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The SUUN is a monthly publication of the Unitarian Universalist Church of Spokane



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### Newsletter Deadlines

Monday, February 15th at 5:00 p.m.  
(for March issue)

Send newsletter submissions to  
[suun@uuspokane.org](mailto:suun@uuspokane.org)

**Check Run Cut-off Dates**  
Requests for checks and invoices from members, teams and staff need to be submitted to office by the 1st and 3rd Mondays of each month.

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**Church Office Hours:**  
Monday–Friday 10:00 a.m. -2:00 p.m.

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# THE SUN

The Newsletter of the Unitarian Universalist Church of Spokane

February 1, 2010  
Volume 18 Issue 8

**WORSHIP — *touch the earth, reach the sky***

## **Upcoming Worship Services at 9:15 & 11:00 a.m.**

February 7 - Michael Hoffman

Expanding Your Level of Consciousness  
from I to We

February 14 - Doug Huigen and Jeff Wasson

Love Is... (National Standing on the Side of  
Love Day)

February 21

Women's Suffrage in Washington State,  
a dramatic play written by Sandy Hosking

February 28 - Michelle Holbrook

Surprising Allies:  
The Universalism of Joseph Smith  
(Perspectives from Different Faiths Series)

March 7 - Hollis Bredeweg

The Plumber's Maxim (Stewardship Sunday)

March 14 - Mary Giannini - Topic TBA

March 21 - Linda Whittenberg - Topic TBA

March 28 - Linda McKim-Bell

Pacific Northwest Regional UUSC  
Coordinator - UUSC Justice Sunday

## **Board Slivers**

February always makes me think of flowers and hearts. Valentine's Day is my favorite holiday because there really isn't anything to prepare for. It is just a day to think about those we love and hold in our hearts. And, I usually get chocolate!

This year, I have been thinking about what is at the heart of our church. What is it that holds us together and keeps the beat? Is it the congregation, the children, the building, the services? Maybe the heart of the church is different things to different people.

Last October, the board held a "Visioning Day". About seventy five people participated in this event. It was exciting to see, hear and feel the energy in the room. We organized ourselves into groups of six to eight. Each group had a facilitator who asked the questions.

Strong emotions were expressed when people began talking about the R.E. program and what it has meant to their families.

Many expressed that the church was the avenue in which they could make a difference in the world.

Our music program was discussed and is what brings many to our church each Sunday. I heard the words, uplifting, inspiring, beautiful, and spiritual as people were talking about our music.

The most passionate discussions were around the idea of a "strong minister", a spiritual leader for our church, someone who delivers excellent sermons and possesses strong leadership skills.

When the question was asked "where do you see our church in five years", most saw our church as growing. Congregants shared ideas about to ways encourage youth and young families to join our church.

So, the heart of our church really is different things to different people. After our visioning event, I came away with knowing that our church heart is strong and healthy. Thanks to the help of many of our leaders, this church hasn't skipped a beat. It makes me think of the Grinch, who upon hearing the Whos singing after he had taken Christmas away, found his heart growing two sizes! Seeing our church thrive under less than perfect circumstances has swelled my heart as well.

*Bonnie Overlie*



STANDING ON THE SIDE OF  
**LOVE**

## Search Light

Thursday night is rolling around and my calendar is wide open. I feel a small sense of guilt and a bit of loss. After meeting on Thursday nights together once or twice or more a month since early last spring, the Search Team is taking a break for the holidays. On second thought, that's not entirely true: we're just not meeting together in person, en masse, in the Cummings room. We continue to email and phone one another, sit together at church and church events. We've been exchanging cookies and conversation, growing to know each other better and respect each other more, in spite of the break in our routine of "official" meeting times.

Francis David, one of our Unitarian ancestors from the 1500s said, "We do not need to think alike to love alike." It is through relationship with each other that we connect to our church and our religious denomination. It is not from sharing common creed or belief system. Indeed, your Search Team was selected to represent a variety of viewpoints, leadership styles, and spiritual journeys. We represent an amazing and intriguing skill set; numbering a poet, an artist, several educators, a geologist and physical therapist among our ranks. We have young children, grown children, grandchildren. Our roots are from all over this country (although there is some strange Montana connection that several share.)

