



UUCP News

Unitarian Universalist Church of the Palouse

May
2023

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May 7, 10:00 am

The Buddha, Mother Earth and the Environment

Service Leader: Nick Gier

Celebrant: Cheryl Miller-Arndt

Nick Gier's presentation will show how Buddhist philosophy supports a strong environment ethics. Buddhism reminds us of the interrelation among all beings and the extension of compassion and justice throughout the environment. Also significant is the legend of an earth goddess, popular throughout Southeast Asia, who rescues the Buddha from satanic temptation during his Enlightenment.

May 14, 10:00 am

Celebrating 100 Years of the Flower Ceremony

Service Leader: The Rev. Dr. Elizabeth Stevens

Celebrant: Ginger Yoder, Director of Family Ministries

100 Years Ago, Rev. Norbert Capek created the Flower Ceremony in Prague, Czechoslovakia. UU Congregations around the world, including ours, have adopted and adapted this lovely ritual. We'll give thanks for the ways each person's unique beauty enhances our community and improves the world.

May 21, 10:00 am

All Life's a Stage

Service Leader: The Rev. Dr. Elizabeth Stevens

Celebrant: Pam Arborgreen

Our lives invariably offer a mix of tragedy and comedy. How do we handle the drama and respond to it all with creativity and love?

May 28, 10:00 am

Remembering Well

Service Leader: The Rev. Dr. Elizabeth Stevens

Celebrant: Rodney Frey

When we lose someone, sometimes simple and unexpected things serve as reminders and wind up triggering feelings of grief. Can we learn to welcome these moments as opportunities to grieve, but also to remember and heal?

Upcoming UUCP Board Meetings

The third Monday of every month from 7:00 pm – 9:00 pm:
May 15, June 19, July 17.

UUCP Music Committee Wants Your Input

The UUCP music committee (Duane and Janet DeTemple, Gail Miller, Scott Milner, Chelsey Byrd, Mary DuPree)

has been discussing how to ramp up our congregational singing. You may have seen one of our ideas demonstrated when Sam and Trilium modeled the singing of an unfamiliar hymn in unison and in parts a few weeks ago. Now it's your turn: what are your favorite hymns? Which hymns would you like us to sing more (or less) often? Any general suggestions about congregational singing? Let us know!

maryhdupree@gmail.com





Minister's Pages—Minister's Musings: The Healing Power of Creativity



At the deepest level, the creative process and the healing process arise from a single source. When you are an artist, you are a healer; a wordless trust of the same mystery is the foundation of your work and its integrity. — Rachel Naomi Remen

In the mid to late 90's, I worked as a rape crisis counselor on a hotline. After many hours of training, we were given a pager (remember those?) and made ourselves available to anyone who needed support. Most of the time we just spoke on the phone. Occasionally, we were called to meet someone at the hospital or the police station. Once, I accompanied someone to court. As a survivor of sexual assault myself, I found it powerful to put my traumatic experience to good use helping others.

Once a year, the center would host a community art-making event, providing food and art supplies- and survivors came and ate and laughed and cried and made beautiful, powerful art together. One year in particular, everyone painted a tile, and then the tiles were cemented to a garden wall. That wall became a sacred place for me. Some of the tiles were beautiful. Some were harsh and ugly. Some had words, others images. Taken as a whole, they were a testimony to the resilience of the human spirit.

Volunteers were invited to participate in these art making events. My initial idea for my tile was to paint a butterfly, symbolizing my healing journey. But as I started painting, somehow the rage and pain took control. My paintbrush moved in swirls and twists, with colors flowing into one another, dark at the center, bright and wild on the edges. As I painted, I moved

from feeling raw to feeling purposeful to feeling kind of wrung out and tired. Journaling about it a few days later, I wrote: "There was something about doing art with a group of other survivors that made it feel safe to touch into the places that are still raw and tender. And then something flowed through me. I don't know how else to describe it. God? Love? Healing energy? Does it matter? It helped. Note to self: take an art class next semester."

