



Minister's Pages—Minister's Musings: In Times Like These



*Our dream is more powerful than your nightmare. -
Valarie Kaur*

The news is feeling overwhelming these days. Again. Every day, something happens that breaks my heart. Every day, something happens that enrages me. Every day, something happens that makes me fear for the future. Our job, in the midst of it, is to stay human in the face of inhumanity. We know how to do this. But here are some reminders:

- When we start feeling overwhelmed, it's time to turn off the tv or put down the phone. Go for a walk. Interact with real people in three dimensions.
- We have to keep taking care of our bodies. Make sure to eat good food. Drink lots of water. Exercise gently. Spend time in nature. Do things that help you feel warm, cozy, and safe. Sleep. Trauma is exhausting!
- If we want to process horrible news, it's best to do it in small bits, slowly, rather than overwhelming our nervous system by obsessively reading and watching everything we can find. Titration is a key skill; think of drops of food coloring. Just a drop or two in a cup is enough to change the color completely. A drop or two in a bucket, though, gets absorbed. We want our hearts, minds, and bodies to be able to absorb the news we are consuming.

- Beauty, creativity, and joy help us come back to our best selves. Pendulation is another important technique to use. Pay attention to what's happening; we can't turn away. But then turn your attention to other places, to things that help you feel grounded, safe, and relaxed.

- Remember all those neuro-regulatory practices we learned last year? Now's a great time to go back to them. Tapping (EFT), meditation, neuro-graphic art, yoga, qi gong, humming, dancing... whatever worked best for you. And if you weren't around, check out the recordings on our UUCP YouTube channel.

- Do something concrete that makes the world a little kinder. Bonus points if it directly addresses whatever you are most upset about, but it really doesn't need to. Any act of generosity and compassion makes a difference, because it's all connected. It helps us to have a sense of agency.

We will get through this by focusing on making the dream...*a world that is green and whole, safe and free, where I see your child as mine and you see mine as yours...a reality.* Every small step we take that moves toward that dream, we are making a difference. So breathe. Ask for and give hugs. And keep the faith..

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2026 UUCP Board

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Vice President: Barbara Hellier
Secretary: Alexandra Broughton

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Minister's Pages—Church Chat: Covenant of Right Relations



Covenant is a promise I keep to myself, about the kind of person I want to be, the kind of life I mean to have, together with other people, and with all other living things.

- Rev. Victoria Stafford

With everything that has happened, you may have forgotten the work we did on our congregational Covenant of Right Relations. We had a workshop last June, and a survey that people filled out this summer. The Committee on Ministry has put together a draft. Drumroll, please!

COVENANT OF UUCP RELATIONS

(Draft: November 5, 2025)

A **covenant** is a promise we make together about how we wish to be in relationship—with ourselves, with one another, and with our community. This is a living document that will grow and change as we do. It serves as both a guide and a reminder of our shared intentions.

We covenant to **take responsibility for our own growth**—embracing vulnerability, curiosity, and the courage to move beyond our comfort zones.

We commit to **radical welcome and inclusivity**, nurturing a community rooted in respect, empathy, equity, and openness. We celebrate di-

versity in all its forms and seek to learn from one another's differences.

We will treat each other with **love, kindness, and generosity**. We will respond with compassion to the strengths, needs, and limitations of every person, holding one another in a spirit of humility and grace.

All people and beliefs are welcome here, but not all behaviors are. We strive to hold ourselves and each other accountable with honesty and care.

When harm occurs, we will make every effort to **repair the relationship** and remain in covenant. If reconciliation cannot be achieved by the individuals involved, those affected agree to bring the issue to the attention of the Committee on Ministry, which shall use flexible, compassionate and clear processes for conflict resolution.

Through this covenant, we affirm our shared commitment to build a community of love, respect, and justice—one that continues to evolve as we do.

Isn't it beautiful? Now, it's time to collect feedback and make any changes or refinements. Please keep your eyes open. The Committee on Ministry will be offering opportunities to share your thoughts on the draft covenant in person and in writing. Stay tuned!

Upcoming UUCP Board Meetings

NOTE NEW DATES: the fourth Monday of every month, 7:00 pm – 9:00 pm, in the Third Floor meeting room and on Zoom: February 23, March 23, April 27.

Reminder 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.

Our Little Free Pantry Always 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!



February 2026 RE News

Divorce Group February 9, 7:00 pm

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.
Zoom Meeting ID: 834 176 2033

Parents as Sexuality Educators Group Sunday, February 22, 12:00-2:00 pm

We are trying something new with this group! We are hoping that more folks are available after church rather than a Weds evening. This group will meet at the same time as OWL, and is open to any parents regardless of their kids doing our OWL program. Lunch will be served – it is Stone Soup Sunday! and childcare will be available. These 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, Communication, Social Media, and Consent.

Parent Night Out Friday, February 20, 5-8 pm, Hosted at the UU Church in Moscow

We are happy to announce that it's time for our next installment of Parent Night Out!! On Friday, February 20, we will care for your children while you get a break! Dinner (GF and allergen options), games, and fun for everyone! Hosted by the UUs this month.

