



Your Weekly Newsletter for Upcoming Events

the SUUNday Focus

July 3, 2011

Upcoming Services

Sunday Service at 10 am

- July 10 Rev. Dr. Todd Eklof, Minister *UU Worship and the Five W's : What is it? Who Does it? When does it Happen? Where does it Happen? And, Why?*
- July 17 Rev. Dr. Todd Eklof, Minister *Bearing Life in the Necropolis: Unitarian Universalism as an Alternative Lifestyle*
- July 24 Rev. Dr. Todd Eklof, Minister *Spirit on Fire: Take Two Rumi's and Call Me in the Morning*
- July 31 Word Garden Poets *The Topmost Branch*

Notices & Upcoming Events



Wanted: Poems for Word Garden Poetry Anthology

Poets all ages associated with our congregation have until Sunday, July 10 to submit their original poems! Poems need to be copy machine ready. Up to 4 one-sided pages will be considered. Please include your name. Place poems in yellow Word Garden poetry folder in church office by 11:30 am, July 10 or email them to Elaine Stevens (stevenscurtis@aol.com.) Anthologies will be available at the poetry service on Sunday July 31.



Items Need for Abuse Victims

For the next two weeks, the Social Justice group will be collecting donations for Lutheran Community Services. They serve domestic violence victims but also children who have been sexually abused or experienced other forms of family and social trauma. Items they need are blank journals, art supplies, coloring/sticker books, and personal hygiene items. You can drop off donations before/after services and also during business hours. Contact Rachel Beauchene (608-738-8997/ uucsintern@hotmail.com) for information.

✦ Welcoming the Eklof's to Spokane

Please help give a big UUUCS welcome to Rev. Todd Eklof, his wife Peggy, and daughter Cassidy. We want to give them lots of opportunities to get to know us and our beautiful part of the world. A group of us have volunteered to coordinate welcoming events at least for the first month or so. If you have an idea, please let us know and we'll work with Todd and family on their schedule. You'll hear more from us in the near future. Thanks!— Marie Bjork (mariebork@aol.com/220-0986) on behalf of the whole team that includes Lisa Conger, maggie montana and Betsy Rush

UU Women's Retreat on October 7, 8 & 9

This year's UU Women's Retreat will be October 7, 8, and 9 at Camp N-Sid-Sen on Lake Coeur d'Alene. Registration forms are available today at the table in the back of the Friendship Hall and on the church website www.uuspokane.org. Plans are well underway for this event!

Celebrating Religious Education at UUUCS

✦ SH/JH Youth Summer RE

We will have a SH/JH RE get-together every Sunday morning at 10 am either in the Memorial Garden or in the Bartok Room. This is a time to discuss whatever the group wants to discuss! Join us. There will also be a camping trip in August. Keep in touch.



✦ Your Change Can Change a Child's Birthday from Sad to Glad!

Your change can change a child's birthday from sad to glad! Can you imagine letting your child's birthday go by without a cake? Sadly, this is a reality for many children. This summer's RE offering will be donated to Free Cakes for Kids whose purpose is to provide a special birthday cake for children who otherwise might not have one due to their life circumstances. They serve children who live in poverty and often do not have family members in their lives. Free Cakes for Kids hopes to show them that there are people who care. This is a non-profit, volunteer-run agency. So gather up your pennies, nickels, dimes, & quarters and bring them to RE!

✦ RE Family Potluck - See you in August!

We will not be having a July RE Family Potluck, because most people are going to be out of town. Look for the August potluck on August 13. If you have any questions please contact Sarajoy Van Boven at 509-443-1186 or sarajoyvb@yahoo.com.



✦ Classroom Volunteers – Help Needed Through the Summer

Would you like a chance to join our UU children when they meet famous UUs this summer? We would love to have you volunteer! Our summer program is a one-room schoolhouse in the Thoreau Room with a famous Unitarian or Universalist. Christopher Reeve and Frank Lloyd Wright have visited so far. Louisa Mae Alcott, Florence Nightingale, Matt Groening, Thomas Jefferson, Beatrix Potter and Melvina Reynolds are scheduled to visit. What a fantastic line up! Come be a part of our fun summer program! Contact Diane Huigen at re@uuspokane.org or 325-6383.



✦ Watch for Balloons! – RE 2011-2012 Teacher Recruitment

It's that time of year when we need to fill the 66 positions needed to run our RE program. Come join the fun of working with and becoming friends with our UU kids. You would be on a team with 3 other 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 an important job because you are helping our UU kids learn what being a UU means. Look for the colorful balloons which are attached to our table in the Friendship Hall. There will be RE Council members at the table to help you, or you may call/email Diane Huigen at re@uuspokane.org or 325-6383.