Indeed, we do not think alike. We do, however, find our connections to each other growing and strengthening. We find our charge to find the next best settled minister for all of you in turn exciting, challenging, daunting and fraught with hurdles large and small. Thankfully, there is also hope and laughter and a love for all of you and for the community we share. We are steadfast and determined, and although we have no "official" meeting on the church calendar until January, we are busy with the work you have entrusted to us.

## Chapel News

On January 15th our contractor delivered the Certificate of Occupancy for the Chapel. It has been a long and difficult process. Thanks to Moritz Kundig's dogged persistence we have it in hand.

The Chapel will be available for meetings and other gatherings. We look forward to enjoying this beautiful new space. Please follow the procedure for scheduling of church rooms with the church office.

## The Healthy Relations Team

**From your Healthy Relations Team:**

**Let's be clear: What you say is important!**

But, how you say it, is equally important. So sometimes you must stop and gather yourself before you speak. Because, even more important, is to be able to start with a basic caring and respect for the "other".

And, it is very difficult to get there, if you don't love and care for yourself. Consider the belief that almost everyone wants what is best for them, and you...Really! It's just a matter of finding out what is best! Telling people in a kind and thoughtful way what you need, and asking them what they need, is a good start for a good result. As is being open to being affected by them. Letting compassion grow in your heart and seeing their point of view, helps, if you want them to do the same. If you are a compassionate person I can almost guarantee others will treat you with compassion. (No, not 100%).

Does this sound like "treat others as you would like to be treated?" Ah Yes!

Our Team's hope is to nurture and promote all of these, and more, healthy processes.

Please contact Devon Greyerbiehl initially, if you have concerns

Yours in UU Principles,

*Devon Greyerbiehl*



## Seeking Board Members for 2010-2011!

It's not too early to be thinking about our 2010-2011 Church Year! Your Nominating Team reminds you that we soon will be looking for candidates for the Board of Trustees and the Nominating Team itself. The Board position requires a significant time commitment (averaging some 10 to 15 hours per month), a keen interest in articulating and carrying the vision of the congregation, solid previous participation in at least one church team, and willingness to work within the structure of Policy Governance. Look for more information and an application form later in the month of February!

## Music News

Can singing in a church choir help keep you healthy? The answer is a resounding "YES" according to a study by the University of California, Irvine publicized a few years back. The researchers made three basic findings:

- 1) The immune system rises from a baseline level after extended amounts of singing—during rehearsals, for instance. (The disease-fighting protein Immunoglobulin A increased 150 percent!)
- 2) That rise is heightened during a performance to 240 percent! (In our case, that's singing for Sunday morning services.)
- 3) The more passionate you feel while singing, the more this effect is heightened.

This study confirms what a lot of us singers have known for a long time—singing just boosts our energy and well being. It makes us feel good. I know that even the little bit of singing I do in rehearsals helps me. Typically I leave choir rehearsals on Tuesdays and Thursdays feeling better than I did when I walked in the door.

So why am I telling you all this? To give you closet singers one more reason to come on out and join one (or even BOTH) of our choirs! The Women's Choir begins rehearsing again in February at 7pm on Tuesdays nights. They usually sing once a month for services. The Mixed Choir has rehearsal Thursday nights at 7pm. They perform two Sundays a month. You do not need to read music to join us, but you do need to carry a tune. I'd love to hear from you if you have questions or want to give this opportunity a trial run. You may leave me a voice message (325-6383, ext. 303) or email me at [uumusic@uuspokane.org](mailto:uumusic@uuspokane.org). And, of course, you can catch me on Sunday mornings between or after services.

So give yourself a boost—come sing with us!

Your Music Director,

*Deborah Jacquemin*

## Charter for Compassion

Karen Armstrong's Charter of Compassion  
Copies of the Charter of Compassion sparked by Karen Armstrong, religious scholar and best selling author of many books on religion, are on the table across from the restrooms. To sign the Charter and to find out more about the Charter of Compassion and Karen Armstrong's role go to [onepeacemanypaths.org](http://onepeacemanypaths.org). If you have questions, contact Elaine Stevens.

## Wheel of Life

Tracy Springberry's paternal grandmother, Joyce Horsman, passed away on January 2, 2010, at age 91. She was surrounded by her family. She was a kind, generous person filled with humor and love for her family. She will be missed.

