



# UUCP News

Unitarian Universalist Church of the Palouse

February  
2024

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### February 4, 10:00 am

*Loving Justice*

**Service Leaders:** Rev. Dr. Elizabeth Stevens and Dr. Lysa Salsbury

In February, we'll be keeping company with a number of black feminists...this service will explain why before exploring some of the work of bell hooks. Her love ethic provides a foundation for justice work that is both inspiring and sustainable.

### February 11, 10:00 am

*Imagination and Murmuration*

**Service Leader:** Rev. Dr. Elizabeth Stevens

**Celebrant:** Julie Skyving

In her books Emergent Strategy and Pleasure Activism, adrienne maree brown outlines a deeply relational and compassionate approach to the work of collective liberation. She invites us to cultivate the capacity to listen deeply, speak honestly, and find ways to move forward in formations that are instinctual and organic.

### February 18, 10:00 am

*Breathing Underwater*

**Service Leader:** Rev. Dr. Elizabeth Stevens

**Celebrant:** Julia Parker

Alexis Pauline Gumbs is a poet, scholar, and feminist whose book, Undrowned, offers "submerged wisdom" from the lives of marine mammals. Together, we'll reflect on these oceanic lessons and meditations in hopes of finding inspiration as we swim through the murky waters of modern day life.

### February 25, 10:00 am

*Resisting Through Rest*

**Service Leader:** Dr. Lysa Salsbury

**Celebrant:** Ken Faunce

Tricia Hersey, the founder and creator of *The Nap Ministry*, invites us to interrogate and interrupt the oppressive, breakneck pace of Grind Culture by imagining the power and potential of a well-rested world. Deep rest, she asserts, becomes an act of resistance to systems of exploitation and dehumanization, offering a foundation for profound healing and justice.



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!



## Minister's Pages—Minister's Musings: Black Feminists and Justice Making



*What is easy is sustainable. Birds coast when they can. -Adrienne Maree Brown*

Since our theme for February is Justice, and since February is also Black History Month, we have decided to spend the entire month keeping company with black feminists. These brilliant and brave women offer an approach to justice-making that is compassionate, relational, and sustainable. I feel their wisdom and their strategies are exactly what we need right now.

We'll begin by revisiting the work of author, educator, and writer bell hooks. Hooks envisions a world built on an ethic of love. She invites us to see justice work as an act of love. Supporting gender-affirming health care is an act of love for trans and gender-queer kids. Choosing to tell the truth about our national history of violence and oppression is an act of love for all the people living with intergenerational trauma. "Self love," she writes, "is the foundation of our loving practice." For hooks, justice-making doesn't require self-sacrificial love, but rather is a natural, effortless, generative and generous discipline of living life with an open heart.

Next, we'll reflect on the work of adrienne maree brown, author of Emergent Strategy and Pleasure Activism. Brown's work focuses on building movements - cooperation across difference, honesty, integrity and vulnerability. She invites us to pay attention to our bodies' wisdom, and she looks to nature for inspiration. She frames the task before us as imagining the

world that could be possible, and then finding small ways to bring that world into being, working in concert with others, but ultimately faithful to our own deep knowing.

Alexis Pauline Gumbs is a black feminist who finds inspiration in marine mammals. She draws parallels between their adaptation to the underwater world and our adaptation to reality. Tender, funny, and insightful, Gumbs has written a love letter to the world, and particularly to other black people in her book Undrowned: Black Feminist Lessons from Marine Mammals. Though it's not all mammals...sharks make a special guest appearance, as well.

Last but certainly not least, we'll circle back to the work of Tricia Hersey, aka the Nap Bishop. Her book, Rest is Resistance, is an extended meditation on the need for us to resist grind culture and find more gentle and sustainable ways of being. For Hersey, the refusal to be exploited becomes a foundational act of justice making.

I am keenly aware that we are heading into an election year, and it's liable to be a rough go. These women, these muses, help me stay grounded and focused. Their strategies and insights are humane and compassionate. In particular, they invite a shift from a model of justice-making that relies heavily on martyrdom to one that starts with living a good, balanced, and joyful life. This is the message I need to hear, and be reminded of, in this historical moment. I hope it resonates with you as well!