"If you judge people you have no time to love them."

~ Mother Teresa

The Inside Scoop

Summer Ethical Eating Movie/Picnic Night at UUCS on Saturday, July 16

Bring a wonderful summer dish (and the recipe) to share with others and then enjoy a movie together! All ages welcome!

Saturday, July 16 in the Thoreau Room
Potluck at 7 pm

Movie *Super Size Me* at 8 pm

Super Size Me is a 2004 documentary directed by and starring Morgan Spurlock. The film follows a 30-day period from February 1 to March 2, 2003 during which he eats only McDonald's food. The film documents this lifestyle's drastic effects on Spurlock's physical and psychological well-being, and explores the fast food industry's corporate influence, including how it encourages poor nutrition for profit.



✦ UU Woman Luncheon at Chaps Coffee Company on Wednesday, July 13

All the women of the UUCS are invited to lunch on Wednesday, July 13. No reservations needed, just show up. This month we are meeting at 11:30 am at Chaps Coffee Company located at 4235 South Cheney- Spokane Road (in the mall just off 195). Questions? Please call Rosemarie Duffy-747-9010

✦ Heating Assistance Money Available—Please Let Everyone Know!

SNAP Heating Assistance money is still available. You or anyone you know can apply by calling 242-2376 Monday through Friday from 8:30 am to 3 pm. Applications for appointments can also be made on the SNAP website www.snapwa.org. Please help spread the word to those in need.



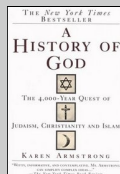
✦ Yoga – A Stress Reliever in all Seasons

Yoga class continues through the summer! Come enjoy an out-of-body experience on Wednesdays from 12:30 – 1:30 pm in the Thoreau Room. The stress in your body and mind will disappear. It's wonderful! Youth are welcome. Please bring a donation for the instructor. Questions? Contact Diane Huigen at 325-6383 or re@uuspokane.org.



✦ Book Ahead for A History of God Workshop in Nov/December

Bill Tracy will host a six-session weekly discussion on the book *A History of God* by Karen Armstrong. This book covers the history of the 3 main monotheistic religions: Judaism, Christianity, and Islam. The sessions start on Sunday, November 6 and run through December 11 from 12:30-2pm in the Potter room. Limited to 10 participants, so place your reservation with Bill now!



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.

The Inside Scoop

✦ Join the Worship Team and Participate in Sunday Services

Come join the Worship Team! Help us build the church relationship with Rev. Dr. Todd Eklof from the ground floor. Work with the team to organize services or be a Worship Leader, a sound tech, or an usher. Opportunities for everyone! Questions? Contact Erich Richter(erichter@verso5.com / 509-483-2390).

✦ Chalicees are Available Through the Summer for “Kids” of All Ages



Learning doesn't stop just because it is summer! In fact it may be easier now! The 7 Principles are listed below. Once you have them memorized, come recite them to Diane and pick out your Ed Tyler chalice. When you pick it out, it will magically fill up with delicious candy kisses. This is a great family project where everyone can learn the Principles. Have fun!

UU Principles for Children (and those who love them)

RED → RESPECT for the importance and value of all beings.

ORANGE → OFFER fair and kind treatment to all.

YELLOW → YEARN to learn throughout life and accept our differences.

GREEN → GROW by exploring ideas and values together.

BLUE → BELIEVE in our ideas and act on them.

INDIGO → INSIST on peace, freedom and justice for all.

VIOLET → VALUE our interdependence with nature.

Feeding the Hungry Update

Gardening for the Hungry — The Veggies are Growing!

Our garden beds are beautiful! Come visit. These vegetables will go to the UU Farmer's Market in the fall, and we will supply the Spokane Food Bank with fresh vegetables through the summer. Feel free to walk through the garden anytime. It has a magical, peaceful feel to it. Questions? Contact Diane Huigen at 325-6383/re@uuspokane.org.



Please Help Fill Our Food Barrel

Even though it is summer time, there are many children, families, and seniors in Spokane who are hungry. Many children do not get as much food as usual in the summer, because they are not in school. During the school year they receive free breakfasts and lunches, but that ends for many when school closes for the summer. Please bring in some staples – beans, soups, peanut butter, mac & cheese, no-sugar cereals/oatmeal, chili, stew – and add them to the food barrel in the foyer. Many families count on our generosity. Thank you!