



Your Weekly Newsletter for Upcoming Events  
**the SUUNday Focus**  
 September 18, 2011

**Upcoming Services**

Sunday Service at 9:15 am and 11 am

- Sept 25 Rev. Happy Watkins *If You Want to Walk on Water  
You Have to Get Out of the Boat*
- Oct 2 Rev. Dr. Todd Eklof, Minister *Let Me Introduce You  
to Some Friends of Mine...*
- Oct 9 Rev. Dr. Todd Eklof, Minister *Selfishness, Selflessness, &  
Self Realization: The Journey from other to Other*

**Notices & Upcoming Events**

**The UU Community Marketplace  
Seeking YOUR Donation**



Are you getting excited to see what will be offered at the UU Community Marketplace this year? Some donations already in include a Charades Evening, a Bingo Party, a lesson in bread making... **What can you add to the list?** Stumped for ideas? Check the website [www.uuspokane.org](http://www.uuspokane.org) for ideas and a donation form. Better yet, look for the silver balloon in the Friendship Hall where we'll share ideas and offer helpful suggestions. This is our annual fundraiser – creating opportunities to deepen your connections with your fellow UU's. Our success depends on your donations!

**Newcomers Q & A after Service Today!**

Attending our church for the first few times can confuse a newcomer. If you have questions or thoughts about our church or church community, Board members (people with the red ribbons on their nametags) will be available in the Friendship Hall after today's service to answer your questions!

**Today's Special Collection**



Our September Special Collection will go to benefit the Peace and Justice Action League of Spokane (PJALS) – a 36-year-old membership organization dedicated to building a just and nonviolent world. PJALS engages ordinary people of all ages and backgrounds in organizing, advocacy and education for human rights, economic justice, and peace. PJALS members share the UU values of recognizing the inherent worth and dignity of all people. If the work of this organization speaks to you, please give generously today. Thanks for helping our congregation make a difference in our community and our world.



**Greeter Training TODAY!**

Greeter training will be today after the second service at 12:45 in the Thoreau room. If you have greeted before or if you have never done it but would just like to try it out, please come and see what fun it is to be part of our welcoming team. Todd will attend and snacks will be provided. Questions? See Linda Greene

**Celebrating Religious Education at UUCS**



✦ **Register Your Children for Religious Education & Receive a Treat**  
 Registration for Religious Education is happening NOW. In order for your child to participate in RE classes they must be registered by the end of September. That includes Preschool – Senior High and the Senior High Youth Group. There will be doughnut holes for the parents and children who have registered. **Look for the balloons at our RE Council table.** Registration is very important for your children's safety and the church's well-being. Thank you for participating!

- ✦ **Religious Education Classes Begin Today**
- ✦ Our RE classes begin today at 9:15 and 11:00 am. The 9:15 class is a one-room schoolhouse with anyone Preschool – Fourth grade. Our 11:00 classes are divided by grade level and have specific curriculums and rooms. Check out the doors to find your class.
- ✦ **Cookies & Coffee for RE Parents**
- ✦ After the 11 am service all parents are invited to visit their children's classes, meet the teachers and learn about the curriculum. We will have cookies and coffee in the RE wing. Please join us.

✦ **Teacher Recruitment 2011-2012 - Help!**  
 We need teachers – one for Preschool, 2 for K-2, 2 for JH, 2 for SH and 2 for 9:15 RE. If you value Religious Education for our UU kids please contact Diane Huigen at [re@uuspokane.org](mailto:re@uuspokane.org) or 325-6383, ext. 306. I would love to talk with you about being part of our RE program. I will work with you to find a place for your skills.

✦ **Senior High Youth Group, 7-8:30 pm Tonight, Bartok Room**

Food Fight tonight. **You must bring a cake to participate.** Come join the fun!



**UU Principles for Children (and those who love them)**  
**INDIGO: INŠIŠT on peace, freedom and justice for all.**

✦ **7<sup>th</sup>-9<sup>th</sup> Grade OWL Information**



7<sup>th</sup>-9<sup>th</sup> Grade OWL Parent Orientation will be on Sunday, Oct. 2, at 12:30 in the Sanger/OWL Room. Parents must attend if your child is going to take the class. Classes for the OWL group will begin Sunday, Oct. 9<sup>th</sup>, from 9 – 11 am in the OWL Room.

Questions about our Religious Education programs and events can be directed to Diane Huigen, Director of Religious Education at [re@uuspokane.org](mailto:re@uuspokane.org) or 509-325-6383 x306.

## The Inside Scoop

### ✦ Circle Supper Sign-ups: Seeking Hosts and Attendees

Circle Suppers will be held on the following dates:

Friday, Sep 23	Friday, Sep 30
Saturday, Sep 24	Saturday, Oct 1

Circle Suppers offer a great way of getting to know a few UUs while eating delicious food. We encourage new and seasoned members to step out of their comfort zones and discover the pleasure of others in our community.

Hosts: You will host a total of eight to ten people (including yourself), each bringing a potluck dish, on one of the dates listed above. Please sign up as one of our delightful hosts either by calling the office or by signing up in the Friendship Hall.

Guests: Check your calendar and sign up for the date that works best for you. Your host will contact you with directions. Look for the signup sheets on the Friendship Hall walls or call the office at 342-6383.