I did take an art class, one called "Painting the Spirit." We used fabric paints on muslin, and painted as a spiritual practice. Every time I started a project, I'd have an idea in my mind of what I wanted to paint. And every time, once I touched brush to canvas, what I wound up making were bold, abstract swirls of colors that somehow reflected my inner landscape. The process was transformative. And not just for me! A dear friend and classmate discovered in the course of our time together that he was transgender, and needed to transition. His art showed him the path forward. It was holy, holy work to bear witness to his journey.

These days, I mostly journal when I have difficult feelings or experiences to process. But every now and then, there's something that feels more complicated than I can express in words. In those moments, I've learned to get out my drawing paper and pastels. I have to turn off my critical mind (I am not a particularly skilled artist) and let the creative spirit flow through me. As the colors and shapes emerge, so does clarity, and a sense of acceptance and peace. I believe in the healing power of creativity because I have both witnessed and experienced it personally.

UUCP Staff Information

Rev. Dr. Elizabeth Stevens, Minister

Please make an appointment at calendly.com/revehstevens or call 208-310-5937.

Ginger Yoder, Director of Lifespan Religious Exploration

Office hours: Monday 10:00-2:00

Ryan Urie, Family Ministries Assistant

Email: ryan.urie@palouseuu.org

Summer Stevens, Administrative Secretary

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

Office Hours: Monday through Friday, 10:00-2:00

Sam Welsh, Music Director

musicdirector@palouseuu.org

2022 UUCP Board

President—Judy Brown
Vice President—Michael Jennings
Recording Co-Secretaries—Diane Prorak & Judy LaLonde

Hydee Becker
Duane DeTemple
Kat Clancy
Judy Meuth
Mark Willis

Treasurer:
Sue Engels



Minister's Pages—Church Chat: Summer and Summer



*You can run an office without a boss, but you
can't run an office without secretaries.*

-Jane Fonda

We have great news to share! Summer Stevens, our church secretary, has been able to expand her hours. She's now at the church between 10-2, M-F. If you don't know Summer, you should stop by sometime. She's amazing! We've wanted to increase her hours for pretty much the whole time I've been the minister, but her personal circumstances made that difficult for her to do.

Meanwhile, summer the season is almost here. Here are some of the things we'll be working on in June, July and August:

- We'll be gearing up to provide "Weekend Food for Kids," a supplement to the school district's summer lunch program. We pack up bags of shelf stable food to help make sure no kids go hungry over the weekend when the summer lunch program isn't available.
- There's a team working on putting together the service auction! We haven't had one since the pandemic. Expect a night of fun and frivolity, with wonderful auction items and delicious desserts.
- We also have the opportunity to host a fund-

raising event with local band "The Intentions." Their music is really fun to dance to, and ATVP is such a worthy cause!

- The worship committee has an amazing plan for summer services. See Nancy Nelson's article later in this newsletter.

If you are interested in helping with any of these projects, please let us know!

Your staff will be taking some vacation this summer, too. I'm taking two weeks in June (leading up to General Assembly) and then three in late July/early August. Sam is taking off midway through June and will be back toward the end of July. Ginger and Ryan are covering for each other when they each take a summer vacation, too.

And speaking of General Assembly - did you know that there are virtual participation options? If you are interested in the business of our denomination, including the proposed changes to Article 2, please consider logging on.

Most of all, enjoy the warmer weather. Get outside. Go barefoot in the grass or the mud, if that feels good to you. Gorge on fresh produce from the farmers' markets. Hike, camp, swim, boat...whatever takes your fancy. Summer is so much fun on the Palouse! I'll see you out there.

Message from the Board

"The tyranny of literacy." What a great phrase. I came across this in an essay by Patrick Nunn arguing that stories passed down even thousands of years in oral societies can reflect important historical events. He uses the phrase to describe the denigration of the understandings of those lacking our learned traditions. It strikes me as being similar to how humans have down-played animal intelligence.

