



UUCP News

Unitarian Universalist Church of the Palouse

August
2023

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August 6, 10:00 am *Is Liberal Religion Compatible with Liberal Economics?*

Service Leaders: Steve Cooke & Judy Brown

Liberal religion assumes that private virtue (love) leads to public virtue (community). Curiously, liberal economics assumes that private vice (greed) leads to public virtue (prosperity). Together Judy Brown and Steve Cooke explore the apparent contradiction between a liberal religious philosophy on the one hand and a liberal economic system on the other.

August 13, 10:00 am

Climate Change Activists

Service Leader: Mary DuPree

Michael Jennings, Judy Meuth, and Al Poplawsky will speak about their lives as climate change activists.

August 20, 10:00 am

Camp Blue Boat

Service Leader: Theo Jones

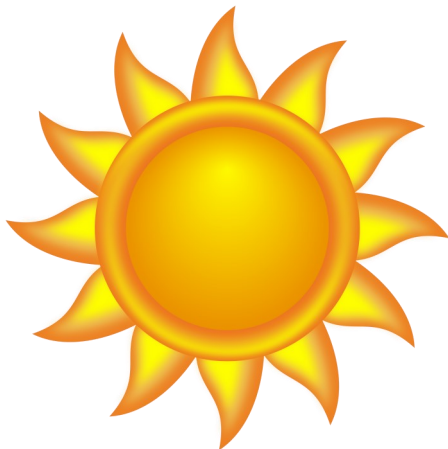
Camp Blue Boat, since its inception in 2019, is an opportunity for UU youth to create lasting connections with others throughout the Pacific Northwest region. From July 17 - 21 campers from our congregation lived in bunks at the Lazy F Camp & Retreat Center located in a stunningly beautiful canyon outside of Ellensburg, WA. Led by UU Professionals, campers were immersed in spirituality, justice & equality through programs created around the theme: Love at the Center: Living Our Values. They also experienced time away from the internet, family, friends, and every other routine they know, to learn how to build community by working together. And community means absolutely everything to Unitarian Universalist youth. Join our congregation's Blue Boat campers as they share their journey through the annual UU community gathering with likeminded PNW youth, called Camp Blue Boat.

August 27, 10:00 am

Art and Creativity

Service Leader: Kat Clancy

We all have many forms of art in our lives. We have music, dance and literature as well as visual art. Pursuit of artistic expression can bring meaning and creativity to our lives. Join us as we reflect on the many ways art can fill our spirit.



Our Little Free Pantry Needs Donations!

The free little pantry out in front of the church has been a great success...so much so that we're running out of food to fill it with! If you have nonperishable food or toiletries to donate, please leave them in the small basket just outside the Fellowship Hall (or add them to the Free Pantry) so we can keep providing for our community. Thank you!

Upcoming UUCP Board Meetings

The third Monday of every month, 7:00 pm – 9:00 pm: August 21, September 18, Oct. 16



Minister's Pages—Minister's Musings: Trauma's Legacy



This column originally was written for our UUCP newsletter in 2017.

"The trauma said, 'Don't write these poems. Nobody wants to hear you cry about the grief inside your bones.'"

— Andrea Gibson

Content Warning: Trauma, violence, racism

If you are in a vulnerable place, for whatever reasons, feel free to turn the page.

I grew up a patriotic kid. I believed what I was taught - that our nation was built by people of integrity on high ideals. I breathed in such poisonous lies - Christopher Columbus, brave explorer, paved the way for Europeans to explore and civilize this continent. The North waged the Civil War to bring an end to slavery, and the Civil Rights Movement brought healing and equality to our wonderful nation. We - meaning white citizens of the United States - are the good guys.

The lies took root in me like a cancer, and it has been painful, over the years, to expose them to the radiation of truth. Now I know. Christopher Columbus was driven by greed, the vanguard of a brutal and unprincipled wave of genocide and brutality. Many factors contributed to the Civil War, but when all was said and done, justice, healing and equality did not rise victorious. Rather, the pocket books of the most opportunistic triumphed when they plundered people and places. As for the Civil Rights Era, next to the stories of great courage live so many stories of the failure of white (liberal) imagination.

