



UUCP News

Unitarian Universalist Church of the Palouse

January
2022

PO Box 9342 420 E. 2nd Street, Moscow, ID 83843 Issue Date: January 1, 2021 Volume #72, Issue 1 Issued Monthly

In This Issue

January Sunday Services	1
A Plea for Our Month of Sundays Program	1
Minister's Pages: Minister's Musings: Happy New Year!	2
UUCP Staff Information	2
2022 UUCP Board	2
Minister's Pages: Church Chat: Pastoral Ministry Team	3
Grief Support Group	3
Want to Volunteer for Family Promise?	3
Family Ministries & RE	4
UUCP Board Endorses EICDA ..	4
Dec. Board Meeting Summary ...	4
Communication & Connection ...	5
Month of Sundays—ATVP	5
Moscow Pullman Meditation Group	5
Racial Justice Book Group learns about the struggles of Black Americans	6
Living the 7th UU Principle	7
Environmental Task Force	7
UUCP Racial Justice Book Grp ..	7
UUCP Mail/Email Information ..	8

Sunday Services — January 2022

All of our services in January will be online, via Zoom

January 2, 10:00 am

The Burning Service

Worship Leader: Rev. Dr. Elizabeth Stevens

This annual contemplative service is centered on the ritual of burning the things from the previous year we are ready to let go of- and holding on to the things we have learned and want to carry forward with us. This year, the service will, of course, be virtual, so if you'd like to participate in the ritual, you'll need two small pieces of paper and a way to burn one of them (or bring it to PCEI, where we'll have an outdoor fire following the service.)

January 9, 10:00 am

Live the Questions

Worship Leader: Rev. Dr. Elizabeth Stevens

Rather than choosing a New Year's resolution, what if we each chose a question to guide our decisions and our growth this year? What sorts of questions are worthy companions for the coming year?

January 16, 10:00 am

Racial Justice Sunday

Celebrants: Kimberly Green and Frances Rodriguez.

Speakers: Members of the Racial Justice Book Group.

The fight for racial justice calls for learning more about past and present white supremacy. Our UUCP's Racial Justice Book Group has spent three years reading, watching and listening to Black authors. Members will share what they've learned and what is required of us to begin to create justice.

January 23, 10:00 am

From Burden to Blessing

Worship Leader: Rev. Dr. Elizabeth Stevens

Though the constant stream of traumatic events and distressing news can easily make us feel overwhelmed and overburdened, it also offers us opportunities for personal and spiritual growth, as well as opening the door to needed societal change.

January 30, 10:00 am

There Is a Love

Worship Leader: Rev. Dr. Elizabeth Stevens & the Pastoral Ministry Team

In 2018, we commissioned a team of Lay Pastoral Ministers to help provide pastoral care and support to our community. They've been working beautifully and diligently, albeit behind the scenes, ever since. It's time to check in with them in order to be reminded of their steady, loving presence in our midst.

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—Happy New Year!



Yearly reminder: there is no resolution that, if kept, will make you more worthy of love. You, as your actual self and not as some made up ideal, are already worthy. -Nadia Bolz-Weber

I often call myself a perfectionist in recovery. I am a veteran of so many attempts to be better that look like this:

1. Choose a goal (make a resolution, etc.)
2. Doggedly pursue the goal, resisting temptation with gritted teeth.
3. Get bored.
4. Get tired.
5. Forget the goal, and 'slip up'.
6. Engage in much self-recrimination..
7. Get back on the wagon
8. Repeat steps 2-7 a few times.
9. Give up.

It's painful, and it has never worked for me.

I've tried habit based approaches: if I do the thing for x amount of time, it will become a habit. This works well if the habit I am developing not just desirable, but pleasant. It works less well in all other cases.

The buddy system helps. Support groups help. Setting intermediary goals and rewarding myself along the way helps. You already know all this; if not,

I'm sure you can read the self help books.