Why does this strike such a chord for me? Maybe some of it is the time of year—with the reemergence of life around us in the spring comes a desire to join the celebration as well as to understand and connect with nature. I see related reflections in Judy Brown's notes for the April UUCP newsletter and in Reverend Elizabeth's Earth Day sermon.

I, like many of us, have been enjoying reconnecting with people after the isolating times of the pandemic, at the UUCP and at work. But for me anyway,

that chord is buzzing with reconnection not just with friends and nature here and now but backward in time and across cultures through what feels like a shared experience.

I'm confident Job's story had a long oral history before being recorded as one of the first books of the Bible, and I suspect it has been passed on (in learned environments!) because of its powerful description of someone finding themselves to be "comforted that I am dust" when in the presence of the unnamable (Stephen Mitchel translation). I apparently share this experience of an infusion of non-verbal understanding with others who view the stars on a dark night because Heinrich Päs described it as feeling "entirely small and insignificant and yet, at the same time, strangely at home in the universe."

—Mark Willis

Summer Services Theme: Crafting a Meaningful Life

Summer services at the UUCP are a time when the Worship Committee takes over responsibility for Sunday worship and Rev. Elizabeth Stevens takes a well-earned break. Several years ago, the committee began using summer services as a way to increase the number of people we hear from in the pulpit. This year, our topic invites people to share how they craft a meaningful life in a world where finding meaning can take thought and effort.

Does this resonate with you? If you think you might be interested in being a part of one of our summer services, take a look at the following “prompt” we are giving potential speakers. (You might enjoy reflecting on an answer, even if you aren’t interested in speaking.)

Think about the thing or things that you engage in that give your life meaning. How did you find them? How have they changed over time? How do the values of our faith inform and support you? Which UU values do you think the things you are doing connect with?

Some people have answered these questions by describing how hiking and being outside gives them great purpose and clarity. Others talked about the arts, including music and poetry. Spending time supporting causes that are important to them was the answer for many people.

If you would like to share your answers to these questions, please think about being a part of our summer services. Here is a sneak-peek at the topics and people preparing for services in June:

June 11 – Music with Mary DuPree

June 18 – Haiku with Joe Pallen

June 25 – Being a mentor and coach with Peggy Jenkins

Rev. Elizabeth is dividing her summer break into two parts, so she’ll be gone for most of June and part of August. She will be speaking in July and is already planning a service on poetry and another on the importance of the outdoors.

You are invited to participate in these summer services or share your own ways of crafting a meaningful life. Or simply look forward to what is coming up.

--from the Worship Committee members: Nancy Nelson, Peggy Jenkins, Mary DuPree, Steve Cook, Kat Clancy, Karen Jennings, Krista Kramer with help from our amazing staff, Sam Welsh and Rev. Stevens.

New UUCP Bereavement Group

Gene Siple and Sue Blyzka are forming a new bereavement group at UUCP for those who are grieving the loss of a loved one. This discussion group will offer a safe and supportive space to share feelings and experiences around death and dying.

If you are interested, please contact Gene at gvsiple@pullman.com. Thank you.

May 2023 Month of Sundays—Weekend Food for Kids

The May recipient of the Month of Sundays collection is Weekend Food for Kids. This program, which is provided by the Unitarian Church of the Palouse and St. Marks Episcopal Church, provides child-friendly food on weekends during the summer months when School District programs are not available.

This program is designed to target children from food-insecure households, but no child who wants a bag of food is turned away. The program started in 2014, when we distributed 25 bags of food per week for 10 weeks. In 2022 we distributed 1442 bags of food in 11 weeks.

A recent price survey shows that food prices this year have increased 20% over 2021 prices. Last year’s food expenditure was \$8,882. We are also able to provide fresh local fruit to the kids in collaboration with Backyard Harvest and other local fruit growers. This is a real treat for our kids.

Many thanks to all our volunteers who shop, pack bags, and distribute the food bags to the kids. Without their help, we could not do this. For more information, contact Mary Jo Hamilton, mar-yjomoscow@gmail.com.

