



UUCP News

Unitarian Universalist Church of the Palouse

September
2025

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September 7, 10:00 am

Come as You Are

Service Co-Leaders: Fran Rodriguez and Martha Schmidt

During the weekend of September 7-8 we celebrate PRIDE here on the Palouse. In honor of PRIDE weekend, our Sunday service will explore aspects of what it means to celebrate the dignity and worthiness of every individual. The title of our September 7th service is “Come as You Are”. We invite every member of the congregation to dress as wildly or simply as you choose to celebrate the wild and wonderful person you are.

September 14, 10:00 am

Service Co-Leaders: Michelle Hazen and Nancy Nelson

In any group, there are people at the center of power and people on the edge. Who is at the center in our community, and who is on the outer ring? We will revisit what it means to be a Welcoming Congregation and see if we can cross some of the boundaries that separate us.

September 21, 10:00 am

Deepening Our Spirituality: UU Wellspring

Service Leader: Ryan Urie

Two years ago UUCP joined UU Wellspring, a small-group discussion program designed to deepen our knowledge of UU theology, strengthen UU identity, and put faith into action by exploring new spiritual practices. If you would like to have engaging, heart-opening experiences in an intimate, small group setting, UU Wellspring might be just what you're looking for! Come learn about the transformative impact of this program and how you can take part in the year to come.

September 28, 10:00 am

Ingathering: Intergenerational Water Communion

Service Leaders:

The Rev. Dr. Elizabeth Stevens, Ginger Yoder, and Sam Welsh
On our minister's first Sunday back after her sabbatical, we'll celebrate the ways we connect in community- and the ways a rising tide of love, compassion and commitment lifts all spirits. Please bring a small container of water, from your travels or your home.

From Your UUCP Board

The Covid and flu season is upon us. If you think you might be getting sick, take advantage of the opportunities to participate by Zoom and stay away until you are well again.

We encourage everyone to wear a mask. Masks are available at both entrances to the sanctuary should you arrive at church and find that you have forgotten to bring one.

Communication & Connection

Changing landscapes. Seasons. Work and school schedules. Politics in the day-to-day and under the 2025 agenda. Local elections. Construction projects. Rare planetary alignments. Lost jobs, medical and social systems. Massive protest marches. Increasing guns on the street not from criminals but by government overreach. Geological instability. Spider mating season. Harvesting and canning. And even adjusting alarm clocks for the closing of summer leisure hours.

Reminders that things are always changing, whether in routines where we switch back and forth, or by shocks and twists we can't fully grasp or manage. The first set routines facilitate pragmatic connections to run the day. The second set disrupts connections and challenges us to recalibrate. A pervasive social storm wrecks communications and lifelines like those we see in hurricanes, wildfires, quakes, and floods. Initially we're cut off from each other and survival lines. But as is our nature, we reach out to help and rise above the sludge and tremors and coldness.

That season can pop up anytime, and we with it. To fill the gaps. Share our needs. Clean up the mess. Repair, rebuild. Improve. We will come together; frac-



tured distances will lessen. The disorienting rhetoric will fall apart under its own weight. And so we change our shirts, freshen up, and roll up those sleeves too. We'll reinforce foundations that unite us and devise blueprints for more sustainable communities. We'll retire slogans to the noise that will in time be left behind.

And take notice that in all that language, it's all about the "we," through our irrepressible nature, to come together. Always diverse, of course. We're not clones in an ant colony who move through a single-note chemical messaging to follow only the most basic of drives. Bigger dreams make for harder work in human connections and effective communicating. But we're made for that.

As the seasons change in many varied ways, even when the pressure is really on, we join hands to heal, recoup losses, invigorate voices, and even shift the time settings on the proverbial clock. Let the day begin; let the seasons work through their changes. Let us point ourselves to the light and each other, in the strength of our resilient strands and openness in the web of life.