But these are, at best, strategies and tricks. They might work for a while, but they don't tend to lead to true, lasting transformation and growth. For me, the core understanding that supports my own life journey is simply this paradox: in order to effectively grow, I need to offer myself complete, unconditional acceptance, and reframe the change I want to make as an act of self love.

Back when I tried to make myself exercise in order to meet some stupid societal standard of what I was supposed to look like, I burned out quickly. Then I started to focus on moving just because it feels good to move, doing things that sounded fun. Because I like going on adventures, my fitness started improving by leaps and bounds. I had to learn to accept my limitations, though- because overdoing meant hurting myself and dealing with setbacks. Acceptance is the prerequisite for growth.

It's been a heck of a year, that came on the heels of another tough year, that came after a whole slew of exhausting years. So be gentle with yourselves, okay? No pushing, no driving, no pressure! Start with unconditional acceptance, and then be loving toward yourself. Let growth unfold naturally and effortlessly.

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

Ginger.Allen@palouseuu.org
Monday & Wednesday 10:00-12:00, and by appointment

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

2022 UUCP Board

President—TBA
President—TBA
Recording Secretary—TBA

Hydee Becker
Kat Clancy
Tom Woodrum
Duane DeTemple
Diane Prorak
Marcus Smith

Treasurers:
Judy LaLonde & Sue Engels



Minister's Pages—Church Chat—Pastoral Ministry Team



Pastoral care is a ministry of presence. People have stories of grief, trauma, loss, confusion, loneliness and depression. There is healing value in speaking these stories out loud when there is a compassionate person to listen with attention, and with the intention to bear witness. In addition to our professional staff, nine wonderful folks have answered the call and completed extensive training in order to do this essential work.

Here is your regular reminder that if you could use a little pastoral support, we have a whole team of folks who can offer you some.

Our lay pastoral ministers will listen without judging, offering advice, or trying to fix anything. Having someone tuned in and able to be with you while you sort through your feelings allows you to tap into your own deep wisdom and capacity to heal. Contact us if you are:

- Dealing with a family crisis.
- Facing an illness (your own, or that of a loved one.)
- Struggling to keep your head above water.
- Feeling isolated and alone.
- Dealing with job loss, relationship challenges, or other life events that are making you feel stretched.
- Worried about a friend, and thinking he or she might benefit from receiving some pastoral care.

How does the Lay Pastoral Care Team Work?

If you are interested in meeting with a Lay Pastoral minister, simply contact Elisabeth Berlinger at eberlinger@yahoo.com or 208-883-4395. She will match you with a Lay Pastoral Minister, who will be in touch within a week to set up a time to get together.

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 February 7.

Everyone is welcome.

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

Meeting ID: 535 808 5754



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.



Family Ministries and RE – January 2022

Snow Retreat News

Our church's annual snow retreat has been put on hold since 2020 due to covid concerns, including this winter. As we look forward to next year, 2023, we may be able to gather safely again. As we dream of what our community looks like as we begin again, your RE staff would love to hear what you'd like to see in terms of a winter retreat. Some guiding questions: What does your heart yearn for in terms of a community winter escape/celebration/retreat? What would help this be successful (support in terms of financial, time, other resources?) If you have experienced the snow retreat what aspects spoke to you the most? What would you change? If you have not experienced the snow retreat could you explain why? Send thoughts to Ginger Yoder (ginger.allen@gmail.com).

Some background may be helpful:

From the winter of 1978 on the UUCP community has gathered for a long weekend at Field Springs State Park, about an hour past Clarkston, WA. We have rented a large lodge with surrounding cabins and played in the snow, ate food together and played games. The goal was simply community and nature time. Attendance began to dribble out in the late 2010s, cited reasons being financial (the cost approx. \$150 for a family of 4), finding it hard to commit a full weekend away (many stayed from Friday evening through Sunday noon), other factors. Covid has allowed us to look at our programming in new ways and distill what was most important about our church life as a whole, I'd like to gain this type of understanding for the long held, beloved event and see how to move forward with intention and commitment to serving all our folks needs.

