



UUCP News

Unitarian Universalist Church of the Palouse

October
2023

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October 1, 10:00 am

Building Dedication Ceremony: Now What?

Guest Preacher: The Rev. Cheryl M. Walker

Celebrant: The Rev. Dr. Elizabeth Stevens

We will gather to celebrate and bless our beautiful, expanded and renovated building. Rejoice, give thanks, and turn toward the future with power and purpose.

October 8, 10:00 am

Indigenous People's Day

Speaker: Gary Dorr

Celebrant: Nancy Nelson

Each year, we honor the people who have lived on the Palouse time immemorial and take time to learn more about the traditions and history, from their point of view. Gary Dorr, a member of the Nez Perce Tribe, will speak.

October 15, 10:00 am

Heartbreak and Hallelujah

Service Leader: The Rev. Dr. Elizabeth Stevens

Celebrant: Fran Rodriguez

People and relationships are often messy. Yet all of our messy and tender places offer opportunities to learn and grow...so long as we offer ourselves and each other plenty of grace, compassion, and patience.

October 22, 10:00 am

To Grow a Soul

Service Leader: The Rev. Dr. Elizabeth Stevens

20th century Unitarian A. Powell Davies once said, "Life is just a chance to grow a soul." What does this mean? And how might one go about growing one's soul?

October 29, 10:00 am

Stones of Remembrance

Service Leader: The Rev. Dr. Elizabeth Stevens

Celebrant: Karen Jennings

We remember them... This is our annual service to remember and evoke the legacies of those whom we have loved and lost.



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. Children are also invited to bring donations forward during the Sunday service. Thank you!



Upcoming UUCP Board Meetings

The third Monday of every month, 7:00 pm – 9:00 pm: October 16, November 20, December 18



Minister's Pages—Minister's Musings: On Transformation



Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

-Viktor E. Frankl

Hope and transformation live in the space between action and reaction or response. In that moment we can choose to respond in a thoughtful and compassionate way rather than reacting habitually. We can live our lives with intention, rather than on auto-pilot, repeating the patterns that we have been taught.

Personal transformation grows out of the times when we notice, without judgment, what our instinctive reaction to a given event is, and then ask ourselves the question, “is that really my best option?” “What is really true?” As we learn to understand who we are and why we are, we can be intentional and deliberate about who we want to be. We can choose who we are becoming, rather than feeling buffeted by societal and familial forces.

Relational transformation happens when we listen deeply, allowing ourselves to be fully attentive to the other while suspending judgment. When a speaker feels seen and heard and safe, they are able to access their own deep wisdom and hear the ‘shy truths’ that are hiding in their heart. In that moment, both the speaker and the listener are open and able to be transformed.

Organizational transformation occurs when groups pause, slow down, and engage with one another intentionally, taking the time to discover our ‘power with’ one another, rather than focusing on ‘power over’- hierarchy, manipulation, and bullying. Intentional and careful group discernment requires

deep listening, as well as a lack of attachment to any particular outcome. Minds must stay open; rather than an argument between people with different opinions, there is a gradual coalescing of creative ideas and nuances. The solution that a group can come up with together is always better and richer than what any one person can come up with on their own.

Societal transformation emerges out of a collective pause, a willingness to examine moral standards and challenge commonly held beliefs and practices that cause harm. The #metoo movement offers a good example. As more and more individuals came forward to share their stories of sexual assault and harassment, society as a whole had the opportunity to reflect on the way we treat one another. Collectively, we all became more aware of the way power dynamics play out in romantically or sexually charged situations.

Each level of transformation builds on the others. Personal transformation creates the potential for relational transformation which opens the door to organizational transformation which generates energy for societal transformation. It starts with a pause, followed by a choice to act with care, courage, and creativity.

As Unitarian Universalists, we are committed to do our part to support and embody the process of collective evolution that these transformational choices drive forward. It’s not an ‘ever onward and upward’ mindset. We know that the process is typically complicated, with fits and starts, mistakes and backtracking. The drivers of evolution are mutation and death! Nevertheless, we have made a promise to ourselves and one another to keep learning, growing, and caring for ourselves, each other, and the planet as best we can.

UUCP Staff Information

Rev. Dr. Elizabeth Stevens, Minister

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

Ginger Yoder, Dir. 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: It's That Time Again!



