



Your Weekly Newsletter for Upcoming Events

the SUUNday Focus

March 6, 2011

Upcoming Services

Sunday Services at 9:15 & 11 am

March 13	Venerable Thubten Chodron, Guest Speaker	<i>Spiritual Practice & the Evening News</i>
March 20	Rev. Hollis Bredeweg	<i>In the Land of Beginning Again (Stewardship Sunday)</i>
March 27	Rev. Hollis Bredeweg	<i>Above Us Only Sky</i>
April 3	Rev. Hollis Bredeweg	<i>Passages</i>

Notices & Upcoming Events

Need a Replacement Nametag?

If you are a member whose dog has eaten your permanent nametag you can request a replacement on the clipboard located under the nametag board in the back of the sanctuary. They cost \$8 each. You can write a check for that amount and write "nametag" in the memo portion of your check. We also accept cash — be sure to tag it showing it is for a nametag. **Nametag tags will be ordered on March 21st.**

March Ethical Eating Movie Night: Fast Food Nation



Please join the Adult Enrichment Team for March's Monthly Movie Night focused on Ethical Eating. Come learn about the food we eat, the choices we have, and discuss whether it

really matters. Popcorn and lemonade during the movie and a lively discussion to follow!

Mark your calendar: Saturday, March 19, 6:30 pm in the chapel.



buddhist global relief

Special International Women's Day Event March 8 at 6 pm in the UUCS Chapel

In honor of International Women's Day, UUDharma and Friends of Sravasti Abbey will be showing *Sisters on the Planet*, a documentary that brings awareness to the plight of women and hunger. The film, produced by OxFam, will begin at 6 pm followed by a discussion.

Three (3) hours of chanting and recitations will follow to raise funds for Buddhist Global Reliefs' effort to alleviate hunger in impoverished countries around the world. All are welcome to attend either part or the entire event, which is free and open to the public.

Donations for the prayer session can be mailed to P.O. Box 1661, Spokane, WA 99210. Please make checks payable to Buddhist Global Relief. You can mail funds directly following instructions at www.buddhistglobalrelief.org.

For more info on this event, contact Katya 509-294-7222.

Celebrating Religious Education at UUCS

✦ UU Youth Group Tonight — Capture the Flag/Star Tripping



Tonight from 7 - 8:30 pm in the Bartok Room. It is the last weekend before Daylight Savings Time begins. Dress warm for outdoor fun and hot chocolate. Board games and hot chocolate if the weather doesn't cooperate. Hot chocolate and huddled whimpering if the weather is downright hostile.

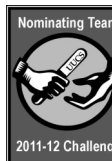
✦ Camp Starwheel



What's more fun than planning fun? Join us as we begin planning Camp Starwheel — our fun-packed camping, swimming, workshop experience for everyone who attends. If you are interested in helping plan this wonderful event and/or leading a workshop, please contact Barb Stuebing (327-3803/bbkesc@earthlink.net) or Diane Huigen (325-6383/re@uuspokane.org).

Notices & Upcoming Events

✦ The Baton is Ready to Be Passed; Consider Applying for the Board of Trustees



Your Nominating Team invites you to seriously consider applying for one of the Board of Trustees positions. You will serve a three year term beginning in July. As a member of the BOT you will deepen your understanding and show your love of our church community as you help set the vision and direction of our congregation. The next three years will undoubtedly be very exciting. You will be able to assist our new minister with settling in here at the UU Church of Spokane. An amazing opportunity!

We are looking for church members who have successfully served on one or more teams, and are ready to move to a broader perspective. Applications are available at the Board table on Sunday, from the office, or on our web site. **The deadline for applications is April 10, 2011.** Thank you for considering these most important roles in our church. — Devon Greyerbiehl, Julie Rector. Contact us at nominatingteam@uuspokne.org.

How wonderful it is that nobody need wait a single moment before starting to improve the world. — Anne Frank

Special Collections Report: Our UUCS congregation's generosity in giving to the Special Collections from September through February will touch the lives of many people in Spokane and in the world.

Sept	Spokane AIDS Network	\$ 1021.48
Oct	UU Association Sunday	\$ 917.29
Nov	Crosswalk Teen Shelter	\$ 1351.11
Dec	Minister's Discretionary (Sharing Fund)	\$ 3783.00
Jan	Partner Church	\$ 2280.54
Feb	Odyssey Youth Center	<u>\$ 1239.37</u>
		\$10,592.79

Guest at Your Table Report: And, just to confirm our congregation's generosity, we collected \$746.63 during our *Guest at Your Table* fundraising drive.

For all the times you accepted the invitation to give generously, we thank you.

— The M-Team

✦ **Upcoming Sessions of Listening Seasons**

It's time once again - as Rev. Hollis mentioned in the Feb. 21 sermon - to enter into a Listening Season! This is a process in which individuals among us share with each other our stories, current pressures, passions and concerns. We bring the gifts of our voices and our ears to one another; we strengthen existing relationships and form new ones; in an energizing process we gather the great stream of our stories that the Spokane Alliance will shape for positive public impact. Several practitioners will contact UU groups to arrange sessions at convenient times, and there will be sessions for small groups after services. It's fun, serious, rewarding business. It will help us strive toward the greatness to which Rev. Hollis challenged and inspired us! For more information call Bill Prouty (448-7503) or Elizabeth Keeler (536-0858).

