.
- These services are intentionally built around ritual, story and embodied worship, and will be about 30 min in length. In other words, they meet the needs of our multigenerational community (our kids!!) perfectly. And to be honest, they will meet my needs as well in this way. I am yearning for a way to worship off screen through mediums my tired pandemic brain can hold.

## Social Justice Update

Welcome to September. It was a hot summer, but as we move into the fall, things are starting to become more active on the Palouse. For the next few columns, I want to focus on the Universal Declaration of Human Rights (UDHR) and its relationship to UU values on social justice. The UDHR was adopted by the United Nations General Assembly defining the rights and freedoms of all humans. On December 10, 1948, the General Assembly accepted it as Resolution 217. The UDHR concepts are very similar to the social justice values of Unitarian Universalism.

The Declaration is a foundational text in the history of human and civil rights and consists of 30 articles detailing an individual's basic rights and fundamental freedoms. Also, the Declaration affirms the universal character of the articles as inherent, inalienable, and applicable to all human beings. The UDHR commits nations to recognize all humans as being born free and equal in dignity and rights. This is regardless of "nationality, place of residence, gender, national or ethnic origin, color, religion, language, or any other status". The Declaration directly inspired the development of international human rights law, and the beginning of the formulation of the International Bill of Human Rights.

The UDHR is not legally binding, however it has been elaborated and incorporated into international treaties, and national constitutions and legal codes. All 193 member states of the United Nations have ratified at least one of the nine binding treaties influenced by the Declaration, while most have ratified four or more.

The UDHR has influenced legal, political, and social developments on both the global and national levels. So, how does this impact human rights/social justice movements in the U.S and especially for Unitarian Universalists? The articles of the UDHR are similar and reinforce the social justice values of UUs. For the next several columns I will examine the Declaration's articles and their similarity to UU principles.

This month we will start with the first two articles. Article One states that all human beings are born free and equal in dignity and rights. You can see the

similarity with the first UU principle "The inherent worth and dignity of every person".

Article One continues by stating everyone is endowed with reason and conscience and should act towards one another in a spirit of brotherhood, which links to the 2<sup>nd</sup> UU principle.

Article Two declares that everyone is entitled to rights and freedoms without distinctions such as race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. This relates directly to the values of the UUCP and our social justice mission. The beliefs and social justice values of Unitarian Universalism fully support the concepts expressed in the UDHR. Next month we will explore more articles of the Declaration.

The Weekend Food for Kids program has ended for the summer, and I want to thank Mary Jo Hamilton and all the volunteers who made it successful.

Also, the Westside Food Pantry still needs volunteers for shifts at the foodbank. Think about volunteering some of your time.

September is Moscow's Inclusive Community Month; the theme is "We Are In This Together". Events include: Thursday September 16, 7:00-8:30 pm Webinar "A conversation on voting rights with Professor Buffington"; Tuesday September 21, 7:00-8:30 pm Great Room 1912 Center, Moscow, Dr. Vanessa Anthony-Stevens "Inclusivity in Education"; and Thursday September 30, 6:00-7:30 Kenworthy Theater, Film: Shared Legacies: A film showing the often-forgotten story of the coalition and friendship between the Jewish and African-American communities during the Civil Rights Movement and its connections to today. The film will also be streamed online (link coming soon). There will be a panel discussion following the movie.

Stay tuned for more information on activities. If you have any questions, please contact me at [faunceken@gmail.com](mailto:faunceken@gmail.com)

Keep up the good work.

—Ken Faunce

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## Grief Support Group

Grief comes to everyone at some point in life.

If you are grieving, you are welcome to join our Grief group, which meets on the **first Monday of the month from 6:00-7:00 pm.**

The next meeting is June 7. Everyone is welcome.

Zoom: <https://palouseuu-org.zoom.us/j/5358085754>

Meeting ID: 535 808 5754



## UUCP Environmental Task Force September 2021 Report

We had a very successful event the end of August when we participated in the annual Fem Fest sponsored by the University of Idaho Women's Center. We joined with the Palouse Environmental Sustainability Coalition to distribute fliers containing information about the AAUW (American Association of University Women), the oldest women's group in the United States, and how they provide student aid and graduate fellowships. One of our members was able to receive a degree as a result of one of these grants. Several years ago, this group expanded their membership to include male members also. We also tabled at the Palousafest welcoming new students to the U of I.



Some of our members interested in agriculture have supported the "Relief for America's Small Farmers Act". Another piece of legislature important to many of us was contained in the Bipartisan Infrastructure Framework that provided support for clean electric school buses. In addition, another interesting bill tackles "Fighting Climate Change from Space."

