



UUCP News

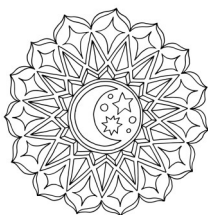
Unitarian Universalist Church of the Palouse

December
2023

PO Box 9342 420 E. 2nd Street, Moscow, ID 83843 Issue Date: December 1, 2023 Volume #73, Issue 12 Issued Monthly

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December 3, 10:00 am

Beauty Will Save the World

Service Leaders: Jamie Derrick and Elias Paxton

Jamie Derrick, depth psychologist, and Elias Paxton, musician, will offer a journey of music, poetry, and wondering in the attempt to lift the experience of beauty out of the threadbare images of our modern media and re-connect us to beauty's poetic and philosophical roots, entrusted with mystery, and with power enough to elevate and ignite our hearts. Please join us as we venture into the depth of beauty together.

December 10, 10:00 am

Season of Light Returning

Service Leader: Rev. Dr. Elizabeth Stevens

Celebrant: Ginger Yoder, Director of Family Ministries

Celebration of the light returning to our winter days has been an integral part of human existence throughout time and throughout various faiths. Today we will think about the traditions of Hanukkah and the Solstice, as well as the light our children bring into our future with a nod to Santa Lucia. These are not simple holidays with simple messages, and our current state of world affairs speaks to the need to honor the complexity of the world. However, there is a message of hope in each as well, which will be woven through our service today.

December 17, 10:00 am

Christmas Music Sunday

Service Leader: Dr. Sam Welsh, Music Director

Celebrant: Rev. Dr. Elizabeth Stevens

Musical guests "The Chelseas" will anchor a service showcasing the gifts of UUCP members and friends, including the choir, the Kamiak Winds, and more.

December 21 (Thursday), 5:00 pm

Winter Solstice Celebration

at Palouse Clearwater Environmental Institute

We decided to return to this magical space for our Solstice service. Expect a ritual including calling of the four corners and an evergreen spiral.

December 24, 10:00 am

Christmas Eve: Participatory Nativity

Service Leader: Ginger Yoder, Director of Family Ministries

For Christmas Eve Morning we will celebrate the season with our wonderful Participatory Nativity. This is not your grandparents' Christmas Pageant! Join us for a modern, inclusive reenactment of the Nativity Story, there is a part for everyone who wants one.

December 24, 7:00 pm

Carols and Candlelight

Service Leader: Rebecca Rod

This sweet service will evoke the magic of Christmas through readings, music, and candle lighting.

December 31, 10:00 am

Seeds for the New Year

Worship Leader: Rev. Dr. Sofia Betancourt, President of the UUA

The UUA is providing pre-recorded worship elements, which you can watch on Zoom or in our sanctuary. What seeds are you planting for the new year? How are you weaving your magic into your relationships with others? How can we center beauty and goodness and love in all that's ahead? These questions are at the heart of the homily, story, and other worship materials being offered by WorshipWeb and Rev. Dr. Sofia Betancourt, President of the Unitarian Universalist Association.



Minister's Pages—Minister's Musings: Wintering



*Doing those deeply unfashionable things—
slowing down, letting your spare time expand, getting
enough sleep, resting—is a radical act now, but it is
essential*

*-Katherine May, in Wintering: The Power of Rest
and Retreat in Difficult Times*

Pretty much every year for the last twenty, I've made a point of writing and preaching and reminding people that winter is a time when our bodies and spirits want to slow down and rest, and that the hectic hustle of the holidays tramples on that deep need. I've encouraged others to resist the rush, to prioritize self care, and to be gentle with others. Then I've proceeded to largely ignore my own advice and over-function instead.

In my defense, December is a busy time for ministers. We have extra services to prepare for (Advent vespers, Winter Solstice, Christmas Eve). The pastoral needs tend to climb, as well. The holidays are especially hard for those who have suffered loss, deal with family dysfunction and/or isolation, have limited means, or struggle with mental illness— which means just about everyone.