Linda and Larry Hodge headed back to Arizona after a Christmas visit in Spokane

Andrea Goddard is going to Ski for Light for the first time this February. She heard about it through Jean and Gordon Larson who have attended for over 25 years. Jean and Gordon Larson will also be skiing this year. They will be skiing at Soldier Hollow, Utah which is near Provo. Soldier Hollow was the site of the cross country and biathlon events during the Salt Lake City Olympic Winter Games of 2002. Ski for Light offers blind and physically challenged people the opportunity to cross country ski. They are led by a sighted person.

On Dec. 22, Art Keeler experienced a fall, further injuring his back. He is coping with significant pain, is unable to sleep in bed and spends nights in a chair. Cards are welcome. Thanks to all for keeping him in your thoughts.

## Pastoral Care Team

The Pastoral Care Team focuses on needs of congregation members and friends who may be facing a crisis or life transition. Please keep the team in your thoughts and contact a member of the Pastoral Care Team if you have a need or know of someone who does.

Team co-leaders are Donna Sponseller and Sue Stirtz with Erin Fitzgerald as our staff liaison and Devon Greyerbiehl as advisor. Bette Brattebo has graciously agreed to be our new Wheel of Life writer. If you have an event in your life you would like to share or know of someone who has a joy or sorrow, please contact Bette by e-mail at [wheeloflife@uuspokane.org](mailto:wheeloflife@uuspokane.org). Other team members are:

Donna Sponseller, co-leader		Sue Stirtz, co-leader
Mary Jane Blanpied	Patty Bedalov	Dick Borden
Dianne Cook	Linda Hodge	Doug Huigen
Torge Lorentzen	Avis Monroe	Martha Nerpel
Terri Ray	Chuck Smith	Lee Smith
Patty Tyler	Jeff Wasson	
Devon Greyerbiehl, advisor		

## SOCIAL JUSTICE — *step by step the longest march*



### **"Be Our Guest"**

### **Celebrate the grand opening of the Felsorakos Guesthouse**

### **Annual Partner Church Dinner And Family Folk Dancing**

### **Unitarian Universalist Church of Spokane**

Saturday, February 6 at 6:00 pm

Adults: \$10/Up to 3 Children under 12: \$5

## Reaching out at Christmas!

Some fifty UU's came together as Santa's helpers in two Christmas projects that brought presents and turkey dinners to our neighbors in the Spokane community.

The first project was with the HOME (Helping Ourselves Means Education) Program, a program at Eastern University that Elisabeth Keeler has been involved with since its inception many years ago, to help single mothers who are putting themselves through school. The program offers support to single mothers and distributes six to eight Childcare Scholarships each year.

Families with children ranging from toddlers to teens were "adopted" by church members, who filled each family's "wish list" of presents ranging from toys to snow boots and mittens. These gifts were wrapped and delivered to the families.

The second project was for Hope House, which was originally known as the Downtown Women's Shelter and was founded in response to the 1997 serial murders of women on the streets of Spokane. Hope House is dedicated to making a significant difference in the lives of homeless women. It also offers 25 apartments for low income women who are ready to leave the streets.

Again, specific items were requested by these women, including pots & pans, dishes, candles and two books of stamps. Every item requested was filled, and each one was carefully wrapped and numbered to make sure that each woman received a colorful package containing her request.

Special thanks to Elisabeth Keeler, Judy Gammon, the Senior High Youth Group, Matt and Beth Budke, and Mary Jane Blanpied – who worked behind the scenes, organized the Tree of Sharing for these projects, and made sure that all went smoothly – a lot more work than it might appear on the surface!

For more information on the HOME Project, contact Elisabeth Keeler or Judy Gammon.

For more information on Hope House, contact Mary Jane Blanpied.

## Religious Education View

### Religious Education Program for Children

#### Regular Religious Education Classes Begin

*Sunday, February 7th*

Join the Religious Education Council and staff as we welcome back our regular teachers after their winter break.

### Religious Education Programs for Youth

#### Coming of Age Retreat

*February 5 and 6*

The coming of age facilitators and youth are attending a retreat at Heartsong in Tum Tum, WA. The theme of the retreat is worship with a particular focus on the Medicine Wheel.

#### Coming of Age Youth and Mentor Meeting

*Sunday, February 7th at 5 p.m.*

This is the first of four meetings for coming of age youth and their mentors. This is a potluck. Please bring a dish to share.