Members of our group who support the local Audubon Chapter have been active collecting signatures for the Migratory Bird Protection Act. This legislature will protect birds from direct killing by oil spills and utility lines. We have been happy to join our local tribes in support of this bill. Many of us attended an event in support of a group travelling to Washington DC in their totem journey to protect indigenous sacred sites.

There are so many ways to get involved protecting and advocating for the environment. If this is an issue that inspires you, please watch for the announcement of our next meeting. Everyone is always welcome. Just share your interest with Pat Rathmann.

—Pat Rathmann

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## 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](mailto:moscowpullmanmindfulness@gmail.com) !

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



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## Month of Sundays—September 2021

The Month of Sundays recipients for September are the Community Action Partnership of Idaho and the Pullman Community Action Center serving Whitman County.

The Community Action Partnership provides help with housing, gas vouchers, and utilities. Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live.

Pullman Community Action Center provides a variety of affordable housing programs for community members who need access to safe, available, and affordable housing options. Since 1988 Community Action Center has been a primary resource for over 11,000 people living in poverty in Whitman County including your neighbors, co-workers, students.



## Communication & Connection

So many causes. Many so urgent. Interconnected, overlapping, enmeshed, and otherwise inseparable. Climate change. Poverty, domestic and global. A pandemic. Challenges to educating societies. Virulent prejudice and enculturated beneath-the-surface unintentional blind spots about privilege and stereotypes. Lack of food and mountains of wasted food. Water. Pollution. Energy. Biodiversity. Clear-thinking vs. political programming. Waning empathy. The list is exhaustive.

Put a shoulder to the wheel and we'll likely impede progress in another cause as there are usually rubbing points between them. What to do? What to do? What is it that we can do? Put a shoulder to it and try not to grind down too much on some other worthy, striving wheel. Don't lose track of the shavings for they may become a cause in their own right and we have had a hand in the abrasions. Stay nimble in the maze. Be patient when things grind to a halt, hit a wall, get wedged up short. Find a constructive way through it, or over, around, beneath, even with it like when two things pinch together but leverage together to break each other free.

What else is there but to try and keep moving forward. The trick, of course, is to do it fair and share



and care for all sides. At least enough to keep channels open and opportunities on the table. Enough to breathe and wiggle and feel a reason to keep going. After all, if we just stop, the world does not—we can't escape it, so work with it. With it—like those common connective terminologies such as: including, in addition to, as well as, along with, in the meantime, equally as good, within

our expectations, with growing interest in, a synergistic development, partnership, an expanding scope . . . Well, endless phrases could manifest. And that's the point to take: possibilities put in a positive bent.

Sometimes, it's the language used that reminds us of that. Not just selecting words to guide us to be open, open-minded, mindfully aware. But words that don't get mired in conflict and disparity. Words we hear and how we choose to mix them with our own. Words we use that suggest not just a plethora of problems. Words that direct our attention toward improvement, growth, and greater understanding. We know self-talk is a powerful tool—to phrase ourselves in a positive light. Our self talking about all those challenges also will go better if done with a positive accent. Where do we put the accent? Inflection can make all the difference.

—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



## August UUCP Board Meeting Summary

Floors and walls are coming along well with the building construction. We're investigating the possibility of offering tours of the building under construction.

We're excited to have Ginger back from her sabbatical. We're grateful for the work that Ryan and Theo have done while Ginger was away.

We're considering spinning up several discrete task forces to handle the multi-faceted challenges associated with opening the new building and resuming in-person and/or hybrid services.

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

The Wilderness Society recognizes Native Americans and Indigenous peoples as the longest serving stewards of the land.



The Interior Department manages roughly 500 million acres of public lands including many acres of wilderness. It is also the overseer of US relations with federally recognized tribes and is responsible for guaranteeing the protection of tribal resources. Unfortunately, countless examples demonstrate that the agency has often failed in this duty and bears responsibility for exploiting indigenous peoples and their lands.

Interior Secretary Deb Haaland's appointment signals a new day. As a member of the Laguna Pueblo Nation she traces her roots back 35 generations to land that is now in New Mexico. She is the first Native American Cabinet Secretary in US History, taking office 229 years after George Washington created the first Presidential Cabinet. Her record demonstrates that she is up to the task. As a leader in pushing the US to embrace a national goal of protecting 30% of lands and waters by 2030, she has expressed a commitment to confronting climate change.

—Pat Rathmann



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

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*Return Service Requested*

### Mail Pledge Payments to address above

#### General Church Information

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Office Email: [uuchurch@palouseuu.org](mailto: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.

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## 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: \_\_\_\_\_

Old email address: \_\_\_\_\_

Please print clearly.

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