UU Youth Collage Window Art Project, With Pam Arborgreen Feb 1 and Feb 15, 12:00-2:00pm

Our UU youth and older elementary students are invited to take part in a fantastic project created with our own Pam Arborgreen and a historic window from our old building. We will be creating art from what was once almost thrown away – a beautiful window that hung in our fellowship hall but was replaced with a more efficient version. Using glass as our medium throughout, we will design and create a beautiful work of art sure to honor our building for generations to come.

February 2026 Month of Sundays: St. Vincent de Paul

The February recipient for our Month of Sundays collection is the local chapter of St. Vincent de Paul, a worldwide non-profit organization of lay Catholic men and women. The members in Moscow meet weekly to help local people in need. They visit anyone who requests their help regardless of race, nationality, religion, or sexual orientation on a person-to-person basis. Great care is taken to preserve the dignity of the person served. All donations directly assist local folks in crisis.

Over the years, they have provided for the basic needs of the poor – shelter, medical care, clothing, heating, transportation, medicine, and food. Over the course of a year, the organization has served as many as 500 people. Administrative expenses are zero.

The Winter Chalice Lighter Call Ends February 28, 2026

The proceeds of the *Winter 2026 Cascadia Chalice Lighters Call* will go to **Umpqua Unitarian Universalist Congregation** in Roseburg, OR, for building repairs due to flooding in the basement after a record-setting rainfall. Repairs include asbestos abatement in the event room and kitchen. Donations can be made at <https://cascadiauu.org/chalice-lighters/current-cl-call-give-today/>

The Chalice Lighter program is a member-supported grant program that supports congregations throughout the PNW to enhance and expand their services or facilities. The UUCP has benefited multiple times over the last 25 years, most recently in 2024, and congregational participation is one criteria for grant eligibility.

More information, including how to make a donation is available at <https://cascadiauu.org/chalice-lighters/what-is-a-chalice-lighter/>

Feel free to reach out to **Jim Frenzel** with questions.

Communication & Connection

January begins as a climax to a holiday season; its first weeks are spent in recuperating, absorbing experiences, and adapting to new intentions. It may feel that February has abruptly come upon us and it's a shorter month to boot.



Perception of time passing gets a bit of a spin and we may be wondering just where we are at the moment, simply because of the haze of a calendar.

Some types of New Year resolutions never had a shot at a solid foothold in an over-full and compressed timeframe when focus is elsewhere and energy spread thin; small wonder resolutions get tossed aside. Other resolutions, perhaps more anchored in deeper values, can't have fully developed this early in the year. If one were to take stock, it's easy to think progress is doomed. Nor could resolutions envisioned in January take into account all the impacts of the seasons to come where resolutions get to work amidst projects, plans, and growing stages. All in good time.

Still early in the year, there is a big theme in February and a lovely one to consider: Love in its broadest contexts and worthy of a yearlong focus, beyond the candy, cards, and cupids. To quote our values, "Love inspires and powers the passion with which we embody our values. Inseparable from one another, these shared values are: justice, generosity, pluralism, transformation, equity, and interdependence."

We are fraught with such contrary times. Truth and clarity in purpose are greatly burdened by ill-will and distorting fears. Compassion in some ways has emerged more but in others ways is more elusive. The most common values for everyday life, such as security, opportunities, and fairness, have been thrown into a

jumble of discontent, blame, and misdirection. But still, there is love to guide us, to connect us, to share how we embrace each other and life. If we can start our thoughts, our sentences, our witnessing with a slant toward loving acceptance and engagement, with an eye toward incorporating the broader view, love may do its work more effectively.

The heart beats, skips a beat, even stops but is revived, to motivate our core. It is strong. Essential. Circulates its sustaining power all through the body. It is trusted into the hands that would massage it in a crisis, and trusted to loved ones or strangers in the course of things. It is durable. A jolt that stops it can start it again. It survives heartbreak. It expands with gratitude and generosity. It graces our lips on a daily basis with its love.

January launches us into the new and the formulating of what comes next. February infuses us with love toward what is and what is to come. (Perhaps March will march us forward to align with a persistent beat—but that's another month.)

Say it as you will, let us carry on with love in the lead, at the center, in our breath and breadth. Our cherished values, our guideposts, will intertwine and leverage from the central hub of love. For that is the most sincerest value of all, from all and to all in each other and the world. Love thy neighbor of every kind. May February blush with its fire. May our hearts light the way to loving connections and a compelling language ignited by love.

—Victoria Seever

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.

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.

Message from the Board - Congregational Meeting 12/14 Report Out

UUCP members gathered on December 14th for a well-attended congregational meeting, with a confirmed quorum. The primary business of the meeting was approval of the 2026 UUCP budget. Judy Meuth briefly reviewed what goes into the church budget, summarized the 2025 budget, and outlined the process used to develop the proposed 2026 budget, which the Board recommended for congregational approval. Members voted unanimously to approve the 2026 budget.