This year, I am having surgery on December 21st, and will have an enforced downtime while I recover. I had some minor complications following my surgery in August, all caused by walking and standing too much, too soon. Given that this next procedure is the same one on my other foot, I'm determined to follow my doctor's orders.

It was Ginger who gently pointed out that this year, I'll get to practice what I preach when it comes

to resting and resisting the holiday hustle. I plan to read and nap and sip tea and watch some tv. I will daydream, and admire the lights on my Christmas tree and the snowflakes falling on the other side of my window. I will let my spare time expand, lay down my to-do list and turn off my laptop. All of my work responsibilities are well and competently covered, so I am planning to let it all go.

I know my foot needs the time. I am guessing that my heart and spirit will benefit as well. I've learned to move through life at a measured pace, but I am almost always moving. Forced stillness, though not my favorite thing, will invite reflection, contemplation, and deepening. There are gifts to be found only inside boredom. I'm excited to discover what's waiting for me.

There are gifts that come from dependence, as well. For a time, I will need to allow others to care for me. I won't be cooking, cleaning, or walking my dogs. I am deeply grateful for the friends and family members who will be helping me out during my convalescence. If my inner puritan starts guilt-tripping me, I'll point out that this is another opportunity for me to practice what I preach, which is that asking for and graciously receiving help is a gift that strengthens relationships and weaves community.

Please send good thoughts my way. Funny memes and photographs of beautiful places are also appreciated. I will be back in the New Year, refreshed, renewed, and re-energized. In the meantime, enjoy your holidays, and maybe try practicing what I always preach along with me. Rest. Take exquisite care of yourselves, and be kind to one another.

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

Office hours: Monday through Thursday, 9:00-12:00

Summer Stevens, Administrative Secretary

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

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

Closed December 25-26 for Christmas

Sam Welsh, Music Director

musicdirector@palouseuu.org

2023 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: Feed of Dreams, Reimagined!



When we eat together, when we set out to do so deliberately, life is better, no matter what your circumstances.

— Thomas Keller, *Ad Hoc at Home*

In the “before times,” (before the Pandemic and our building expansion), we used to have events called “Feeds of Dreams” that we used to raise funds for specific groups or special projects. We’d put out a jar and suggest a donation, and no one was ever turned away. But some people let us know that they stayed away because they couldn’t afford the donation.

Meanwhile, both before and after the pandemic, we’ve offered a special, free dinner to our families, with child care provided and a chance to connect for support and encouragement. Attendance at Parent Group has fluctuated, though. More importantly, both parents and non-parents have shared that they feel disconnected, and would welcome more opportunities for multi-generational socialization.

At our building dedication ceremony, Joseph Erhard-Hudson felt a call to bring back Feed of Dreams...but with some changes. We bought the food and got rid of the donation jar. Using our beautiful

commercial kitchen to cook together helped build community, and everyone felt truly welcome, regardless of means. Our first post-pandemic-and-building-project Feed of Dreams was a wild success.

Building on that success, we are planning to host Feeds of Dreams once a month on a Wednesday starting in 2024. (Keep your eyes peeled for details, and opportunities to volunteer). We’ll offer child care, and a number of different opportunities to connect after we eat. Details are still coming together, and will shift in response to people’s needs, preferences, and desire, but expect:

- Parent Support Group
- Choir Practice
- Drop-in Small Group Ministry style conversation (with me as your facilitator)
- Themed Book Club discussions

People will be welcome to come just for dinner- or just for the activities. But those who choose can come to church and be nourished- both literally and figuratively.

Bon appetit!

Congregational Meeting December 10 Immediately following the church service

Agenda:

1. Elect two new board members
2. Approve 2024 operating budget

There will be in-person and Zoom options.

All members, please plan to attend. We must meet quorum.

December 2023 Month of Sundays—Alternatives to Violence of the Palouse

Our Month of Sundays recipient for December is Alternatives to Violence of the Palouse. ATVP provides 24-hour emergency and supportive services to family and sexual violence victims and their children in Latah County, Idaho and Whitman County, Washington. Services are available for concerned, supportive family members, friends and community members. ATVP services are free, confidential, and provided to clients without discrimination based on physical or mental disability, race, ethnicity, color, religion, political beliefs, gender, gender identity (or expression), age, national origin, citizenship, ancestry, sexual orientation, marital or familial status, pregnancy, income, veteran status, or any other basis prohibited by federal, state, or local law.