This nation rests on a foundation of oppression and murder. Those high ideals (I love them still) tremble because the ground beneath is made of angry bones. The bones are rising; the ugliness we see in

response is merely a last-ditch effort to push them back underground.

In healing trauma, the first step is to re-establish safety, both internal (restoring locus of control, addressing physical symptoms) and external (addressing hazards and dangers in the environment.) Black Lives Matter. End police brutality. Dismantle the preschool-to-prison pipeline. Support efforts to address addiction, violence, and poverty in Native American communities. Publicly reject the Doctrine of Discovery. Listen to what our brothers and sisters of color (they carry the weight, the pain, the trauma) say. Do what they ask us to do. Reparations, yes, but we can't JUST throw money at the problem and expect it to go away.

The second step is to tell the story, tell the truth. We must revisit our history, root out the cancer, and regrow healthy tissue- integrating the trauma, the horror into our national identity. Excavate the bones. Re-inter them with honor and all humility.

The third step is to reconnect to ordinary life, to reestablish relationships and create social support networks. We need to keep living, keep treasuring the good in our lives. We need to tend to ourselves, to our nearest and dearest, because we're all connected in that interconnected web, and helping others doesn't do a damn bit of good if we are burning those parts of the web we are closest to, and damaging our precious selves.

This makes it sound linear. It's not. All three steps, happening simultaneously, in a constant flow of learning, transformation, healing. One breath at a time. This is the Work. This is how we create, together, the Beloved Community we are longing for. Oh, but it's hard. And heartbreaking. And oh, so necessary.

Take my hand; we will make it if we stick together.

July 2023 Month of Sundays—Circles of Caring Adult Day Health

The Month of Sundays recipient for August is the Circles of Caring Adult Day Health Foundation. Adult Day Health provides social and therapeutic services for those with chronic illness and developmental disabilities, while allowing caregivers time off to work, do chores and rest.

The overall goal of the program is to make it possible for adults living with dementia and chronic illness to be successful, safe, and surrounded by family and friends. The Foundation offers a unique day-use program that provides a safe, caring, and nurturing atmosphere for adults and elders. It also provides a wide range of services specialized to assist participants with their medical, social, and family needs, while improving or maintaining their physical, social, and cognitive functioning.

They are located at 588 SE Bishop Blvd., Suite D, Pullman, WA 99613. Phone: 509-334-6483, email: info@circlesofcaring.org





Minister's Pages—Church Chat



Our minister, the Rev. Dr. Elizabeth Stevens, is on vacation for the first half of August and on medical leave for the second half.

Questions about church activities should be directed to Summer Stevens, our church administrator at summer.stevens@palouseuu.org or (208)882-4328. Summer is in the office M-F, 10:00-2:00.

If you need pastoral care or support, please contact Elisabeth Berlinger at eberlinger@yahoo.com or (208) 883-4395.

UUCP Staff Information

Rev. Dr. Elizabeth Stevens, Minister

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

On vacation July 27-Aug 14; on medical leave Aug 15-31.

Ginger Yoder, Dir. of Lifespan Religious Exploration

Office hours: Monday 10:00-2:00

Out of the office August 3-12

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

July Board Meeting Summary



- Had a discussion about sustainable stewardship which will be continued
- Approved facilities rental and event host policy
- Approved purchase of 6 tables for foyer and sanctuary
- Approved funding of books for UU Wellspring program starting this fall

Volunteers needed:

**If you're creative, interested in history,
love hearing and telling stories, this job's for you!**

The Building Dedication Committee needs volunteers to assist with collecting stories, photos, and other tidbits from our UUCP archives and to create a narrative of our history. This work will be part of a video project that will culminate in a film showing during our UUCP building dedication celebration this fall.

We also would love to include any photos or other materials about UUCP's history that you may have tucked away in a box in your own attic. Please share them with us!

To find out more, contact Fran Rodriguez at fnfrod@gmail.com

RE News—This Month in RE

Summer in Religious Exploration Sunday Morning RE and Nursery Care

Our learning and being together for our young folks looks much the same in the summer as they do the rest of the year. Expect the nursery to be open for children aged 0-4, and an “all ages” Sunday School class for children 5-12 during the service. Children in Sunday School begin their classes after the Time for All Ages portion of the service.