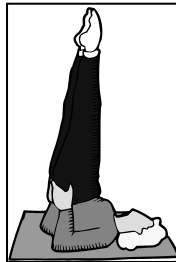


✦ **UU Women Upcoming Events**

March 9, Wed at 11:30 am, lunch at Ferrante's Café and Shop at 4516 South Regal. Join us for good conversation and delicious food. Little Italy on the South Hill! **March 13, Sunday at 12:30 pm** in the Thoreau Room we'll have our monthly meeting. Bring a "brown bag" lunch and take time to renew acquaintances, meet newcomers, share thoughts and ideas. UU Women is a chapter of the UU Women's Federation and invites all the women of the church to participate in its activities. For more info please call Judy Gammon at 363-0535.

✦ **Yoga for the Challenged & the Nimble**

If you have considered doing Yoga, but decided not to because of arthritis, artificial joints, etc., please reconsider. We have an instructor who has worked with people who are challenged and she has had real success. I did Yoga when I was younger and had all my parts, and I loved it. Now I have 2 artificial knees and arthritis, but I want to see if I can make Yoga a part of my life again. Those of you who aren't challenged are welcome, too. If you are interested, we will meet on Wednesdays from 3 - 4 pm starting March 2. Please bring a donation for the instructor. Let's give it a whirl, figuratively speaking of course!



Questions? Contact Diane Huigen (re@uuspokane.org/ 325-6383 ext 306)



✦ **Garden Plots to Feed the Hungry**

Anyone interested in being part of this project let's meet this Wednesday, March 9, at 6:30 pm. Hopefully we're done with snow storms! We will discuss a fence to keep the deer out, our watering system, composting, planting, etc. If you have any questions please contact Diane Huigen at 325-6383, ext. 306, or re@uuspokane.org.

• **Parting is Such Sweet Sorry**

Everyone is invited to a *Farewell Potluck and Party for Diana McLean!* Bid a fond adieu to our dear friend Diana as she and Aidan head off into new adventures in Colorado. Join us on Saturday March 12 starting at 4pm in the Thoreau Room. Bring a dish to share and your well wishes too. Questions? Sarajoy Van Boven at sara-joyvb@yahoo.com or 509-592-7215.

✦ **Menu for the Future Discussion Series Continues Today**

Menu for the Future discussion series on eating ethically and the questions surrounding this topic! Learn about the historical shift from family farms to industrial agriculture. Explore emerging food system alternatives and influences that shape our choices. Examine the issues of hunger, equity and Fair Trade as well as the benefits of choosing local, seasonal and "sustainable" growing and production of food. Purchase the book for \$20, bring a brown bag lunch, and discuss that session's topic. We meet on Sundays, 2/27 - 4/3, 12:30 - 2 pm, in the Sanctuary or Thoreau Room. Questions: contact Linda Moulder, Coordinator, at (509) 747-7637 or lindamoulder@gmail.com or Ann-Scott Ettinger at 998-7072 or bark4snow@comcast.net

✦ **Building Your Own Theology Workshop**

Explore the fundamental religious beliefs and convictions that guide your life and develop your own personal credo Sunday mornings from 9:00 - 10:30 starting on Sunday, March 13 in the Cummings Room. This workshop will be facilitated by Dick and Judy Gammon. Participants are asked to make a commitment to attend all 6 sessions. There is a limit of 8 people, so stop by the Adult Enrichment Team's Registration Table in the Friendship Hall after the service to reserve your spot, let us know if you need childcare.

✦ **Every Day Spirituality Course Beginning Soon**

Find it difficult to be centered amidst life's challenges? Please join us over a six week period, one night a week, to experiment with different ways to find one's inner center. Every Day Spirituality begins Monday night, March 14, 6:30 to 8 p.m. at the UU church in the Cumming Room. If interested call Nancy Hand at 838-1565 or Donna Sponseller at 443-2272. There may be a minimal cost for materials.

✦ **Traditional Native American Food and It's Relationship to the Spirit**

Join Barry Moses, MEd - a member of the Spokane tribe, into the world of the Native American on Saturday, March 26 from 1 - 4 pm in the Thoreau Room. Learn how you too can honor the Earth as well as your spirit by using native edible plants that have been a food source for indigenous people in this area for centuries. Stop by the Adult Enrichment Team's registration table at the back of the Friendship Hall after the service today to register for this activity.

✦ **Join UUs around the nation for the All Church Read**

Death of Josseline: Immigration Stories from the Arizona Borderlands

- Read the stories of immigrants, activists, human rights workers, and border patrol people on the Arizona Border.
- Discuss the ethic and moral issues raised by the book on Tuesday March 8 at 7 pm, Sunday March 13 at 12:30 pm, and Thursday March 24 at 7 pm with others from the congregation.
- Listen to author Margaret Regan on April 14 at 7:30 at the church.
- Buy books in the Friendship Hall today for \$13.
- Contact Tracy Springberry at (509)638-5316 or at tracyspringberry@comcast.net for more information or to volunteer to assist with this effort.

