



Your Weekly Newsletter for Upcoming Events
the SUUNday Focus
 August 21, 2011

Upcoming Services

Sunday Service at 10 am

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| Aug 28 | Fred Edwards, National Director
United Coalition of Reason | <i>The Exciting Promise of Humanism</i> |
| Sept 4 | Rev. Dr. Todd Eklof, Minister | <i>Big Love: A Little Bit Should
Go a Long Way</i> |
| Sept 11 | Rev. Dr. Todd Eklof, Minister | <i>Got Water? The Mother of All Elements</i> |

Notices & Upcoming Events



**Peace-making -- A dialogue
with Native Elder Vickie
Downey and Tibetan Buddhist
monk Geshe-la
Friday, Aug 26, 7pm, UUCS sanctuary**

Two amazing peace-makers will speak at the UU Church on Friday, August 26, at 7 pm. Vickie Downey is from Tesuqueh Pueblo, New Mexico, and is a member of the Tewa tribe. She is an international spokesperson representing native peoples and indigenous concerns. As part of the Grandmothers Voices program, she spoke at our church in April 2010. Geshe Phelgye, affectionately called Geshe-la, will be teaching this year at Gonzaga University. He has been a Tibetan monk since the age of 17. Geshe Phelgye travels the world promoting peace, animal rights and a vegetarian lifestyle and has also spoken at our church. Come hear the deep wisdom these leaders offer from their lives and their spiritual traditions.

For more info please contact Susan Virmig (susan@newstories.org or 535-3998).

Past Sermons at UUSpokane.org

Did you miss Rev. Dr. Eklof's sermon last week? You can listen to the sermon or read the text at our website: www.uuspokane.org. Enjoy!

Volunteer for a Worthy Cause

Volunteers are needed to help with the **UU Farmers Market** to be held after each Sunday Service September 11 through October 2. Sales persons, a set-up crew at 8 am, a take-down crew at 1:30, and a dishwasher are needed each week -about 90 minutes of your time. Sign-up sheets are in the Friendship Hall.



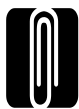
Our Church Food Barrel



The food barrel was emptied this week by the Second Harvest Food Bank, so it needs more food. Please bring in some staples for the hungry of Spokane.

The Church Gardens took in a donation of beets, beet greens, onions, squash, tomatoes and beans.

**Collecting Office Supplies and More for
the Women & Children's Free Restaurant**



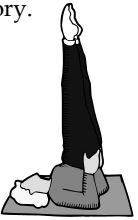
During August, we will be collecting items for the **Women and Children's Free Restaurant**. The WCFR needs office supplies and flour, vanilla, black pepper and latex gloves. For information on other donation needs please contact Rachel Beauchene (608-738-8997/uucsintern@hotmail.com).

✦ **New Church Directory Available**

A new church directory is now available on our website at www.uuspokane.org. If you haven't already signed up to view the on-line directory, access agreements are on the table behind the sound booth in the sanctuary and on the website. Just fill out the form and either put it in the red folder on the table or return it to the office. Your on-line directory access user name and password will be mailed to you within a week. You may also contact the administration office at 325-6383 if you need a printed directory.

✦ **Yoga: 3-4 pm Each Wednesday at UUCS**

Yoga continues through the summer. Come enjoy an out-of-body experience on Wednesdays from 3-4 pm in the Thoreau Room. It's wonderful for your body! Youth are welcome. Please bring a donation for the instructor. Questions? Contact Diane at re@uuspokane.org or 325-6383.



Celebrating Religious Education at UUCS



✦ **Adult OWL is for You**

If you're a young adult or a "less young" adult, if you're GLBTQ or straight, partnered or single, bold or shy, Adult OWL is for you! Expect a lively group, provocative questions, laughter and personal insights. The group will meet 4 Mondays beginning September 19, from 6:30 - 8:30 pm at the church. Space is limited. Contact Cindy Fine (535-0385 or cynfine@yahoo.com) to join the group.

✦ **I Need A Man!**

Yes, that's right! I need a man who will join our JH OWL Team. I will even pay your way to training in Long Beach, CA., Sept. 23-25, and pay for your registration, which includes meals and handouts. There is also hospitality housing, but you need to register by September 2. Yes, this is a real commitment, but what better way can you make an impact on 12 of our church youth than teach them about sex and relationships, lifelong struggles for many people? Please contact me (Diane) as soon as possible at re@uuspokane.org or 325-6383.

✦ **Sunday Morning Offering Update**

We are collecting money for Free Cakes for Kids which is a non-profit, volunteer-run agency providing free birthday cakes for children who otherwise might not receive a cake due to their life circumstances-children in poverty who often don't have family members in their lives. This agency hopes to show children there are people who care. Please gather up your change and send it with your children/grandchildren, or give it to Diane. Thank you!



✦ **Teacher Recruitment 2011-2012**

Contact Diane Huigen at re@uuspokane.org or 325-6383 if you are interested in being part of the RE program this year. I can always find something for you to do, and what a wonderful way to help with our UU children!



✦ **SH/JH Youth Camping Trip**

There is going to be a camping trip. That's all I can tell you at this point, so if you are interested and you haven't heard from anyone please contact Diane

✦ **SH/JH Youth Summer RE**

There is a 10 am RE gathering for SH/JH Youth, the trick can be finding them. Check the Memorial Garden, Bartok Room, Potter Room, or the swings. Once you've found the group, join in and have a great time.