—Victoria Seever

Upcoming UUCP Board Meetings

The fourth Thursday of every month, 7:00 pm – 9:00 pm,
in the Fellowship Hall and on Zoom:

September 25, October 23, November date TBA due to the Thanksgiving Holiday.

UUCP Staff Information

Rev. Dr. Elizabeth Stevens, Minister

On sabbatical through September 23.

Ginger Yoder, Dir. of Lifespan Religious Exploration

Office hours: Monday 10:00-2:00

Summer Stevens, Administrative Secretary

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

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

Closed Monday Sept. 1 for Labor Day

Sam Welsh, Music Director

musicdirector@palouseuu.org

Ryan Urie, Building Manager

bldgmanager@palouseuu.org

2025 UUCP Board

President: Judy Meuth

Vice President: Suzanne Seigneur

Recording Secretary: Mark Willis

Michael Jennings

David Nelson

Tom Salsbury

Donald Stanziano

Alexandra Broughton

Ashley Anderson

Treasurer: Sue Engels

September 2025 RE News

Divorce Group, Monday, September 15, 7 pm Hybrid

This caring group is 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. Rev E's office and on zoom.

Meeting ID: 834 176 2033



Announcing 7-9th Grade Our Whole Lives, Church Year 2025-26

We are so pleased to announce that we will be offering Our Whole Lives, our lifespan sexuality course, for 7th-9th graders this coming school year! If you are interested in having your youth participate, please contact Ginger Yoder as soon as possible, ginger.allen@palouseuu.org. Class size is limited to 12 students, priority will be given to UU Members/friends first, and then a first come first serve basis for community members. For more information on the OWL program please see <https://www.uua.org/re/owl> For a list of each session's content please see: <https://www.uua.org/re/owl/297213.shtml>

Parents as Sexuality Educators Group, October 11, 2025

5:00 Dinner, 5:30- 7:00 group; Childcare provided

This fall, your Religious Exploration staff are offering an amazing parent group focused on supporting our child-rearing and as our role as our children's primary sexuality educators. This will be held once per month, on the second Weds of each month, with childcare and dinner included. Open to any

parent or caregiver, and especially encouraged to those who have youth enrolled in OWL.

From the PSE website: "In a small group setting, adults explore their roles as the most important sexuality educators their children will have. These 90-minute sessions invite parents and caregivers to explore their role as the primary sexuality educators of their elementary through teenage children. Using a small group ministry format, adults engage with topics including Gender Identity, Relationships, Social Media, Unintended Pregnancy, and Consent."

Parent Night Out, Friday, September 19, 2025, Hosted at the UUCP

We are happy to announce that it's time for our next installment of Parent Night Out!! On Friday, September 19, we will care for your children while you get a break! Dinner (GF and allergen options), games, and fun for everyone! Hosted by the UU Church this month. Contact Ginger Yoder for the sign-up.

Navigators USA – An Inclusive Scouting Program

Informational Session September 14, 11:30 am Third Floor Conference Room

Interested in scouting? UUCP has its own Navigator's USA Chapter. We meet every first and third Sunday from 3:00-5:00 pm at various locations in and around Moscow. We focus on learning outdoor and life skills, volunteering in our community, and outdoor play. Navigators is open to ages 5—18, however our current group of kids are between six and 10 years old. We are not a drop-off club. We welcome parent engagement — sharing a skill and guiding your child or others through their learning experiences. We are a low-commitment, low-expense club. Membership and activity fees are "pay what you can," and we require no uniforms or special equipment. Questions, please contact Jane Cooper (janec523@gmail.com or 202-459-3328) with any questions. We hope to see you there!



Minister's Pages—Rev. Elizabeth is on sabbatical through September 23; her Newsletter columns will return in October



Family Promise Need Continues

Homeless families continue to seek shelter with Family Promise of the Palouse, which serves parents and children who don't have a place to live.

This summer, Family Promise experienced an increase in demand for its services, including sheltering families who were trying to live in their car during the hottest part of the summer. Currently, there are three families staying in churches and another two families staying at the Family Promise Day Center in Pullman.