Ginger Yoder, Family Ministry Director

Home Office Hours: Monday and Weds 10-12; also available by appointment

UUCP Board Endorses EICDA

At the request of the Palouse Chapter of the Citizens' Climate Lobby, whose leaders are all members of UUCP, the UUCP Board of Trustees, at its December 16th meeting, endorsed the Energy Innovation and Carbon Dividend Act, HR2307 (EICDA), now before Congress.

In endorsing the EICDA, the UUCP joined dozens of other UU churches and the Unitarian Universalist Association in asking our members of Congress to take this specific action to curb the worst effects of climate change.

The legislation's economy-wide price on carbon will reduce greenhouse gas emissions in the U.S. by almost 50% over 2005 levels by 2030 and help drive the U.S. to net zero emissions by 2050. The EICDA will tax fossil-fuel-producing companies, motivate clean energy solutions, and return the revenues to all U.S. households-- especially benefitting those in the lower 60% of income ranges.

In December of 2019, UUCP's congregation adopted a Climate Change Mitigation Resolution proposed by the Green Sanctuary Committee, that authorized the church to support public policies that reduce greenhouse gas emissions.

The endorsement was registered by the Board chair, Frances Rodriguez at www.energyinnovationact.org. For more information on EICDA, see the link above.

December UUCP Board Meeting Summary

At this month's board meeting, the Board:

- Reviewed and approved the charter for the new Operations Committee which will replace the existing Executive Committee.
- Reviewed and approved the plan to complete the finish on the 3rd floor of the church addition as part of the ongoing renovation.
- The board approved an endorsement for the Energy Innovation and Carbon Dividend Act of 2019 on the recommendation of the Citizen's Climate Lobby.
- We are preparing our submissions for the Pacific Western Regional Assembly in February.

Communication & Connection

We can't really put our finger on time. It runs in a continuous loop—before, during, and after our lives.

Marking it with a date, say 11:59 pm on December 31, or zero hour on January 1, is an artificial, useful device to measure and earmark seasons, due dates, aging, and so forth that we individuals plug into to orient ourselves. If one's year has been winding down into troubles or tedium, a reset with a new year is welcome. But if one's year has finally up-ticked and is going gangbusters, jolting that progress with a new year's agenda might be disruptive to the good vibes. And, that arbitrary tick on a clock often doesn't match up well with the weather, luck, or a day of reckoning. Only fireworks count down the New Year reliably.

Our culture adopts and undercurrent attitude of an out-worn old year that needs fixing. New year resolutions slot right into that attitude and often fall short—perhaps the timing's off. How might it be if instead we honed in on the continuum, a linking and layering of intent and energy. Sure, dates themselves may be set (February 14, April 15, July 4), but our attitudes toward the philosophical New Dawn could open up, loosen up, and update our internal clock vs. external expectations.

We are so time-driven. Would an adjustment on how we relate to time expand our capabilities? Would it engender more patience? Acceptance? Negotiate more deftly a course for change vs. racing against the



clock? If we put something into our new year's resolutions list, like make a friend of time and thereby liberate another piece of my soul—would it then open us to making better connections on all counts?

Could we relax into having more time for our needs and others' needs? Would we embrace flaws and flubs more graciously? When obstacles deter us, will we simply flow along with events instead of getting stuck off-track? Just how significant is our perception of time itself to the evolution of purpose and commonality? Can we capture time, both in our limited self and in our eternal connections, in a way that releases us to a fuller range of possibilities?

There are lists and there are lists. Do the laundry. Pill the cat. Exercise daily. Those are just to-do lists; necessary but not revolutionary. When a list elevates to a set of serious resolutions for a new year or a new nation (and that being a new way of being together in society), you know, those biggies like where we resolve to change the world in a meaningful way—then time will no doubt be a significant ingredient.

How we relate to time can help us find time, the long view of time, in a way that connects us in a mutual flow to everything. That is a place indeed where we can change lives and events—connected to the flow and connected to each other and inner selves in the arena of time and flow. Where giving someone the 'time of day' is giving of the soul.

