



Your Weekly Newsletter for Upcoming Events

# the SUUNday Focus

May 29, 2011

## Upcoming Services

Sunday Service at 10 am

May 29	Michael Hoffman, <i>Guest Speaker</i>	<i>Be Memorable: Find a Sense of Purpose</i>
June 5	Our UU Youth	<i>Youth Sunday</i>
June 12	Hollis Bredeweg, Interim Minister	<i>The Prom Dress Pride Sunday</i>
June 19	Rev. Hollis Bredeweg, Interim Minister	<i>Religion in the Year 106 AE (After Einstein)</i>
June 26	Last service with Rev. Hollis Bredeweg	<i>De-Installation Service</i>
July 3	Rev. Dr. Todd Ekloff, Minister	<i>First and Foremost: Unitarian Universalism as an American Mystical Tradition</i>

## Notices & Upcoming Events

### Upcoming PRIDE Parade Participants & Volunteers Needed

**Saturday June 11 at Noon**  
**Wall Street and Main Street**  
The UUCS PRIDE team invites you to literally "Walk Your Talk" on Saturday, June 11.

Join up at 11:45 am at the corner of Wall and Main streets and walk with us in the parade. We also need **Face Painters** — and you don't have to be an expert. Let Nancy Avery know if you can help for an hour. Contact her at Nancy.Avery@comcast.net



### Sermons On-Line (MP3 and WMA)

For those who want to listen to sermons on their mobile devices, have we got a deal for you! Sermons are available on our website in both WMA (PC) and MP3 (mobile device) formats. So now you can take it on the road. Visit our site at [www.uuspokane.org](http://www.uuspokane.org) for a link.

### Overview of Mystical Shamanism



Kyle Bailey, a Toltec Shaman, presents An Overview of Mystical Shamanism on Sunday, June 12 at 11:30 am - 12:30 pm in the Thoreau room.

### New Social Justice Group Starting

A new group with a Social Justice focus will start meeting the first Sunday of every month. Our goal is to volunteer as a group at different non-profits and to develop a rotating schedule to collect donations of goods. **The first meeting will be June 5th after service in the Thoreau room.**

From June 1-15 we will be collecting items for the YWCA. Items needed include gently used professional business and business casual attire, toiletries, and paper grocery bags. You can drop off donations at the church during business hours and on Sundays. For information on donations for the YWCA or the Social Justice Group, contact Rachel Beauchene (608-738-8997/uucsintern@hotmail.com).

## Celebrating Religious Education at UUCS

✦ **Now Recruiting Religious Education Teachers for the Fall — 24 Volunteers Needed!** It's that time of year – Teacher Recruitment. Come join the fun of working with and becoming friends with our UU kids. We need 4 teachers for each of our classes – Preschool, Kindergarten – 2<sup>nd</sup>, 3<sup>rd</sup> – 4<sup>th</sup>, 5<sup>th</sup> – 6<sup>th</sup>, Junior High, and Senior High, which means we need 24 teachers. You would work, according to what your team decides, every other Sunday, or two Sundays a month for an hour. You spend approximately ½ hour preparing, which is reading your lesson to become familiar with what you are teaching. **This is one of the most important jobs in our church, because the teachers are helping our UU kids learn what being a UU means.** Look for our table in the Friendship Hall with the balloons. There will be RE Council members at the table to help you, or you may contact Diane Huigen (325-6383/re@uuspokane.org).

### ✦ Classroom Volunteers Needed June 5 & 12

We have 2 more RE Sundays left in our regular church year – June 5 & 12. Are you available?

### ✦ Summer Volunteers Needed for the One Room Schoolhouse

Would you like a chance to join our Preschool through Fourth graders when they meet famous UUs this summer?

The summer program is a one-room schoolhouse meeting in the Thoreau Room with a famous U or U. Guests include

- ✦ Fannie Farmer
- ✦ Matt Groening
- ✦ Rod Serling
- ✦ Christopher Reeves (June 19)
- ✦ Margaret Sanger
- ✦ Frank Lloyd Wright (June 26).



Come meet them and the kids! Contact Diane Huigen (325-6383/re@uuspokane.org).

*Youth is a quality, not a matter of circumstances.*

*~ Frank Lloyd Wright*

### ✦ Senior High Youth Group: No Meeting This Week – Camp Starwheel

Be sure to join the YRUU Youth Group on Sunday, June 5<sup>th</sup>, for their annual service. It's always a powerful experience!

### ✦ Are You Learning Your Principles?

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.



UU Principles for Children (and those who love them)

**BLUE: BELIEVE** in our ideas and act on them

Plan to Attend the City-Wide Forum on Local Food Issues - June 7, 2011 at the UUCS

Our church will be hosting the first city-wide discussion on food and health in Spokane County on Tuesday, June 7. Please come!