The congregation also heard a presentation from Suzanne Seigneur highlighting the projects funded through 2025 Ignite Grants. These included the United for Community Workshop, new AV carts, support for the Family Promise Day Center and Camp Blue Boat, participation in the Moscow Community Investment Co-op, and the addition of shade and seating for the outdoor play area. In addition, members voted to approve three new Board members—Pam Arborgreen, Sherry Caisley, and Barbara Hellier. The meeting concluded on a cheerful note, with enthusiastic approval to adjourn and many hands waving in support.

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.

Scams, Fraud, Identity Theft

Your nephew is in jail and needs money for bail. You have just won \$100,000 and need to give your bank account number so the money can be transferred. You have to click here to pay an outstanding bill or the cost will be huge and your service will be turned off...

Did you know that scams and identity theft cost regular people over \$47 billion last year, with that number likely a gross underestimate? Janice Boughton is interested in forming a group to investigate and educate about Scams, Fraud, Identity Theft and the vicissitudes of being a nice person.

Would you like to explore the international scam economy (who does this?), learn about the kinds of scams that are going on and become part of a team that can be community resources on the subject. If you're interested, contact her at janice.bough@stanfordalumni.org and simultaneously be entered into a sweepstakes for millions of dollars from a Nigerian prince who is a long lost relative.

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.



January Board Meeting Summary



- 2026 Board Officers: President, Suzanne Seigneur; Vice President, Barbara Hellier, Secretary, Alexandra Broughton
- Capital Campaign Update: UUCP currently has enough cash in the Capital Campaign Fund to pay the mortgage payments for 2026, but not enough to pay off the mortgage. Money in other funds could potentially be 'borrowed' to pay off the mortgage. David Nelson is forming a subcommittee to decide a course of action on the mortgage. This subcommittee will also decide on the use of large gifts/bequests.
- Applications will open soon for the 2026 round of Ignite Grants; the total amount of funding available is \$13,850.
- Stewardship Campaign Update: Going well, but an 8.9% budget shortfall is projected; the committee will check on the situation later in the year.
- The Social Justice Committee is planning another Trans Inclusion in Congregations workshop in the spring. The Free & Fair Elections Sub-Committee is reaching out to existing groups to see how they can help. Getting the word out about events is a constant challenge.
- Rev. Elizabeth is working with a group on a charter for a "Niimipuu Relations Committee" and establishing a point person with the tribe. Another proposal is raising funds for Land Back through Month of Sundays once a year, encouraging folks to make bequests, and possibly other fundraising.
- The Operations Committee will be convened as needed; Suzanne Seigneur will Chair.

A 625 Mile Bicycle Fund Raiser Giving Opportunity March 2-15, 2026

My introduction to Moscow: Hello, I am Bill Turner, Lily Turner's husband. In July of 2025 we mostly left Maine and moved to Moscow because of Family. We love the mission of the UU of the Palouse and are very happy to get to know you.

I Ride Bicycles to Raise Funds For the Fuller Center For Housing: Millard Fuller started Habitat for Humanity many years ago and in April 2005 also started a more grass roots type organization to help smaller rural areas. It has an excellent Charity Navigator rating of over 90% of funds going to help those in need. In 2017 while looking for a bucket list "bike and build opportunity" that rode across the USA, I joined a Fuller Center for Housing Bike Adventure for a 10 week Portland, Oregon to Portland, Maine trip. Having my gear moved in a van, sleeping on mats in church basements 5 days a week, riding 70 miles a day, doing volunteer work one day a week and having most Sundays off was both a life-fulfilling and life-changing opportunity for me. It has been my experience that the Fuller Center's focus lines up with the words that surround the sanctuary in the UU,

Maine: After my 4,000 mile bike adventure, during a discernment process in our Little ELCA Lutheran church I was asked to team up with a newspaper editor and make a presentation to 6 different churches in the Windham, Maine area. That process formed the first Fuller Center for Housing Chapter in Maine. The focus of that chapter is keeping older folks safely in their homes. This often means repairing rotting steps, decks, railings, leaking pipes, etc. Things that keep a home safe and functional.

In 2026 I Am Riding to Raise Fund For Both The Silver Valley Idaho and the Maine Chapters: During this ride my efforts funds will be split 50-50 between the above Chapters. They have similar missions of assisting veterans and older folks. I have signed up to ride because I believe the funds are used very wisely. At 75 years old I am very thankful that my cancer is testing in remission, my now 2 reverse shoulders are working fine and I can train on Idaho gravel roads with little traffic.

My goal this year during these crazy times is to again raise \$10,000.00.

My fundraiser page in 2026 is: <https://2026.fullercenterbikeadventure.org/btair>

Donations in any amount are always very much appreciated.. You can read more about the local projects in Maine at the chapter web site. <https://www.sebagofullerhousing.org/>. The Silver Valley Fuller website is <https://www.svfch.org/>

Thanks for reading!!! Thanks to you, we are all making a difference!!

May your 2026 New Year be a blessing. My phone number is 603-496-3942

Note: I will have a table during coffee hour on Sunday Feb 1st.

—Bill Turner

UUCP

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Mail Pledge Payments to address above

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☐

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