ATVP also has an outreach and education program that focuses on increasing understanding, awareness, and ultimately on preventing family and sexual violence. ATVP is committed to providing services within an empowerment model, offering clients the opportunity to consider a wide range of options as the individual needs and circumstances dictate and a safe, supportive environment in which to reach decisions. Within this framework, ATVP advocates work to ensure that people have the best possible information, identify useful resources, and help clients put their decisions into practice.

ATVP can be reached at the 24-hour crisis hotline: 1-877-334-2887, 1-509-332-HELP (4357), or 1-208-883-HELP (4357). Web site atvp.org.

RE News—This Month in RE

Youth Dungeons and Dragons Group Sunday December 3, 10-12 pm, Church Library / 3rd Floor

We are embarking on an amazing adventure with our youth this week, starting our DnD gameplay! Last month we created our characters and we are now ready to start our game. In order to ensure we have two adults ready to support this group, **please have your youth wait in the 3rd floor lounge area**, Amy and Ginger will open the library doors when we are ready to welcome the youth into the space. Thanks!!

Parents as Sexuality Educators Weds Dec 20, 5-7 pm, Fellowship Hall

Open to any and all who are interested in supporting their children and youth in developing healthy relationships and identities, and how to navigate talking to our kids about all the hard stuff! Weds Dec 20, 5-7 pm. Dinner and Childcare offered!

Children's Holiday Choir Rehearsals during RE, Performance Dec 17 during service

We are so excited to announce the return of our children's choir! We will be sharing our rendition of Jingle Bells during the December 10th Music Sunday service. Rehearsals will take place during RE Dec 3 and 10th with Ginger, children can try out singing (or not!!) as they wish.

Holiday Parent Afternoon Out Saturday December 9, 1-4pm pm, Presbyterian Church in Moscow

Our annual holiday Parent Afternoon Off will be held Saturday December 9th, 1-4 pm at the Presbyterian Church in Moscow. This is your chance to get an afternoon free to do whatever you need (nap, clean, shop, take a quiet walk...). We will have crafts and holiday themed activities for your kiddos, as well as a "kids shop" where they can pick out and wrap gifts for siblings and friends. We will serve snacks but not a meal. Space is limited, sign up today!

<https://www.signupgenius.com/go/30E0D4EAF2DABFC1-46385301-holiday>

Youth Group Christmas for Kids Shopping AND Tree Decorating Sunday December 10, 1-3 pm Church Sanctuary and Palouse Mall

Our annual traditions of shopping for a Christmas for Kids family continues, and this year we will combine the joy with the Church tree decorating! Meet at the church 1 pm and carpool with church staff and volunteers to the mall (permission slips for those who are dropping off will be available). We will spend an hour shopping, and then head back to the church to wrap the gifts and help decorate the church tree! Cocoa and cookies will be served.

Participatory Nativity Family Christmas Eve Day December 24, 10:00 am, Service Leader: Ginger Yoder

For Christmas Eve Morning we will celebrate the season with our wonderful Participatory Nativity. This is not your grandparents' Christmas Pageant! Join us for a modern, inclusive reenactment of the Nativity Story, there is a part for everyone who wants one.

White Elephant Gift Exchange Saturday December 9, 1-3 pm Church Basement

All are welcome to come to our second annual White Elephant Gift Exchange! The rules are simple – bring a wrapped gift that cost you nothing. Look around your home and find something (anything!) to give away and bring it in. We will then draw numbers and open (or steal!) the gifts until all have been opened. Bring a snack if you wish, childcare provided (hopefully)!!

Winter Solstice Celebration Thursday December 21, 5:00 pm at Palouse Clear water Environmental Institute

We decided to return to this magical space for our Solstice service. Expect a ritual including calling of the four corners and an evergreen spiral.