Questions? Please contact Michelle Poiani at 509-474-1076

## News from the Adult Enrichment Team

### ✦ Register Today for Upcoming Adult Enrichment Classes

Sign-ups and book orders at the Adult Enrichment Team's Table in the Friendship Hall:

**Discussions of UU Heritage with James Beebe, Mondays, 6 to 7:30 pm, Cummings Room, Sept 19, Sept 26, Oct 3, 10, 17, 31, and Nov 7, with no class on October 24**

The goal is to provide a learning community similar to what one might find in a graduate level seminar to explore, question, and grow in understanding about what makes us a community. Participants will be expected to make a commitment to read selected materials and watch videos prior to class. In class we will take turns challenging ourselves, each other, and the material. Do not expect to find a single answer! Be prepared to embrace ambiguity! After all we are talking about Unitarian Universalist heritage. For more info, James has a website at <http://uuheritage.pbworks.com>

**Voluntary Simplicity Discussion Group with Georgette Thornton, Sundays, October 2 to October 30, 12:30-2pm in the chapel**

This NW Earth Institute 5 session discussion course addresses the distractions of modern society that keep us from caring for ourselves, our relationships, and our environment and creates time to find ways to make life changes.

*([www.nwei.org/discussion\\_courses/course-offerings/voluntary-simplicity](http://www.nwei.org/discussion_courses/course-offerings/voluntary-simplicity))*

**Understanding what life is presenting to you with Michael Hoffman, Wednesdays, 6 – 7:30 pm, October 12 to November 16 in the Potter Room**

Ever wonder if paths to your dreams and aspirations were being presented to you – but you weren't recognizing them? This free 6 week class focuses on awakening your dreams, learning to recognize them, and then reaching a potential you never knew you even had! Questions? Please email [michaelhoffman62@gmail.com](mailto:michaelhoffman62@gmail.com).

### Continuing:

**UUCS Immigration Study Group**, scheduled Sundays, Sept 18 & 25, Oct. 2, 9, 23, & 30, during the first service, 9-10:30am, in the Potter Room with Kristi Winther.

## from the Administrator's Desk

Below are some things needing the attention of everyone. Thanks in advance for your cooperation and helping us keep things running smoothly as possible here around UUCS. — Jet Tilley, Business Administrator ([admin@uuspokane.org](mailto:admin@uuspokane.org) / 509-325-6383)

### ✦ PLEASE RETURN UNUSED BUILDING KEYS ASAP

As happens from time to time, our supply of building keys is once again so low that we have nary a one to give out to building renters and team members. Yikes! **If you have a building key that you use infrequently or just don't need anymore, please return it to the office** or just slip it into the drop box slot outside the church entrance.

### ✦ Do You Have a Hymnal at Home?

It seems some hymnals have left the house. **If you borrowed a hymnal or simply forgot and carried one home on a Sunday, please do bring it back as soon as you can.** With our increased attendance for services, we really do need every hymnal we own in the Sanctuary on Sunday mornings.

### ✦ LOST & FOUND Clean-Up Soon

Please take a peek in the Lost & Found area and retrieve anything that's yours. **We will be cleaning out the Lost & Found during the first week of October** and distributing coats and other items to those who can make use of them.

## The Inside Scoop

### ✦ Volunteers Needed for Second Harvest Food Bank

SHFB is organizing a volunteer group to help out weekly at the distribution center (1234 E. Front). The volunteers will meet every Wed. or Thurs. from 9am to noon. They will be packing food supplies for Second Harvest's new School Pantry program. They will also sort & pack fresh produce & other donated food to feed hungry people in Spokane & the Inland Northwest. For more info or to sign up for this weekly group, please contact Debbie at [dclemens@2-harvest.org](mailto:dclemens@2-harvest.org) or 252-6257.

### ✦ Last Chance to sign up for the UU Women's Retreat!

The deadline for registration is Tuesday, September 20. The Retreat will be October 7, 8, and 9. Come for the beautiful scenery at Camp N-Sid-Sen on Lake Coeur d'Alene and stay for the opportunity to really get to know other UU women. Registration forms are available today in the Friendship Hall and on the church website at [ww.uuspokane.org](http://ww.uuspokane.org). Contact Martha Nerpel for information: [mnerpel@gmail.com](mailto:mnerpel@gmail.com) or 509-747-5961.

### ✦ Tibetan Buddhist Meditation Classes Resume!

Starting Monday, Sept. 12 at 6:30pm, the nuns from Sravasti Abbey will return to teach meditation for an 8-week session. The classes will use the book "Guided Meditations on the Stages of the Path" by Venerable Thubton Chodrun, the founder of the abbey. Books will be available at the class, but are not required. As always, drop-ins are welcome, though the most benefit can be gained by attending regularly. If you have any questions, feel free to contact Susan Virnig at [susan@newstories.org](mailto:susan@newstories.org) or at 509-535-3998 for more information.



### Yoga for Everyone



Come enjoy a wonderful experience doing Yoga. It's fantastic for your body and mind! We meet from 3-4 pm every Wednesday in the Thoreau Room. Youth are welcome. Please bring a donation for the instructor. Questions? Contact Diane Huigen at [re@uuspokane.org](mailto:re@uuspokane.org) or 325-6383, ext. 306.