### UUCP Staff Information

#### **Rev. Dr. Elizabeth Stevens, Minister**

Please make an appointment at [calendly.com/revehstevens](https://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](mailto: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](mailto:uuchurch@palouseuu.org)

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

#### **Sam Welsh, Music Director**

[musicdirector@palouseuu.org](mailto:musicdirector@palouseuu.org)

### **2024 UUCP Board**

President—Michael Jennings

Vice President—Judy Meuth

Recording Secretary—Judy LaLonde

David Nelson

Tom Salsbury

Suzanne Seigneur

Hydee Becker

Kat Clancy

Mark Willis

Treasurer: Sue Engels



## Minister's Pages—Church Chat: Shared Ministry Team



*The true preacher can be known by this, that he deals out to the people his life—life passed through the fire of thought.*

*-Rev. Theodore Parker*

In 2018, we created a team of Lay Pastoral Ministers. Fourteen folks invested time, effort, and a lot of love into becoming trained to offer a ministry of compassionate presence. Since that time, the numbers have waxed and waned a bit, but your Pastoral Ministers have done an amazing job supporting people in crisis, reaching out to those who are lonely or isolated, and generally strengthening and sustaining our church community.

They got us through the pandemic, helping me rethink the ways we connect to and support one another. They reached out, paired up pandemic buddies, and generally kept track of anyone who they thought might be struggling. There is no way I could have done it on my own, or just with our staff. The ways they've empowered us to wrap around one another are simply beautiful.

The truth is, I would not still be here, sane and functioning, if it weren't for this team.

As our congregation continues to grow, and as the wider community asks more and more of us, (and of me in particular), it's become clear that we would benefit from having a similar team of trained and commissioned leaders to support our shared worship life.

Worship requires a different skill set than pastoral care. If our lay ministers listen to people, our worship ministers will need to listen to life.

We are looking for thoughtful people who love creative and collaborative processes. We're looking for folks who are comfortable not just speaking in front of a group, but speaking from the heart in front of their community. Our worship ministers will need to speak with courage and authenticity. As my colleague and former UUA president the Rev. Bill Sinkford puts it, "the job of the preacher is to show that we can tell the truth about life and survive."

Beyond bringing a wider diversity of voices to the pulpit, this Shared Ministry Team aims to develop a sense of trust between congregation and worship leaders. Good worship is profoundly relational. As we get to know our worship leaders over time, that relationship will deepen, and take us to beautiful places we haven't yet imagined.

If this sounds like something you might be interested in exploring, please let me or Nancy Nelson know. We'll be sending out an application form soon. In the meantime, we're happy to answer any questions you may have.

I am incredibly inspired by the vision of a team that will hold the worship ministry of our church along with me - in part because having a team to hold the pastoral ministry has been so transformative, for me and for us.

### Upcoming UUCP Board Meetings

The third Thursday of every month, 7:00 pm – 9:00 pm, in the 3rd Floor Meeting Room/  
Library: February 22, March 28, April 25

### End of Life Discussion Series

It's not necessarily easy to think about our mortality, or to prepare, mentally and practically, for aging and end of life. However, none of us gets out of this alive, and talking about hard things is easier in good company. Chocolate also helps.

We've assembled a wonderful group of experts to help walk us through these difficult but important topics. Please consider joining us in the 3rd Floor conference room, from 2:00-3:30 pm, 2nd and 4th Wednesdays.

Feb 28 - Introduction / Aging / Dying (With Julia Parker and Dr. Janice Boughton)

March 13 - Values clarification, Medical POA's, POLST, Care Directives, etc. (With Dr. Connie Brumm)

March 27 - Palliative and Hospice care / Dementia care (With Julia Parker and Dr. Connie Brumm)

April 10 - Estate planning (Attorneys Melissa Luna and Danelle Forseth) and Memorial planning (Rev. Dr. Elizabeth Stevens)

April 24 - Hastening death (Dr. Connie Brumm)

May 8 - Disposition of the Body (Short's Funeral Home)

# RE News—This Month in RE

**Youth Dungeons and Dragons Group**  
**Sunday February 18, 10-12 pm, Church Library / 3 rd Floor**

We are continuing on our amazing adventure this week! We are having so much fun in D&D, we hope everyone can make it. New youth ages 5 th -9 th grade are welcome to join us. In order to ensure we have two adults ready to support this group, please have your youth wait in the 3 rd 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 February 21, 5:30-7 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! Note we are now meeting the third Weds of the month at 5:30. Dinner and Childcare offered!