People say that money is not the key to happiness, but I always figured if you have enough money, you can have a key made.
-Joan Rivers

The leaves are turning color. The air is cooler. The rain is coming. And...the UUCP will soon begin asking us to pledge our financial support for next year. It's time for our annual Stewardship drive!

Because we give away the money received during the Sunday offering (unless it is clearly marked as a donation to the church), the congregation is almost entirely dependent on member pledges to pay the bills...heat, electricity, and people's salaries. Our members have always been extraordinarily generous, allowing the church to thrive, staff to be fairly compensated, and new programs and initiatives to bloom, year after year. Our pledges are an investment in a hopeful future- and a testimony to the value of the UUCP in our lives and in the wider community.

Rather than asking for a tithe, UU's are asked to 'give until it feels good.' For people who are trying to figure out what would feel good, here are a few suggestions:

- Check out the "Fair Share Giving Guide," which will calculate our pledge as a percentage of our discretionary income.
- Consider giving monthly or even weekly, rather than a one-time donation. Unlike other non-profits to which we might donate, the UUCP has a very limited donor pool, so we count on regular pledges of money that come in over the course of a year.
- Think about the amount you spend on other

things in your life...vacations, coffee, eating out, going to movies, shopping, etc... Do you get at least as much joy and value out of church participation as you do from these activities? If so, consider a 'matching' practice.

•Try this thought experiment: come up with a number that seems reasonable. Then add a zero. Imagine giving that much; how does it feel? If it feels good, then try it! If not, try multiplying the original number by 5...or 2...this isn't an offer on a house or a car, where the goal is to get the price as low as we can manage.

Be on the lookout for communication from our Stewardship team- Archie George, Martha Schmidt, and myself. We'll offer plenty of opportunities to pledge by mail and in person at church, all through the month of November. (We try to keep it low key and easy.) If you'd like to sit down with a team member to talk things through, let us know.

If you aren't able to make a financial contribution, there are plenty of other ways to strengthen and support our church and our ministries. We talk about the "Three T's" We share not just our treasure (money), but our time and our talent. The UUCP is a volunteer organization, and we couldn't survive or thrive without people's willingness to share their expertise and wisdom, special skills and simple presence. It takes all of us to keep the church afloat.

See, it's not really about money so much as it is about living our values. We believe in the power of our faith, and in the importance of our church community. Generosity is good for the soul. The Stewardship drive is a true labor of love, this year, and every year.

NEW TO UU WORKSHOP

Are you a newcomer at UUCP? Would you like to know more about us? Please consider joining Rev. Elizabeth Stevens for a **NEW to UU Workshop and light lunch**. There will be time to get acquainted and ask questions as you are introduced to Unitarian Universalism, including a little history and understanding of our shared values and principles. You will come away with a better understanding of what our congregants love about this church and what keeps us coming back for more at the UUCP.

When? Sunday, October 15, 11:45-1:30ish pm

Where? The church Fellowship Hall (basement)

RSVP please to: Summer, our administrative secretary at the church office, 208-882-4328 or uuchurch@palouseuu.org or Elisabeth Berlinger, eberlinger@yahoo.com, 208-883-4395

Child care is available upon advance request.

RE News—This Month in RE

Our Whole Lives 7-9th Grade

Our first OWL class will be October 8, 12-2 pm. This is for registered participants only, contact Ginger Yoder for more information.

Coming of Age for grades 10-12

Coming of Age is a program aimed at supporting our older teen in developing their own identity, belief systems and foundations of faith. There will be rituals, development of credo statements and a connection with adult members in the congregation to guide each teen on their way to adulthood. We are hoping to begin this program in November, watch for more updates.

Youth D&D Group

A brand new program for our congregation, this youth-inspired group will be hosting one or more tabletop Dungeons and Dragons groups for our middle graders. Aimed at middle school, we are open to other ages of children based on interest and are still forming exactly how this will work! UU values and principles will be woven in and games will be played either during or directly after church. We are so excited to get this going in October.

Parent Groups

We will be offering *two* support groups for those who are engaged in any sort of child rearing!

Our “Parent Support Group” will be continuing on the second Weds of every month. This group will meet from 5-7 pm (note change of time to earlier in the evening!). We begin with a shared meal for all that is provided by the church, and then the children move to childcare in their classrooms while adults get to socialize and talk. This group will continue to be focused on social connection and mutual support.