UUCP Building Dedication Celebration Is Coming!

Now that we're occupying and enjoying our wonderful new building and remodel, it's time to celebrate it! The Building Dedication Committee is planning for a celebration weekend this fall, probably on Sep 30 - Oct 1. The committee is envisioning three events for that weekend.

- On Saturday, an evening dinner event will showcase the history of our congregation from its establishment in Pullman through our continuing evolution today. We'll spotlight early members, stories of the church's beginnings and growth, and our continuing evolution.
- For Sunday morning service, we hope to host our past ministers, have a UUA leader speak, and include local officials as we dedicate our building.
- At an early Sunday afternoon reception, church members and UUA guests, allied churches, and local organizations and officials will celebrate with food, drink, fellowship, and fun! Join us from 1:00-3:00 at the 1912 Center.

April Board Meeting Summary

At the April Board meeting, the Building Dedication Committee gave an update: Possible speaker for Sunday morning October 1 is set. There will be a reception on at the 1912 building from 1-3. Saturday evening will include a dinner and focus on our history. Board approved the purchase of a laptop computer to be used with the OWL meeting equipment.

Latah County Library Board Election May 16—VOTE!!

Hello UUCP community! My name is Saba Baig and I am a trustee on the Latah County library board. I am reaching out regarding the **upcoming election on May 16 for the Latah County library board.**

Historically, the library board election has been non-partisan which keeps these positions of public trust free from politics. However, our libraries are increasingly facing sentiment that they are or should be a political space. The movement of HB314 through the Idaho legislature is demonstrative of the growing movement to make library content regulated by politicians instead of librarians. It is so important, now more than ever, **to support and vote in candidates for our library board who will work to protect our libraries and librarians.**

There are two open trustee positions on the ballot on May 16. I am running for re-election and you can find information about my candidacy on my website, <https://www.bookwormsforbaig.com/>. The Latah County library created a webpage with information about each candidate (<https://www.latahlibrary.org/election-information/>) for both open trustee positions on the ballot and voter information. **Please make a plan to vote on or before May 16** and continue to raise awareness of the upcoming election. Please share out messages on social media platforms, to your friends, neighbors, and community members that they need to get out and vote on May 16 in order to protect our libraries!

—Saba Baig

RE News—This Month in RE

Parent Support Group

Weds May 10, 5:30-7:30, UU Church Fellowship Hall

Our next installment of Parent Support Group will be Weds May 10th. This is the place for any parent and/or caregiver to find community and support. Everyone welcome, we will eat dinner as a group (chicken tacos + sides) and then have childcare provided while grownups get a chance to connect and talk.

Parent Night Out- on hold for May

There is so much going on as end of the school year approaches we will be putting our Parent Night Out on hold. Watch for a June PNO, and possibly a few summer park meetups!

Divorce Group

Thursday May 18, 7-8:30, Hybrid - meet in person in Ginger's office or on Zoom

We have a new group for any and all who have been through a divorce, long term breakup, are in the process of uncoupling, or considering this path. We will meet to support one another in this often complicated journey. Childcare provided upon request.



Moscow-Pullman Meditation Group

The UUCP's Moscow/Pullman Mindfulness Group is currently using alternative meeting methods—contact Miles Olszko at moscowpullmanmindfulness@gmail.com for information!

You can learn more about us on Facebook at [moscow / pullman meditation group](https://www.facebook.com/moscowpullmanmindfulness). For questions, email Miles Olszko, group facilitator, at moscowpullmanmindfulness@gmail.com

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

American Red Cross Blood Drive Wednesday May 17, 12:00-5:00

People in all our US states and territories are in great need of Unitarian Universalist blood!! Open to donors from our membership, friends and neighbors; first timers are welcome! Blood Drive will take place in the Fellowship Hall (ground floor) - there will be homemade treats and great music.

Sign up now to get the time that works for you - there are 35 appointments available.

Sign up at:

www.redcrossblood.org and put in zip code 83843.