#### Senior High Youth Group

*Sunday, February 7, 14, 21 and 28 evenings at 7 p.m.*

For more information about the activities of this group contact Youth Advisors Beth and Matt Budke at 624-1203.



### Adult Religious Education and Faith Formation

#### Conversations with the Bible

*First and Third Wednesdays of each month at 7 p.m.*

This on-going group meets twice monthly to explore the meaning of the Bible from a liberal perspective. The class format is to listen to an instructional DVD for the first portion of the class and then to have a facilitated discussion. Newcomers are welcome to come and check out the class.

#### Our Unitarian Universalist Story

*Tuesdays, February 2, 9, 23 and March 2, 9, 23 at 6:30 p.m.*

This 6 week class explores UU identity within the context of the history and heritage of Unitarian Universalism. Readings, discussions, and activities help participants explore their spiritual development, religious attitudes, values and beliefs, and current theological trends and issues.

The class facilitator is Penny Reid.

### Members Ministry

#### Newcomer Q & A

*Each Sunday after both Services*

Each Sunday members, friends and visitors are welcome to engage in an informal question and answer period following each service.

#### Path to Membership Classes

*Sundays, February 7 and 14 at 12:45 p.m.*

This class series is for those who are contemplating joining the congregation and for those who are simply curious. Childcare is provided for both classes. Please sign up for the class at the Greeters Table in the foyer.

#### New Member Sunday

*Sunday, February 28 during both services*

Please join us as we welcome the new members who join the congregation in February.

### Classroom Happenings

January was our intercession month when regular teachers take a break. Our Religious Education Council took over lead teacher positions, and parents and friends of Religious Education stepped in to help.

Our curriculum this year was Rainforests, and it was loads of fun! The first Sunday was an introduction. The children made their own rainforest out of 2-liter pop bottles, gravel, soil, a plant and covered it with Saran wrap. Everyone had a blast!

On the 10th we learned about the kinds of plants that grow in tropical rainforests and the layers of a rainforest. Each person made a bromeliad plant out of construction paper. We used fresh pineapples as examples of bromeliads because they are related.

On the 17th, we discussed why rainforests are important to our planet Earth and how we can help make a difference. The kids made Morpho butterflies which are bright blue and love to be in the sunlit canopy feeding on the nectar from the flowers way up high. The butterflies the kids made fit on one of their fingers so when they raised and lowered their arms the butterfly wings fluttered.

On the 24th, our lesson will be about the animals of the rainforests. Younger children will make animal hats, while older kids will make animal masks.

Our last lesson will be the 31st. Each child will be designing and coloring his or her own t-shirt with a saying and/or picture relating to what we've learned about the rainforest. Each week we've added singing and wonderful snacks—fresh pineapple and bananas, chocolate, and dried tropical fruit. We cut the top off three pineapples and planted them. Come see if they are growing. It has been a wonderful time for everyone who participated!

Thank you to Religious Education Council members: Bonnie Brunt, Janet Knight, and Edna Ripka for being lead teachers this month! Erin Fitzgerald, Jean Edwards, and Ariel Fitzgerald have worked with the Junior/Senior High youth each Sunday teaching them how to express their UU faith using the curriculum *Articulating your UU faith*.

Thank you to all the parents and friends who have helped with Religious Education this month! You are greatly appreciated!

Shalom,

*Diane Huigen*

### Child Dedication Ceremony Sunday, February 14th during both services

Unitarian Universalist congregations set aside a time for celebrating the sacredness of the life of children in the congregation and to offer a promise of support for children and their parents. We have not had a child dedication ceremony at the church for some time. Doug Huigen and Jeff Wasson have graciously offered to provide an opportunity for parents and children to participate in a child dedication ceremony on the above date.

Although this ceremony is typically done with young children, we welcome any age child and their family to participate. Unitarian Universalists are often people who are not born into the faith and we understand that families with older children may want to have their child blessed in their new church home.

If you are interested in participating in the child dedication ceremony, please contact Erin Fitzgerald at [programs@uuspokane.org](mailto:programs@uuspokane.org) or 325-6383.

## **Calling All Church Artists. Newcomers, This Includes You!**

Our UU Art Wall Team is looking for church artists interested in showing a piece of their work in the April Art Wall display. All mediums are welcome; oil or watercolors, photography, collages, quilting, ceramics, sculpture, etc. Two works can be shown if the artist works in two mediums.