The program depends on the work of more than 20 church groups who provide food and shelter to families one week at a time. Our turn is coming up Sept. 7-14 when as many as four families will eat supper at the UUCP and spend the night in our children's education rooms and perhaps the church's library room.

Not all of the 20 church groups in Pullman and Moscow can house families, so the participation of churches that can host overnight is especially important. Our building is also helpful to the program because families are able to use the shower on our second floor.

Church groups that don't host overnight help out by partnering with hosting churches. Our partners are the Palouse River Ward and the Troy Ward of the Church of Latter Day Saints. We appreciate their help very much because they take care of meals



Join Navigators USA!

Interested in scouting? UUCP has its own Navigator's USA Chapter. We meet every first and third Sunday from 3pm until 5pm at various locations in and around Moscow. We focus on learning outdoor and life skills, volunteering in our community, and outdoor play. Navigators is open to ages 5 through 18, however our current group of kids are between six and 10 years old. We are not a drop-off club. We welcome parent engagement — sharing a skill and guiding your child or others through their learning experiences. We are a low-commitment, low-expense club. Membership and activity fees are "pay what you can," and we require no uniforms or special equipment.

Questions, please contact Jane Cooper (janec523@gmail.com or 202-459-3328) with any questions. We hope to see you there!



Food Recovery—FREE Food!

Every Friday @ 1:00 pm in the 1912 Center Art Room

(Occasionally in the UUCP Fellowship Hall, when the 1912 Center is not available)

►►► Bring Containers For Your Food ◄◄◄

(We do not provide containers)

We rescue food from a local buffet lunch and bring it to the 1912 Center for distribution. Quantities vary and some items may run out.

September 2024 Month of Sundays:

Family Promise of the Palouse

Family Promise of the Palouse is a nonprofit made up of area churches who collaborate to provide housing and support for homeless families. This partnership of interfaith congregations has helped many families find permanent housing and lasting independence. The UUCP has sheltered families through Family Promise of the Palouse since it began in 2013 and currently works with two LDS wards from our area to host families in our building five times a year.



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 3rd Floor Meeting Room/Library 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.



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!



Unitarian Universalist Church of the Palouse



I Believe in Leaf Mold

I believe in leaves that bud in the Spring, leaves that pull and pull on the water from the roots and make the sun give up its energy to make green life.

I believe in Summer, when all the trees, deciduous and coniferous give harbor to bugs and birds and share the moods of the winds in the night with the owls and the coyotes

I believe in the Fall, when the planet turns away from the sun and the days are short and birds fly South. The mighty leaves lose their connection, each one awaiting the day, the moment to sever that tie to their branch and to drift down to whatever fate will find them. Gathering with others, the leaves of the oak, those of the poplar or maple today mix and dry together, taking the heady brew that was their Summer work and sharing it with the earth as it cools and waits.

Let me make a bed of those leaves! Let me gather them like the bounty they are and store them, like a chipmunk stores acorns. I am only one, but I've witnessed their power and I'm reverent before the timeless action of decomposition. Because I do believe.

I believe in leaf mold. I believe the winter will cover the bed I've made and make a home for worms to drill in the hard soil and mix and churn the minerals and solids into softest loam, a heady place, a bed for some seed to find a place to sleep until the Spring returns.

Today I go out and gather those leaves. I take my box and snow shovel and drive off to the University. I stop beside an oak grove and fill the box. I pat down the leaves until the box is full and bring it back to dump into my garden. I tell the worms in a soft voice that they are welcome to this place, that I will continue to add more and more until the weather stops me.

I believe in the power of leaf-death to give the garden life in the new year ahead.
I believe in leaf mold.

Zena Hartung

What Did You Think of the Service? Shared Worship Team Collecting Feedback

What lifted you up in a church service? Did anything make you uncomfortable? What resonated with you? Is there anything you would change?