- ✦ 4:30-5:20 pm Chef David Blaine's (Latah Bistro) famous PopUp Restaurant meals (Vegetarian & Meat options available) **Pre-purchase a ticket (\$6) on brownpaperticket- deadline is 6/4/11.**
- ✦ 6:00-6:30 pm Visiting author Jeremy Smith, Growing Things, kicks off the conversation, talking about examples of how people engage in food in his community, Missoula, Montana.
- ✦ 6:30-8:00 pm Spokane Regional Health District releases new information about Spokane's food realities "Food and Health in Spokane County: A Closer Look" with discussion to follow

This event is sponsored by the Food Access Coalition which seeks to empower residents of Spokane County to plan and sustain a healthy food system. Plan to attend and become educated about food issues in our region. Preregistration is required.

To register: Contact Nancy Hawley, Spokane Regional Health District (509 324-1530 / nhawley@spokanecounty.org).

To purchase your dinner ticket go to [www.brownpapertickets.com/event/169154](http://www.brownpapertickets.com/event/169154) or contact Linda Moulder and she will order your ticket for you.

I certainly feel that the time is not far distant when a knowledge of the principles of diet will be an essential part of one's education. Then mankind will eat to live, be able to do better mental and physical work and disease will be less frequent.

~ Fannie Farmer, Unitarian  
(March 23, 1857 - January 15, 1915)

from the Administrator's Desk

✦ Next Week's Pulpit Announcements

I will be out of the office from Wed, June 1 through Tue, June 7 — taking the Napa UU's Wine Country Tour my partner and I purchased at the Community Marketplace this past fall and visiting our daughter and son-in-law in the lovely Bay Area. Hollis will be collecting pulpit announcements for the Sunday, June 5<sup>th</sup> service.

✦ E-Mail Address for Focus Submissions

Just a reminder — 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](mailto:focus@uuspokane.org).

✦ Chapel Doors Unlocked Always

If you or your group is using the Chapel for a meeting or event, you will notice the doors no longer lock. This is not a malfunction. It is by design. In order to keep our lovely chapel accessible during hours when the Sanctuary is open, the locks have been modified to stay open.

✦ 2010-11 Annual Report

There are still a few printed copies of the new Annual Report available in the church office. As well, it is now on the website for people with access to our members-only page. If you would like access and don't have it, just complete the On-Line Directory Access Agreement application and we will make it so.

✦ Gardening for the Hungry – Volunteers Needed

It's planting time. Anyone who would like to plant some veggies, please see Diane in the RE Office or call/email at 325-6383 or [re@uuspokane.org](mailto:re@uuspokane.org). The Girl Scout & Poiani beds are planted—these are bed numbers 4 & 5 from the East! YEA! Stop and admire them any time.

Kelly LaGrutta continues to put in time weeding the beds, THANK YOU! Jeremy Street is making the watering system work for all of us, THANK YOU!



✦ Toss a Few Extras in Your Shopping Cart to Help Fill Our Food Barrel

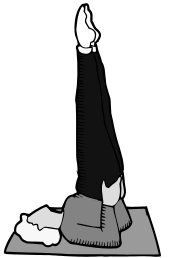
An extra jar of peanut butter and some mac & cheese won't add much to your grocery bill, but will really matter to a family with hungry children. **More than 25% of the children in the USA are dealing with hunger issues and that percentage is growing every day because of the economy.**

Please continue to fill up our food barrel for the families and seniors who shop at the Food Bank. 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 and an opportunity to talk about nutrition.

If you need help with providing food for your family, please contact Diane Huigen or Rev. Hollis Bredeweg.

✦ Yoga for Everyone - that means you!

Come enjoy an out-of-body experience on Wednesdays from 12:30 – 1:30 pm in the Thoreau Room. The stress in your body will disappear. It's wonderful! Please bring a donation for the instructor. If you have any questions, call/email Diane Huigen at 325-6383 or [re@uuspokane.org](mailto:re@uuspokane.org).



✦ UU World Summer 2011 Story Highlights

Have you had a chance to look at the new UU World? All members of the church should receive this magazine; if you do not, please contact the UUCS office. Here are a few of the stories featured:

- pg 56—a Map of the USA detailing membership growth from 2001-2011
- pg 26+ — UUA celebrates its Golden Anniversary
- pg 38—The General Assembly Agenda: Ethical Eating and Bylaw Changes
- pg 50—Book Review of American Grace: How Religion Divides Us

✦ Special Collection Report

On May 22 the congregation contributed a total of \$988 in support of **THANK YOU Women**. On behalf of *Transitions*, and all those it serves, thank you!



Newcomers Q & A

Attending our church for the first few times can confuse a newcomer. If you have questions, particular interests, or just plain need to know more about UUCS check the Q & A Corner at the front of the Sanctuary after each service. There will be a board member awaiting your questions!