Our second group will be focused on supporting our roles as the primary sexuality educators for our children. We will use the curriculum “Parents as Sexuality Educators” and work through how to best support our children of all ages through relationships, changing bodies, making healthy decisions and their gender / sexuality identities. This group will be the fourth Weds of each month, 5-7 pm, with dinner and childcare provided. Those with youth in our OWL program are especially encouraged to come, and it is open to anyone who wished to know more about this topic including educators.

Parent Support Group

Weds October 11, 5-7 pm, Fellowship Hall

Our group for parents who wish to find support and community in all that parenting entails will meet the second Weds of each month! Join us for food, conversation and free childcare!

Parents as Sexuality Educators

Weds October 25, 5-7 pm, Fellowship Hall

Our first gathering of parents who are interested in supporting their children and youth in developing healthy relationships and identities will be Weds Sep 27, 5-7 pm. Dinner and Childcare offered!

Peacekeepers Needed

We are bringing the Pro-Voice Project stage production to Moscow at the Kenworthy on October 15. We will need a peacekeeper presence for the performance. With that in mind we are looking for any individuals interested in training to be a peacekeeper. Rachel Castor and Eldon Renner are peacekeeper extraordinaires in Sandpoint, ensuring events like PVP and Sandpoint Pride go off without a hitch. They have extensive training and experience, and would love to bring their know-how to Moscow, helping volunteer peacekeepers learn more about de-escalation practices. We are looking for individuals interested in training to be peacekeepers. If you know anyone interested, please contact Ken Faunce at faunceken@gmail.com.

Thank you

Ken Faunce Ph.D. RPA

(He/Him)

Chair, Moscow Human Rights Commission

October 2023 Month of Sundays—Family Promise of the Palouse

Our Month of Sundays recipient for October will be Family Promise of the Palouse. Family Promise's mission is to build communities and strengthen lives. It is a nonprofit interfaith organization that offers a hospitality network to provide immediate shelter to homeless families in our community while helping people to achieve lasting independence. The partnership of faith communities provides shelter and meals for families and their children as well as access to a day center that offers laundry, computer and other facilities and offers various services such as parenting classes, counseling, and help with obtaining employment and a permanent home.



UUCP has been an active member in Palouse Family Promise since its inception in 2012. For more information, visit the website <https://www.familypromisepalouse.org/> or call 208-882-0165.

October 5th Sunday Special Collection recipient - Prison Education Initiative

The October 29 Special Collection will go to the **Prison Education Initiative (PEI)**. Through the PEI, a Pell Grant funded program designed to provide incarcerated students with post-secondary education in the prisons, the U of I currently offers three degree options (Communications, General Studies, and Organizational Sciences) to incarcerated students in the Idaho Correctional Institution in Orofino (ICIO), Pocatello Women's Correctional Center (PWCC), and Idaho State Correctional Center (ISCC).

While the Pell Grant covers a large part of incarcerated students' tuition fees, there are many other costs that serve as a barrier to inmates accessing higher education, such as transcript costs, application fees, textbooks, and more. *Beyond the Wire* is a project of U of I graduate student interns to produce an art show at the Moscow Contemporary Art Gallery featuring work by incarcerated students. Funds collected will be used to mitigate educational costs not covered by Pell funding, and make it possible for more incarcerated students to participate in these programs.

Looking for Connection and Community?

If you're interested in talking about things that matter with people who care, consider joining a UUCP Small Group! These groups offer a place to discuss spiritual matters with fellow UUs to deepen your spirituality and weave community and belonging.

We have numerous options, including men's group, women's group, parents' group, current events, meditation groups, Purple Paisley Quilters, Wholly Crones, choir, a divorce group, a bereavement group, and more. If you're interested, please email Ryan Urie (ryan.urie@palouseuu.org) for more information. Thank you!

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.

Message from a Board Member

By the time you read this, the Dedication events have taken place and we have formally celebrated our new building featuring an anthem written just for us by Dan Bukvich, words from former ministers and UUA and Moscow and Pullman representatives, and remembrances of our own past. Our expanded building has also received several awards. A celebration of which we can rightly be proud!