These are some of the questions members of the Shared Worship team will be asking you after services occasionally. We are calling them "Response Sundays" and you may have noticed the first one on Oct. 27. Small, colorful papers were handed out with two questions that Sunday and (hopefully!) you had a chance to fill one out. People on Zoom had a chance to participate in the Zoom Room following the service.

If you didn't have a chance to answer the questions, but would like to, you can email Nancy Nelson at nancy.nelson.moscow@gmail.com.

We will use your answers to guide us as we continue to collaborate on services that lift us up and inspire us to live out our UU principles.

Look for another Response Day sometime this winter with new questions. Our plan is ask for feedback with the papers (and emails) four times a year.

Young Adults Group

Are you over 21 and looking for an open community of love? Welcome to the UUCP Young Adults group.

We meet up every Sunday from 11:15-12:15 in the RE Office, to talk about different topics that affect us on a day-to-day basis. We create a space where everyone is welcome; regardless of race, gender, sexuality, faith, or ability.



August Board Meeting Summary

◆ After changing the cost increase for adding insulation to the siding project from \$700 to \$7000, there were no other changes and the July minutes were approved unanimously.

◆ UUCP currently has enough cash on hand to pay for the Siding Project and the mortgage payments through the end of 2025, and also (due to a recently received bequest) the mortgage payments through the end of 2026 if the mortgage can't be paid off at the beginning of 2026. In January 2026 the Finance Committee will revisit the Capital Campaign and make a decision about paying off the mortgage or continuing monthly payments.

◆ The Ignite Grants have mostly been paid out, and the process has worked well.

◆ In addition to offering grade 7-9 OWL this fall, grade 4-6 OWL will be offered in the spring.

◆ Ash A reported that: The Social Justice Committee reports that the Trans 101 class went very well and will be offered again, possibly compressed into fewer sessions and with separate in-person and Zoom groups as the hybrid format didn't work that well; with the Pullman UCC and the United Church of Moscow, will be showing "The Last Class" at the Kenworthy on Oct. 19 at 4:00, followed by a panel discussion; the MOU with the Niimipuu will be signed around Indigenous Peoples Day & there will be informational meetings on Sept 7 and Sept 14 after the service, and workshops in the fall; they will be tabling at Palouse Price Sept 6; and they are working on finding more things to do.

◆ The Siding Project is complete!

◆ The new Fellowship Hall room darkening blinds are installed and look great.

◆ The Board will review the Operations Committee's charter and discuss its usefulness at the Oct or Nov meeting. It may be kept in place but meet only as needed instead of monthly.

◆ The UUA PWR is offering Board Trainings in September and October, with more to be scheduled.

◆ The next meeting will be Thursday September 25 at 7:00 pm.



From Your UUCP Board – Dropping Anchor

In my clinical work, one very important skill that I teach to my clients is a grounding technique known as "Dropping Anchor." This technique comes from Acceptance and Commitment Therapy (ACT) and I like to use the simple acronym ACE to remember the three steps.

A: Acknowledge your internal situation with nonjudgmental compassion. What feelings and emotions do you notice? What bodily sensations? What thoughts or memories are floating across your mind? Remind yourself that you exist within a mind that is yours and holds you every day.

C: Connect with your body. Pick a part of your body to intentionally move, like wiggling your fingers and toes or scrunching up your face. Remind yourself that you exist in a mind that exists in a body that is yours and holds you every day.

E: Engage with the world around you. Talk with someone nearby, smell plants or food, listen to the sounds all around you that you usually drown out. Remind yourself that you exist in a mind that exists in a body that exists in a world that is yours and holds you every day.

Repeat this three step process again and again until you feel more grounded and connected with yourself and the world around you. If this does not work, there may be something else causing you dysregulation or you may benefit more from a different grounding technique. Take a look at what might be causing you suffering and consider how you might work to alleviate that suffering and help yourself feel more comfortable and safe.

—Ash Anderson, UUCP Board



UUCP

Unitarian Universalist Church of the Palouse
PO Box 9342
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General Church Information

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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: _____
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