



Your Weekly Newsletter for Upcoming Events
the SUUNday Focus
 May 8, 2011

Upcoming Services

Sunday Services at 10 am

May 8	Rev. Hollis Bredeweg, <i>Interim Minister</i>	<i>Calling All the Children Home</i>
May 15	Rev. Hollis Bredeweg, <i>Interim Minister</i>	<i>The Love Lives of Porcupines</i>
May 22	Rev. Hollis Bredeweg, <i>Interim Minister</i>	<i>Thinking Inside the Box</i>
May 29	Michael Hoffman, <i>Guest Speaker</i>	<i>To Be Announced</i>

Notices & Upcoming Events

Mother's Day Plants – Pick Up Today

Pick up your Mother's Day plants TODAY in the Sanger Room. Thank you so much to everyone who supported this fundraiser for Camp Starwheel! Our profit was \$812.85!

UU Women- May 11 - Lunch Gathering

All the women of the church are invited to join us for lunch on Wednesday, May 11, at 11:45. We are meeting at the Queen of Sheba Ethiopian Cuisine in the Flour Mill at 621 West Mallon. This is a "no reservation" event, so please just show up for good food, good company, good conversation and then, perhaps, some browsing/ shopping afterwards. Questions? Please call Judy Gammon at 363-0535.

Rev. Dr. Todd Ekloff's Sermons On-Line in Both Audio and Text Format

Did you miss one of our new minister's Candidating Week sermons? They are on-line at www.uuspokane.org in both text and audio file formats. Just follow the link below Rev. Ekloff's photo on the home page. Enjoy!

New Buddhist Meditation Classes!

Because of the ongoing interest from our congregation and the Spokane community, Sravasti Abbey has decided to commit to us at a whole new level! They plan to expand the meditations being taught by offering a new format and greater participation by the Abbey nuns. *Guided Meditations on the Stages of the Path*, a written and audio meditation manual by Venerable Chodron, will be our textbook. The nuns will commit to 22 evenings with us over the next 7 months. We will continue to gather on Mondays from 6:30 to 8 pm in the UUCS Chapel. Mark your calendar with these dates: May 16 – June 27; July 18 -- Aug 8; Sept 12 – Oct 24 ; and Nov 14 – Dec 5. The format for these new classes will be a bit different in that students will have assigned reading to prepare for the week's topic, and they will have in-class and take-home discussion questions for personal reflection. As before, developing and sustaining a daily meditation practice is the goal. Regular attendance will bring the most benefit, and drop-ins are always welcome. For more information contact Tracy Morgan (rekihobo@gmail.com) or Susan Virnig (susan@newstories.org) with any questions.

Celebrating Religious Education at UUCS

✦ **RE Family Potluck on Saturday, May 14 at 4 pm**

Join other UU families with kids for an unstructured evening of lounging around and chatting while the children entertain each other. Bring a kid friendly dish to share on Saturday, May 14 to the Thoreau Room, starting at 4 pm. If sunny, we'll be outside! Questions? Contact Sarajoy Van Boven 443-1186 or sarajoyvb@yahoo.com.



UU Principles for Children (and those who love them)

Green: GROW by exploring ideas and values together.



✦ **Senior High Youth Group 7-8:30 pm tonight in the Bartok Room**

Photo Scavenger Safari – Your team will have 45 minutes to decipher the clues and take your pictures, followed by judging and prizes. Come join in the fun!

✦ **Are you Learning Your UU Principles? New chalices available!**

Come check out our collection of Ed Tyler chalices. You can have your own chalice once you have recited our 7 Principles to Diane Huigen.



✦ **RE Sunday Morning Offering**

We are getting closer and closer to the end of the church year when we will need to decide where to donate our classroom offerings. Thank you, parents/grandparents, for making sure your children have a penny or more for their offering. This is a great way to act on our Principles.

✦ **Help Our Teachers in Religious Education Classes**

We would love to have you volunteer to help in our Preschool through Fourth grade classrooms. This is a great way to get to know the children of our church and for them to get to know you. If you have one hour this spring, or an hour every other Sunday, whatever you can do, we would appreciate your time! In return you will receive hugs, smiles, and laughter. Questions? Contact Diane Huigen (re@uuspokane.org / 325-6383).

UU Principles for Children (and those who love them)

Violet: Value our interdependence with nature

Camp Starwheel Updates

✦ **They Are Here! Register for Camp Starwheel Today**

Registration forms are in the SUUN, online from our website, or you can get one from Diane in the RE Office. Camp will be Memorial Day weekend from 5 pm Friday night, May 27th, through 3 pm Sunday afternoon, May 29th. The regular registration deadline will be May 21st. Please write Camp Starwheel on your check on the memo line. There will be no refunds after May 21st. Send your form and payment to the church office (4340 W. Ft. Wright Dr., Spokane, WA 99224), or drop it off at the church office. For more info contact Barb Stuebing at 385-1548 or Diane Huigen at 325-6383 or re@uuspokane.org. Join in the fun!



The Inside Scoop

✦ Yoga for Everyone = New Time

Do you have stress in your life? Come join our relaxing, out-of-body experience class every Wednesday at 12:30 – 1:30 pm in the Thoreau Room. It's wonderful! Please bring a donation for the instructor. Questions? Contact Diane Huigen at 325-6383 / re@uuspokane.org.