—Victoria Seever

Month of Sundays—January 2022—St. Vincent de Paul

The February recipient for our Month of Sundays collection is the local chapter of St. Vincent de Paul, a worldwide non-profit organization of lay Catholic men and women. The members of St. Vincent de Paul in Moscow meet weekly to help local people in need. They visit anyone who requests their help regardless of race, nationality, religion, or sexual orientation on a person-to-person basis. Great care is taken to preserve the dignity of the person served. All donations directly assist local folks in crisis. Over the years, they have provided for the basic needs of the poor – shelter, medical care, clothing, heating, transportation, medicine, and food. Over the course of a year, the organization has served as many as 500 people. Administrative expenses are zero. Anyone interested in volunteering or joining St. Vincent de Paul may contact them 208.883.3284. Donations can be sent to P.O. Box 9888, Moscow, ID 83843.

Moscow-Pullman Meditation Group

The UUCP's Moscow/Pullman Meditation Group is currently using alternative meeting methods—contact Ryan Urie at ryan.urie@palouseuu.org!

You can learn more about us at nwmindfulness.wordpress.com or on Facebook at moscow / pullman meditation group. For questions, email Ryan Urie, group facilitator, at ryan.urie@palouseuu.org

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



Racial Justice Book Group learns about the struggles of Black Americans

by Zoe Cooley and Nancy Nelson

There is an abundance of writing, fiction and non-fiction, available now for anyone who wants to read extensively about racism in the United States, including many contemporary Black authors. Twice a month, a book group of UUCP members and friends are educated and inspired by these literary riches.

In some of our selected books, we read of Black experiences: in the book *Homecoming* with the slaves gathered on the African shore for shipment in 1775; to the experience of slavery in 1819 described in *Kindred* (written by Octavia Butler); and the runaway slave Cora of 1920 in *Underground Railroad* (Colson Whitehead); to 1873 with Sethe in *Beloved* (Toni Morrison); with Celie and Nettie in the early 1900's Georgia—*The Color Purple* (Alice Walker); to all the voices from 1915 to 1975 of the great migration detailed in *The Warmth of Other Suns* (Isabel Wilkerson); with the voice of author Zora Neale Hurston in the 1930's; to Jacqueline, the *Brown Girl Dreaming* (Jacqueline Woodson) around the 1970's; with teenager Starr in *The Hate You Give* (Angie Thomas) simultaneously navigating Black and White culture on a daily basis; and now the contemporary voice of Ibram X. Kendi who dedicated one of his books "To Survival".

These Black experiences vary widely, but there are always de-humanizing elements and strain. What is always remarkable, though, is the adaptation, the strength and survival in the communities of the oppressed over the centuries. There is caring, love, family ties and loyalty, the all-important Black churches and social efforts such as the Black Panthers, all teaching one another how to cope, how to survive the constant little 'cuts' along with the large, of incarceration and death of unarmed black men.

A local friend tells me that the Blacks want the change to come too fast—they need to be patient and take it slow. After four centuries, I wonder how long, how much longer would she have them wait

We believe that change is our job. We need to recognize when we react in white fragility mode. We can grow stronger if we acknowledge the harm built into our institutions and customs and strive to make the changes necessary to address the built-in injustices.

As many have said, our society will not heal until we deal with our built-in racism. Then all will ultimately benefit.

The quotes that follow relate to the damage of slavery and racism which a number of authors address.

As Toni Morrison wrote in *Beloved*:

"But it wasn't the jungle blacks brought with them to this place—from the other (livable) place. It was the jungle white folks planted in them. And it grew. It spread. In, through and after life, it spread, until it invaded the whites who had made it. Touched them every one. Changed and altered them. Made them bloody, silly, worse than even they wanted to be, so scared were they of the jungle they had made. The screaming baboon lived under their own white skin, the red gums were their own."

And Whitehead wrote the following in *The Underground Railroad*: "Another person caught in this enterprise that bound slave and master alike."

We have learned that while Blacks clearly suffer the greatest harm, systemic White supremacy damages everyone.