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## January Board Meeting Summary

- Board members elected officers for 2024: President—Michael Jennings; Vice President—Judy Meuth; Secretary—Judy LaLonde.
- Church finances for 2023 ended in the black, and the Stewardship Drive was extremely successful.
- The Organizational Committee will be tasked with developing a policy concerning when, if, and how in-person Sunday Services might be cancelled in the event of an emergency.
- Board meetings for 2024 will be held at 7 pm on the fourth Thursday of each month. The next meeting is scheduled for February 22 and will be held on Zoom. All UUCP members are invited to attend Board meetings.

## February 2024 Month of Sundays—Sojourners' Alliance

Sojourners' Alliance is a private, non-profit organization working toward a vision of dignity and respect for all people. Their mission is to confront the barriers that lead to hunger, homelessness, and poverty through direct intervention with those in need by providing a safe and comfortable living environment while receiving intensive case management. They are actively engaged in community efforts to address root issues while advocating for those in need.

Sojourners' Alliance may be reached at 627 N. Van Buren St., Moscow, ID 83843 or by phone at (208) 883-3438, email at [sojourners.alliance@gmail.com](mailto:sojourners.alliance@gmail.com) or Facebook.



## 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](mailto: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

February comes along with a profusion of ads presenting lovely flowers, chocolate, and cards. What do we think about love? It's at the core of our UU principles as it is with many faiths, secular leanings, and civic causes. Taking words from the current updating of our seven principles, love is the root and inspiration of our shared values for justice, generosity, transformation, pluralism, equity, and interdependence.

And love, like life, is a really big box of chocolates. Especially in this election year, which has already been escalating in issues and concerns, it can be more challenging to take those bites with a lot of uncertainty inside. The need is great; the heart wants to dive in; but unwrapping that box to best advantage is elusive. Like Forrest, we'll have to work that out.

We are familiar with starting up close. Serving our community and nearby ones that share our resources, endeavors, and general character. We're not clones. There are significant differences. And even with a relatively common venue we live in, understanding and communication requires patience and openness and being flexible with what comes with the package. It helps to keep our root solidly in the fore



because love is the root for so many. Here about and everywhere.

It's typical to leap to those other deep values, variously wrapped in a lot of patterns and hues.

They presage what's inside all the different boxes; but the boxes mostly do contain love in one form or another, and are meant to be loving, even when it's hard to see it quite that way. So we start with the inside, with the gift at the center of flowers and cards; at the center of justice, generosity, transformation, pluralism, equity, and interdependence—at the center where we all are fundamentally connected.

It is not a task for Cupid alone, or only for embracing family and friends. It's the deep, rich, sustaining hearts inside each chocolate piece. And it's there for everyone to share. That's worth some thought for February, all the way into November, and beyond. Something to tempt us and warm the soul. Because even though you never know precisely what you'll get, life is what you make of it, one way or another. It'll taste better, is better, when at the center of the center, each piece is given with love.

—Victoria Seever

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YOGA is coming to UUCP! Beginning **Thursday, February 1**, yoga classes will be held in Fellowship Hall **every Thursday from 6:00-7:15 p.m.** Yoga mats and props will be provided.

All levels of yoga experience and ability are welcome. The class level will be Basics/Level 1; we will begin with the fundamentals and work our way up. Expect to get in tune with your body and breath, to move energy, release tension, and increase mind-body awareness.

You can either pre-register for classes at [jyotivogastudio.com](http://jyotivogastudio.com) or just show up. Class passes 5/\$60 or 10/\$100. Not sure? Come for a free drop-in class! Email questions or comments to [jodie@jyotiyoga.com](mailto:jodie@jyotiyoga.com).

### 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](mailto:ryan.urie@palouseuu.org)) for more information. Thank you!



## UUCP

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

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*Return Service Requested*

### Mail Pledge Payments to address above

#### General Church Information

UUCP Phone: 208-882-4328  
Office Email: [uuchurch@palouseuu.org](mailto:uuchurch@palouseuu.org)  
**Rev. Dr. Elizabeth Stevens, Minister**  
**Sue Engels, Treasurer**

<http://www.palouseuu.org>

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Sign me up for the UUCP list, which receives notices of UUCP events, activities, etc.

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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.

My email address is: \_\_\_\_\_  
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Please update my email address!

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