Your RE team takes vacations in the summer and thus have many other volunteers helping with the classes! This means you can expect some fun topics like nature art, scavenger hunts, dancing, yoga and others lead by our amazing congregants. If you want to help out please let Ginger Yoder (ginger.allen@palouseuu.org) know.

Parent Support Group Weds August 23, 5:30-7:30 pm, Church Fellowship Hall

Our next installment of Parent Support Group will be Weds August 23. 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.

Divorce Group Thursday Aug 31, 7:00-8:30, Hybrid – Ginger’s office or 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/moscow/pullman-meditation-group). 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!



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.

Communication & Connection

What calls us, any one of us, to reach out beyond our understanding of oneself? To grow another inch, to go a few more miles, to learn the value of a stranger even if seemingly strange while we're still that inch shorter and a few miles back. What calls us to be something more, to do something more? What ideas, beliefs, commitments to values which inspire us to aspire beyond our daily lives and connect to the wider world; to know we are part and parcel of it.

It's easier to identify with principles than those pesky neighbors across the street, or a bonehead co-worker, or an opposing group on the other side of the protest sign. To connect, we strive to meet them where they are, suspending where we are just a hair in order to hear their deeper meanings. It's an awfully challenging task when your caring is along one line and theirs another—or the same heartfelt caring splits off to a contrary direction.

We will stand for justice or liberty or core convictions. But also we need to bring forward our core values like kindness and acceptance of mutual integrity as well. Even when it feels like an impossible task, or especially when it feels insurmountable. We seek to find center that all may pivot from it in some reasonable balance from whatever fulcrum we can relate to. While that effort may wear us down at times, it also lifts us up. The commonality in being all one keeps us going on.

There are pitfalls within our best intentions. It's easy to get a bit awry in the tangle of ideas once any one of us has taken them into our heart. Rigidity can take hold. Words can get warped. Civility can fall



away like leaves scattered on dry ground. But the roots that nourish us will well up into the rings of stories and times, and into the forest of lives reaching out their branches to create bonds for a thriving ecosystem. Whether the juices flow to flea or fungus, to sunlight or storm, what calls to us is unity and sharing the best and meager, the feeling of love in the world, the beauty of it communicated soul to soul.

It's innate that we all want a meaningful life. Even when things are their toughest, we yearn to surpass survival and to engage in something more, something lasting in some way to be given by some means to the generations beyond us and to the world we connect with today. We want that most precious thing within us, our shining souls, to speak well and earnestly to the light in all of us. After all, if we did not care, why bother? And if our opponents did not care for something soulful as well, why would they bother?

We start in good faith that everything matters and has worth; that other views and resolve are sourced in an interpretation of being called to something more, reflected in us all. If there is a conflict in expression and actions, then we seek to communicate our oneness as a basis mutual appreciation and wisdom along the path we all walk. Our strongest words are a message of togetherness. Flea, storm, diversity, context, creatures of ilks and purpose, stones and quarks, suppositions and all manner of imaginings—we/they all have an innate relationship. There is a common language. We are tasked to share it. We are graced by its invigorating compassion.

—Victoria Seever

Message from a Board Member

Before you know it...

Sometimes, I'm not ready for spring to vanish into summer, but it morphs into the next season regardless of my feelings. And often, just as I'm getting comfortable with a new tech device, the "new and better" version is touted. Maybe you're like me, and just want to shout "Whoa!" once in a while, just want a little more of the same.

But I know getting lured in by continuity and comfort can be a trap. Stasis is not reality: nothing in our universe stays the same. The way of the world is evolution, whether it's bodies, loves, beliefs, ecosystems, or nations that we're talking about. At a Buddhist temple in Nepal, I watched monks working precisely to create a sand painting, drawing fine lines with single sand grains dropped from pipes in their mouths. The images and colors in the nearly finished painting were exquisite, following ancient patterns. When it was done, they would carry it to the river and gently tip it in, letting the grains of sand rejoin the riverbed. Nothing is permanent, they intimated. Their next creation would follow the traditions again, but it would be slightly different, as is the way of all things.

Settling into that recognition of the impermanence of things turns out to be the deeper comfort for me. I can accept that all things evolve, revolve, spin, and change, as is their nature. And in this moment, I can be still, and changing too.

— Judy Meuth, Board Member

UUCP

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

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Mail Pledge Payments to address above

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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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