As we read, listen and think, we gain increased understanding and some level of empathy. Yet we Whites must acknowledge that deeply as we learn to care and acknowledge the level of racist mistreatment in our society, we can never fully know the Black experience. That centuries long experience created a lived reality which Whites can identify with only up to a certain point. Empathy, yes, but major behavioral change is essential.

That change is the task of Whites in this country. People of color have been adapting forever—we should not ask more of them.

It is our turn—and this will take major time and effort, to learn to live the truth. . . .we are all the same under the skin.



Living the Seventh UU Principle

The World You Want Is Up to You — Reflections from Brett Haverstick

Next year will be an important year in the courts. We hope to shut down black bear baiting stations in Idaho and Wyoming that have led to the death of imperiled grizzly bears. We've put Idaho and Montana on notice of our intent to sue for their new barbaric laws aimed at slaughtering wolves through hunting, trapping, and snaring while also jeopardizing rare grizzly bears and Canada lynx.

In 2021, we collectively beat back numerous proposals that would have harmed wilderness. We also submitted extensive comments opposing motorized access for ranchers, helicopters to rebuild bridges, monitoring stations, expanded airstrips, herbicide spraying and tree planting in Wilderness and much more. In 2022, we'll continue our efforts to stop a road from being built through the Izembek Wilderness in Alaska, and we'll keep defending the Arctic Refuge from oil and gas drilling. We will continue to advocate for the removal of dams with traditional tools in the Rattlesnake Wilderness in Montana. We'll protect the Boundary Waters Canoe Area in Minnesota from excessive commercial use. We'll remain opposed to efforts to build a mine in Georgia. We'll continue to fight to keep mountain bikes out of Wilderness and keep advancing our national campaign to reform livestock grazing.

Look for more activities supporting the Wilderness as the New Year progresses!

Environmental Task Force January 2022 Newsletter

As stewards of the land, we must protect food production on the Palouse past and present. We are very aware of the importance of water availability and water efficiency and its needs for our local food production. We've been working with other local groups to find opportunities for increasing local food production. We look forward to the various presentations at our annual Food Summit scheduled for January 28 and 29. One of the presenters we have on our list is Kevin Murphy who is a specialist on alternative dryland crops.

Since pollinators are necessary for most of the food we eat, we are looking forward to a second Pollinator Summit in February. This year we plan to focus on how local gardeners as well as farmers can increase and encourage pollinators in their plantings.

We will be working with the members of the Moscow High School Environmental Club. We hope they will be involved with their members to encourage them to present posters at our event. It should be a very instructive summit so please put the date on your calendar..

—Pat Rathmann

UUCP Racial Justice Book Group

The UUCP Racial Justice Book Group meets twice a month via Zoom during the school year. We tend to alternate between reading and discussing books and listening to podcasts or recorded interviews. If you would like to join, email nancy.nelson.moscow@gmail.com for Zoom links.

Book group schedule for Winter and Spring, 2022:

January 12: Book discussion: You'll Never Believe What Happened to Lacey by Amber Ruffin

January 26: Listen/watch together: TED talk with Heather C. McGhee; Priya Vulchi (What it takes to be racially literate)

February 9: Book discussion: The Sum of Us: What Racism Costs Everyone and How We Can Prosper together, by Heather McGhee

February 23: Listen and read together: interviews and columns by Charles Blow

March 7: Book discussion: Fire Shut Up in My Bones by Charles M. Blow

March 23: Book discussion: The Devil You Know by Charles M. Blow

April 13: Listen and share poetry by Black authors (especially Phillis Wheatley, Honoree Fanonne Jeffers)

April 27: Book discussion: The Love Songs of W.E.B. Du Bois by Honoree Fanonne Jeffers (Part 1)

May 11: Book discussion: The Love Songs of W.E.B. Du Bois by Honoree Fanonne Jeffers (Part 2)

May 25: Listen and read together and discuss: short stories by Black writers

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>

☐

REFUSED

If you no longer wish to receive this newsletter, please check the box above and return.
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: _____

Old email address: _____

Please print clearly.

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