For the first time ever a drive is having a fabulous door prize for one lucky donor... It is.....a small version of the UUCP's round collage window by the artist, Pam Arborgreen!! It is a much desired item by any of us here at UUCP. It is new, 15" x 15" in size, a one of a kind piece hand made by Pam!



Habitat for Humanity— Applications Now Open



Habitat for Humanity is ready for applications for the new home, to be built in Palouse. They have extended the application deadline as well as expanding availability. If you're interested in applying, Please call their office at 208-883-8502.

Communication & Connection

"You think evil is going to come into your houses wearing big black boots. It doesn't come like that. It begins in the language." (From The Poetry of Ordinary Time: an interview with Marie Howe (a found poem) via Annie Dillard).

Two things to focus on here. First, words have power, powerfully so. Second, the use of the word "evil." Words are multi-dimensional. Words are thought, felt, spoken or shrugged or shouted. Words saturate the movements of culture and media. Words can be weaponized by a caricature of skewed meanings. Words that should be used with discretion are thrown around as hyperbole and triggers as deadly as any gun. And a word that requires great care is "evil."

It's a major word of duality: good and evil. When polarized, it's good versus evil. Both words are culturally laden with judgment, reductionism, and a great capacity for misrepresentation. While it's clear actions and attitudes can evoke commonly-shared pictures of evil pervading our world, the word evil inadequately suggests deeper causes and effects which are at the heart of its presence or any full understanding of what that presence is.

As labels go, it's poorly used and twisted into a multitude of contexts. It doesn't bridge conversations between opposing parties. It doesn't invite an exploration into its self-generating sources or viable resolutions; instead it paints a face to target while overlooking the soul within. However grim that might be, it's where the real work is if we would transform evil—which is the way to eradicate it. "Evil" and its like it or not companion "Good" are words too easily slipped on to the point of becoming an unconscious slip of the tongue. Both words merit conscious con-



sideration.

It feels overwhelming when trying to confront what we might call evil. Things that big tend to get a big name. God. Evil Incarnate. The Chosen. The Damned. And depending on who's saying those words, the names shift from one to another. Mere mortals are word brandishers who can get lost in them.

How to be better led by words? They are, after all, a tool for communication and communication is a means to connection. How do we keep our wits about us? How do we place our words and weight what we say to sincere advantage toward equity, inclusion, kindness, and life-engendering purpose? How do we poise ourselves for a message of brightness in the midst of a clash of words and deadened senses? "It begins in the language." People are shape-shifters manifest by words.

We can choose to be sensitive to the words we select to use, whether speaking or hearing and feeling them. We can discover and describe things more as they are rather than to conform them to labels of convenience. We can work at the meaning of them and what it means to work with them. Working not just with the big nouns like right, wrong, us, them. It's working with the little words like: with, and, of, because, also, between. Words that are not absolutes and offer room to grow, like maybe, sometimes, hadn't thought of that, why?

Perhaps there are times to dance as deftly as mimes. Times to lift up our voices in a strong chorus. Either way, indeed both ways, let us speak with care, caringly.

—Victoria Seever



Wholly Crones

Wholly Crones is a gathering of UUCP women of a certain age. We meet twice a month on the first and third Monday of the month from 1:30-3:00 pm in the Fellowship Hall at UUCP. Contact Mary Jo Hamilton if you'd like to be added to the e mail list. (maryjomoscow@gmail.com).

The group has no formal structure. Our meetings begin with a quick check-in to catch up on each other's lives. If they wish, members volunteer to host a monthly meeting with ideas they select to discuss. We occasionally meet in person for a planned activity – going out to lunch is always popular.

We are a group of friendly "life-experienced women" who socialize and explore and discuss a variety of topics such as aging, decision making, women's issues, current events, medical care, priorities and spirituality in the second half of our lives. Anything is open for discussion.

You would be most welcome.

UUCP

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

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General Church Information

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

<http://www.palouseuu.org>

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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: _____

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Please print clearly.

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OR mail to UUCP, PO Box 9342, Moscow, ID 83843