Subvert
consumerism

Engage with
your community

COMMUNITY GIFT SWAP

(kid's items only)

Saturday, December 9th, 10am-1pm

Unitarian Universalist Church of the Palouse

(420 E 2nd St, Moscow, ID 83843)

Contribute unwrapped, gently used items
(such as kid's toys, books, puzzles, or winter gear/clothing)

Stick around for some yummy holiday treats while you "shop" for
your own treasures to take home for FREE!

- Drop-off begins at 9am (donations accepted until 12pm)
- Doors open to mingle and "shop" at 10am
- Doors close at 1pm and all remaining items will be donated
to local charities

Invite your friends, the more folks who join in,
the better selection!

NOTE: it might be easier to shop without kids present, but don't let
that keep you from coming, we'll have stuff for kids to do.

Reduce costs
this holiday season

De-clutter those
closets and bins

Parent Support Group Is on Hold for December

With all the other events this month we will
resume Parent Support Group in January
and likely combine it with another Feed of
Dreams. Please join us for some of the oth-
er amazing events planned including our
Parent Afternoon Off, White Elephant Gift
Exchange, Solstice at PCEI, and Family
Christmas Eve morning service at 5 pm.



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

It is that time again for Christmas for Kids. The Christmas for Kids organization gets wish lists of local children and distributes the lists to organizations, like UUCP, around the third or fourth week in November. Individuals in the organizations buy and wrap the gifts. Christmas for Kids takes the presents to the families. For the past 18 years, Carol Casavant has organized this service project for the members and friends of UUCP. She obtained the tags, provided signup sheets at church, collected wrapped presents at church, shopped as needed, and distributed the gifts to the Christmas for Kids organization. Thank you, Carol,

for your many years of service! As many of you know, Carol has relocated to Las Cruces, New Mexico. I am the lucky new coordinator. I will be at church on November 26, December 3, and December 10 with tags, signup sheets, and to collect purchased gifts. Gifts should be brought to church by December 10. If you would like to participate, but don't want to shop, a check to UUCP with CFK in the memo line will be used to purchase the remaining gifts on December 10.

—Hydee Becker



Upcoming UUCP Board Meetings

The third Monday of every month, 7:00 pm – 9:00 pm, in the 3rd Floor Meeting Room/
Library: December 18, January 15, February 19



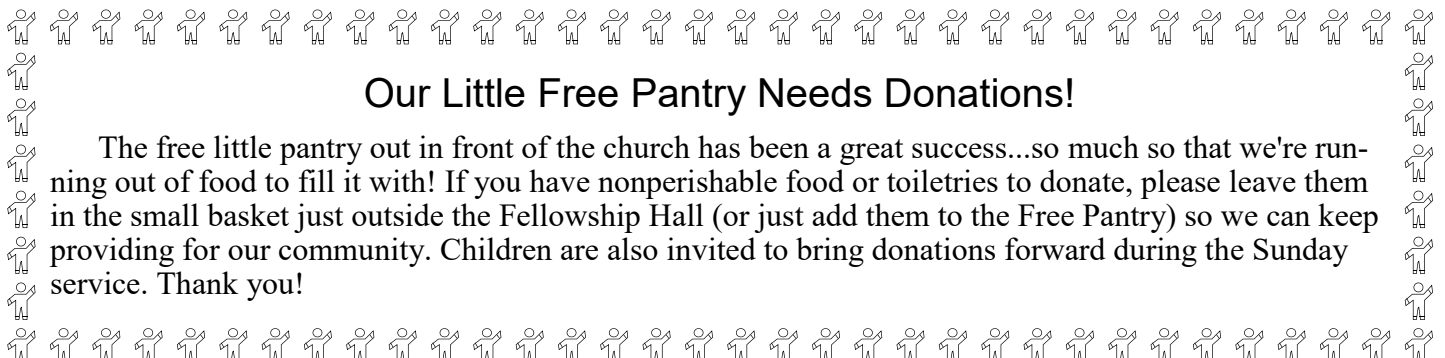
Calling All UUCP Library Books!