✦ Gardening for the Hungry – Volunteer Opportunity

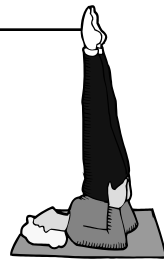
We need folks to volunteer some time whenever you are available to weed, spread the compost, turn the soil, put in the rest of the posts, and put up the fencing. Please stop by anytime, check in with Diane in the RE Office, and pick an activity. We really need to get things ready for planting. It's actually warm out today! See you soon.

✦ Fill our Food Barrel – Involve the Kids & Grandkids

Our barrel is filling up again! Please continue to help make this happen for the families and seniors who shop at the Food Bank. They really appreciate it! 25% of the children in the USA are dealing with hunger issues and that percentage is growing. Take your children/grandchildren shopping with you and let them pick out food for our barrel. It's a great life lesson about caring for others who are less fortunate. If you need help with providing food for your family, please contact Diane Huigen or Rev. Hollis Bredeweg.

May Art Wall Features Versatile Spokane Artist Thomas Quinn

During the Merry Month of May the walls of our Fellowship Hall will feature the sometimes whimsical paintings of Thomas Quinn, whose web site explains that "he likes to take the ordinary out of context". A teacher of drawing and painting in Spokane, Quinn has also worked as an illustrator of books and magazines, as a caricaturist and a muralist. His paintings will be for sale, with a percentage of proceeds benefiting the work of our UU Art Wall Team.



from the Administrator's Desk

✦ New E-Mail Address for Focus Submissions

Andi Richter has graciously agreed to take on the entire job of putting together our SUUNday Focus weekly bulletin. If you have something for the Focus, please send your submissions directly to Andi at focus@uuspokane.org. Thanks & Cheers!

from the Spokane Alliance

✦ Alliance Wide Discernment Assembly on Monday, May 9, 2011 from 6:30 - 8:30 PM

All those interested in shaping the next Alliance Agenda for the Common Good will gather to report what public pressures and passions are bringing together our member institutions and will give direction to Alliance issue development and action over the next few years. The meeting is at Plumbers and Pipefitters, 3915 East Main Avenue.

✦ Spokane Alliance Fundraising Event on Tuesday, May 24, 2011 from 5:30 - 7:30 pm

This event will be at the UUCS—details coming!

For information on these events or the Spokane Alliance in general call Bill Prouty (448-7503) or Elizabeth Keeler (536-0858)

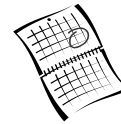
The Inside Scoop

Get Your Tickets for General Assembly 2011 June 22-26, Charlotte, NC

Would you like to represent UUCS and join thousands of UUs from across the nation at the UU General Assembly? This is the 50th anniversary of the merger of the American Unitarian Association and the Universalist Church of America. There will be speakers, worship, a Youth Caucus, workshops and more. Visit UUA.org/ga for details. Check with Board Member Betsy Rush for tickets.

✦ Humanist Focus Group Meeting - Sunday May 15, 2011 ** Note new start time ** 11:30 am – 1 pm in the UUCS Chapel

Reconnecting with the Environment, Michael Salvador, PhD, professor at WSU
Many who study environmental problems point to an essential aspect of contemporary western culture that contributes to almost every ecological crisis we face: Our technological and media saturated society disconnects us from the very material reality in which we exist. Humans in industrialized nations live in a "virtual reality" that separates our everyday actions from their environmental consequences, disconnects our senses from the world around us, and alienates us from our own bodies. Dr. Salvador will discuss recent studies on the human dimensions of environmental problems, and suggest ways to reconnect humans with the environment on which we depend – a required step if we are to alter our current course of ecological destruction.



✦ SAVE THE DATE for the PRIDE Parade

Mark your calendars for June 11 at Noon to walk in the PRIDE Parade in downtown Spokane. It's time to walk our talk. If you can't walk, come down and watch and show your support for the QOBLT community. Questions? Contact Nancy Avery PRIDE team leader at Nancy.Avery@comcast.net

✦ Mark Your Calendars: Openheartedness Forum - Sunday, May 15

On Sunday May 15, we will all gather for church and an open forum focusing on our discernment of our openheartedness to the new ministry that begins July 1st. Come and participate as you are willing and able. Listening, speaking, both! Help generate ideas to ensure the success of the new ministry. One service only on this Sunday, 10 am. Child care available for church and the Forum. Lunch after the Forum at noon.

Continue the buzzzz as long as you like. Healthy Relations Team: Devon Greyerbiehl, George Girvin, Bill Greene, Molly Huss, Mary Rupert, and Jan Treecraft, with assistance from the Search Team.



Covenant Statement

We, the Unitarian Universalist congregation of Spokane, promise to:

- *support and care for one another,*
- *embrace diversity of persons and spiritual paths,*
- *search for truth and understanding, and*
- *work for social justice and environmental stewardship.*

With this covenant, we honor each other with our laughter and tears, our compassion, and respect. We are a community of open hearts, open minds, and open hands.