But now the hard work begins: We didn't contribute our nickels and dimes just to have a beautiful building, but to enable us to be more accessible to our Palouse community and to continue to support those agencies whose aims coincide with our own mission:

- Providing religious services of worship and celebration;
- Welcoming each seeker of truth into responsible participation;
- Facilitating the creative use of religious freedom and respect for differences;
- Ministering to persons in their everyday problems of life;
- Reasoning about life's meanings and society's ethical dimensions;
- Promoting racial and social justice;
- Supporting the purpose and programs of the UU Association;
- Inspiring awareness of, and cooperation with, the harmony of nature; and
- ☐ Encouraging intercultural understanding and efforts toward world peace.



And working toward these goals takes hard work, work from us all, volunteer work. We all have limited time, but to be a full, participating member, you must spend some of that time supporting the work we do.

Join a committee, volunteer to help with an upcoming event, help out in our Religious Exploration program. It seems a bit cheesy to say that you will receive benefits in kind, but I believe it is true!

—Judy LaLonde

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!



PRO *Voice* PROJECT

OCTOBER 15

The Kenworthy
Performing Arts Centre

7 PM, DOORS OPEN AT 6:30

Admission is free
Registration required at
bit.ly/487CTuC

Our Voices, Our Choices: Idaho Abortion Stories

A PERFORMANCE OF
PERSONAL STORIES ABOUT
REPRODUCTIVE RIGHTS

www.theprovoiceproject.com

Communication & Connection

When we think of water, the urgency of water, the first thought is likely of thirst. For ourselves, for food plants. Not often do we recall that we thirst for what we are—our bodies being made up of mostly water, we thirst for what we are. Do we consider that fish too are mostly made of water, live immersed in it, and drink it in. Or that in the absence of pools or dew, desert creatures drink the water they need from other living things that draw them to them. What we drink is not just more of ourselves but the water of life of all of us cycling together. Even our breath carries some moisture into dry air.

What are the stories of water? That we share it in a common bloodline. That in each raindrop, it presents a reflection that is upside down. That it changes form which as ice preserves or as glaciers carves down mountains. That as steam, it powers engines or carries elements on the wind. That we baptize with water and we offer to the ailing and dying a compassionate cup. That water seeks its own level, eventually to the sea, yet rises again to become a cloud and rain.

Water weaves its way around obstacles and a way through soil and stone. Water dances on the desert in the waverings of a mirage. Water is the storm and rainbows. Water is as fluid as dreams and a channel for journeys. Water is as placid as an easy-going summer lake or is as wildly tangled as waves of chaos. Water refracts an image in it with the look of a broken reed. It freezes into fractal flakes as delicate as lace. It blends or swirls unmixed and connects one thing to



another. And in all these things we recognize our common selves. There is a language in water; it has its stories and symbols. It is flesh and blood and it sings of visions and purpose. Water affirms a fundamental connection, in one way or another, to all things. It shows us how we are the same and how we are when we are of a serious difference in opinion. It speaks to us on how to change and to re-form; how to be a wellspring in an arid, troubled place. It will read a life

line in the palm of a hand like a river flowing for generations. In our hands, water proposes what we may shape by our hands and what we may offer to others as a quenching gift.

Can we cup our hand to our ear that we may hear the wisdom of water, how it resonates like a great sea? Are we willing to shake a contrary hand and so merge two rivers together into a more comprehensive flow? Can we sign through our hand beyond silence or indifference in order to coax the water to surge with truth and kindness?

So the next time we rise for a toast or tender to a foe a deep drink, or enjoin in a ritual tea, or bring water to a heated debate or rally, will we recall to mind that there is much in being made of similar stuff; and as anyone who urgently thirsts knows, there is nothing better than water. Perhaps it speaks as clearly to the heart as harmonious chords do to a song. Perhaps it is a way to peace, and love, and empathy. Perhaps it marks how we interact, and even what we believe.

—Victoria Seever

September Board Meeting Summary

- a. Playground update: The equipment is in process and, after discussion, the board consensus was to create a milled bark surface under the playset and invest in good shades to cover the playground.
- b. The Building Dedication committee has done a fantastic job planning a great event, coming up September 30 and October 1
- c. A proposal for adding a quarter-time building manager to a current staff position was discussed to deal with some of the building maintenance issues.
- d. We are planning a “committee fair” on a Sunday in November to help members learn about the church committees and ways they might get involved.
- e. The Board has revised the masking statement for services to encourage mask wearing and create a “mask required” area in the sanctuary

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
Sue Engels, Treasurer

<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