The Team is seeking church members showing for the first time (or for "the first time in a long time"), and art by newcomers to the church family is especially welcome.

Speak to a team member in the church social hall after services in February and early March and let us know of your interest in joining in. Susan Mossuto is the Art Wall Team Leader; other members include Mary Jane Blanpied, Dick Borden, Lisa Conger, Tukcha Kim, Bill and Marjorie Tracy and Anna Vamvakias. Fifteen percent of any sales will go to the church general fund, but it's up to each artist to decide whether his or her work is for sale.

Watch for the April Art Wall, "Artists of the Church". It promises to be a great show.

## **Upcoming Humanist Focus Group Programs**

**February 6, 2010 at 8:15 a.m.**

*Breakfast at Old Country Buffet, Division & Rowan*

Join fellow Humanist thinkers for breakfast and discussion following a presentation.

**February 21, 2010 at 12:45 p.m.**

*Meeting Room, Unitarian Universalist Church of Spokane*

### **Working Snake River Project Save Our Wild Salmon**

The lower Snake River lies in a 140-mile corridor between Lewiston, Idaho and the Columbia River near Pasco, Washington. Some think the four lower Snake River hydro-projects have not produced the value promised to the Pacific Northwest. What would be the regions benefits if these dams were removed? Come hear Jerry White, Jr. speak on behalf of the Working Snake River Project.

Sign up for free weekly humanist Network News at [www.humaniststudies.org](http://www.humaniststudies.org).

Ray Ideus is a certified Humanist Celebrant and available for your service. The Humanist Focus web site is [www.spokanehumanists.org](http://www.spokanehumanists.org).

## **Introducing: Team Showcase!**

It's new; it's sponsored by the Shared Ministry Team; it's a wonderful way for your Team to share your news, goals and accomplishments with all the rest of us!

And it's easy.

Beginning on Sunday, February 21 and continuing on the first and third Sundays of each successive month, one of our Church Teams will be invited to showcase their Team's activities in between and after the Sunday services ... with posters, pictures, song (!), skits, cookies, buttons... whatever strikes your fancy. One of the Shared Ministry Council members will act as co-host, publicity consultant and will provide whatever assistance seems appropriate.

We plan these Showcases to continue throughout the church year and beyond, so every Team has a chance to participate. For more information, and to get on the bi-monthly schedule, contact any member of the SMC. (Scott Fitzgerald, Chair, Shirley Cannon, Lee Dominey, Gail Furman, Karen Olson.)

## **UU Women—February Events**

**February 10th**—Lunch at Sante's, at 11:30 am (next door to Auntie's); stop by the Pottery Place; ride the Carrousel.

**February 14th**—Monthly meeting. 12:30. Sanger Room. Lunch (salad) will be provided at a nominal cost.

UU Women is affiliated with the UU Women's Federation and welcomes all women of the church. Join us!

## **The Grandmothers Are Coming!!**

Story-telling! Basket-making! Sharing food! Local history and culture! Making new friends! Children! Learning from our elders! Grandmother's Voices? What is it? Who are the grandmothers?

We at the Spokane UU church have a wonderful opportunity coming our way through a collaboration between our Make It Happen Fund and the nonprofit Grandmother's Voices.

The Grandmother's Voices Project is an international exchange program that builds local and global community through the context and commitment to honor and share the innate wisdom of elder indigenous women.

Two of these very special grandmothers will spend the evening of Thursday, April 8, with us. We will share a potluck dinner, these elders will tell stories from their culture and we – children and adults alike! – will learn how to make baskets from a master basket weaver.

Sunday, April 11, these two elders – Eva Boyd of the Confederated Salish and Kootenai tribes and Vickie Downey of the Tesuqueh Pueblo tribe in New Mexico will be the heart of our service and besides giving the sermon will also work with our children in the Story for All Ages.

Through this visit, we're weaving baskets, weaving friendships, sharing food, sharing culture and building community inside a tapestry of great diversity. Come join us!

*Susan Virmig*



### **Meditation Group Continues!**

Even though our teachers will be in silent retreat for the next three months, people in this group have found it so helpful that we are continuing. Each Monday, in the e.e. cummings room, from 6:30-8:00 p.m., our time will be divided between silent meditation and a discussion, chapter by chapter, of the book *Taming the Mind* by Venerable Thubton Chodron.

Newcomers are always welcome!