It's time to return any books you may have checked out from the UUCP Library—especially any books from before the pandemic shut everything down in 2020. The UUCP Library Committee is preparing to take inventory in January, and to do so, they need all books returned. Questions? Contact Ami Scott or Molly Smith.



November Board Meeting Summary

- A new water cooler has been purchased for the fellowship hall. The old one will be moved to the third floor. It can provide hot water and room temperature water.
- UUCP was glad to be able to serve the larger community during the recent natural gas outage, in conjunction with Avista and others, by providing a warm place, hot showers, some emergency food and some space heaters. It was an opportunity for us to “live our values.” We need to make even better plans on how to respond to emergencies in the future. Elizabeth will have conversations with the city and Red Cross and others. Also, since our building is all electric, we should develop plans for potential electrical outages. Safety committee members are willing to work on this.
- The congregational meeting to adopt the 2024 budget and elect new board members will be held on December 10 after church. Suzanne Signeur, David Nelson and Tom Salsbury have been nominated for the three open positions.
- A Zoom meeting will be available at 1 pm on Dec. 9 for those who have questions about the 2024 operating budget.



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 just 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!

Communication & Connection

Do you know other cultures begin the New Year on different dates than January 1? For instance, some begin with Halloween, in a season of harvest, not deep snow. Musing on how that might shift perspectives from deep winter to ripe autumn, perhaps the new year thus starts in plenty and lingering warmth. Then slides into winter, a traditional time for rest and reflection, where in this new context, would be a natural focus on bounty and growth plumply realized and going into seed.

Winter would become a time of satisfaction and reaping the energy of the prior year. Come spring, seeds would germinate in fertile soil and one's reflections and plans actively sprout. For me, January was always out of sync for a new year. New endeavors, at least if based in nature, would be frustrated by ice. Rest would become more restlessness because in October, you can still do things to prepare the ground. And not just holding one's frosty breath for months before starting anew.

Granted either fall or winter assigns winter with the task of rest and reflection, but the energy of them differs. A cornucopia of brilliant leaves and gardens and oncoming holidays could feel more inspiring than being in the depth of a long wait for trees to green, soil to burst into rising roots, and festive days to roll around again.

So what's in this thought exercise? Perspective shapes how we view things and how we react. As if

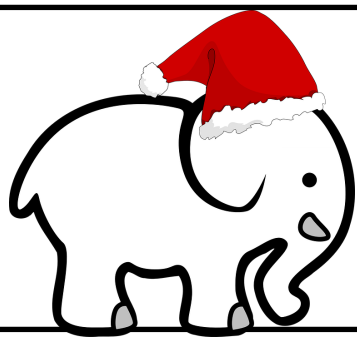


there were Fall People and the January Folks or any Others identified with another month and season. We may all come from essentially the same place within a single year, and yet where we're oriented within it can influence our perspectives and connections, our sense of security and expectations of how the future unfolds. The sensibilities in any culture or subculture could be likened to this seasonal parallel.

If we are like fat October with fruitfulness blanketing our winter, do we grasp the perspective of those who are like January, focused on waning stores and the hope of replenishment a long way off? If we begin our next year plush, are we much aware of those whose year begins bleak? None of it is to say winter is unfortunate, less desirable, or without its beauties and gifts. But if looking at winter with October eyes versus January's, how might perspectives shift, and thereby energy and dreams and conversations? How do circumstances, societies, and prosperity affect how we start to see everything? How well do we hear each others' stories?

Maybe this makes sense or new sense or non-sense. Maybe it opens a seed in our understandings. Maybe it's an exercise that speaks to our themes of connection and communication. Can we make something of it, be it from one phase or another, of breathing into new and renewed life?

—Victoria Seever



White Elephant Gift Exchange Saturday December 9, 1-3 pm Church Basement

All are welcome to come to our second annual White Elephant Gift Exchange! The rules are simple – bring a wrapped gift that cost you nothing. Look around your home and find something (anything!) to give away and bring it in. We will then draw numbers and open (or steal!) the gifts until all have been opened. Bring a snack if you wish, childcare provided (hopefully)!!

Moscow-Pullman Meditation Group

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

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

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



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>

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☐

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.

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Please update my email address!

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