



KUUUC NEWS

September 2016

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Worship in September

September 4—11:00 a.m.
Water Communion—bring water from vacation.
 Green Sanctuary/Social Justice Councils 12:15 p.m.

September 11—11:00 a.m.
"Healing the Heart of Democracy" - Rev. Bill Graves
 R.E. Council 9:30 a.m.
 Worship Council 12:15 p.m.

September 18—6:25 a.m.
Sunrise Service—Potluck Breakfast
 at Jim & Cynthia's house, 314 Susan Rd
 Membership/Fellowship Council 7:15 a.m.

September 25—11:00 a.m.
"My Spiritual Journey" - Nan Doolittle
 Communication Network 12:15 p.m.

KUUUC BOARD

Co-Presidents:
 Karen Johnson & Eva Whitsett
 copresident1@kvuu.org
 copresident2@kvuu.org

Past Co-President:
 Jason Irwin
 pastpresident@kvuu.org

Secretary:
 Vivian Dunbar
 secretary@kvuu.org

Financial Secretary:
 Jim Schwing
 financialsecty@kvuu.org

Treasurer:
 Carol Gilliom
 treasurer@kvuu.org

Staff

Minister: Rev. Bill Graves
 minister@kvuu.org

Director of Religious Education: Maggie Patterson
 recoordinator@kvuu.org

**The theme for
 September is:
 Democracy**

KUUUC needs someone who LOVES KUUUC and FaceBook to run our FB site! You can check out what's already on there by following this link
<https://www.facebook.com/Kittitas-Valley-Unitarian-Universalist-Congregation-KUUUC-121639554572008/>

If you are interested in picking up admin duties, please email Cynthia at cmurray@fairpoint.net



Upcoming Special Events

OUR ENVIRONMENT
 Sat, Sep 10 & 24 —10:00 a.m.-12:00 p.m.
 United Methodist Church

BOARD MEETING
 Wed, Sep 7—6:00-7:30 p.m.
 KUUUC

CHOIR PRACTICE
 Thu, Sep 8—5:45-6:30 p.m.
 KUUUC

ADULT SEMINAR
APPROACHES TO FAITH: MYSTICISM
 Thu, Sep 8—7:00-8:30 p.m.
 (pizza plus at 6:30p.m. RSVP to Bill)
 KUUUC

**MEMORIAL SERVICE HONORING THE
 LIFE OF HELEN WISE**
 Sat, Oct 8—1:00 p.m.
 CWU Student Union Recreation Center
 Rooms 137A & B

KVUUC NEWS

A Bulletin From Bill, September 2016

"On Why We Do What We Do"

A few weeks ago I was privileged to join a group of men, mostly UU ministers, on a week long retreat in a very remote location several hours by boat from Petersburg, Alaska. The agenda for the retreat was to learn about and practice what is summarized by the word "mindfulness". So, there we were, a bunch of highly vocal males starting the day with Qi Jong movement, followed by sitting meditation, walking meditation, eating together (mindfully), and paddling or floating in kayaks between camping sites. All of this was done in silence except for occasional instructional guidance from our leaders. That was challenging to say the least, although several hours per day were reserved for group conversation.

I am one who feels the need to articulate reasons for doing what I do. What rings most true to me is that mindfulness is a way of grabbing for the fullness, the wholeness of life. It is also an effective way of sensing where stress is being held in the body and releasing it. Doing the practice in what Buddhists call *sangha*, that is, in community, is crucial. It helps, of course, to be off the grid and off the net and in a pristine ecosystem of the sort that is rare and endangered on our 21st Century Earth. All-in-all it was a powerful and altering experience. I intend to explore with our leadership at KVUUC whether we might bring some mindfulness practice to our beloved community in the Kittitas Valley during the forthcoming year.

As we gather together anticipating the forthcoming year it is a good time to also try to find words to articulate why we come together to do what we do. Why do we, in effect, bet a significant part of our lives on this thing we call church? We might start by checking out the official purpose of KVUUC, at least according to its Bylaws. Article II states: "The purpose of this church is to foster liberal religious living through worship, study, service, fellowship, and personal ministry."

Take a few moments of "mindfulness" to reflect on those words. It is a short sentence laden with meaning. If you are ready to go on let me offer once again how I describe why I do what I do as a UU. I come: 1) to work on growing a soul (i.e., to nurture wholeness and compassion); 2) to love and be loved; 3) to help repair the world. Why do this in a religious community? Because I have found it a place where spiritually alive people accompany, guide and support each other in bending their lives in the same three directions. And, there is *sangha*.

I look forward to rejoining you in September and to a year of deepening and strengthening our shared awareness of the gift and importance of what we do together.

Rev. Bill

p.s. Kudos to Jim Schwing for getting our revitalized website up and running!



Plant An Extra Row

It's that time of year when your harvests are reaching their peak. Remember you may have even planted that additional row in your garden with our Plant An Extra Row program in mind.

Bring you excess harvest to church and we will place it on the Plant An Extra Row table in the foyer. Anyone may help themselves to the produce there. Any contributions are gratefully received and go to our Building Fund.

KVUUC NEWS

Bill's Blurbs for September 2016

Thursday Evening Seminar, Sept. 8 - 7-8:30 p.m.
"Approaches to Faith: Mysticism"

A pizza (1/2 vegan) will be available to share starting at 6:30 pm.

The etymology of the word "Religion" from the Latin "*religio*" - "*re-lig*" suggests the word has to do with *re*-binding or *re*-connecting one's self with that from which one has become separated. It has been said that there are basically four approaches to such reconnection available to us in the modern world: Theism, Humanism, Naturalism and Mysticism.

In May we touched on Theism. In June and July we delved into Humanism. We will continue in September with Mysticism. Mysticism has to do with connecting to the larger wholeness of being through identity and union with an inner essence of reality not available to the human senses.

We will pay particular attention to expressions of mysticism found in Sufi poetry and in our own UU heritage. Should be a fun conversation!

Bill (wcgraves@whidbey.com) would appreciate it if participants let him know in advance of their intent to attend/share the pizza.

Sunday, September 11 - 11:00 a.m.
"Healing the Heart of Democracy"

Our theme for September is "Democracy." "Of the People, by the people and for the people" is an expression coined by a Unitarian (Rev. Theodore Parker). Use of the democratic process within our congregations and in society at large is an article of our faith; it's our Fifth UU Principle.

Glaring tensions tearing at these ideals seem to have escalated in recent years at least in the "society at large" arena. As we enter the current election season (with varying degrees of disgust) perhaps it will be helpful to consider what "at the heart" needs healing.



Helen Wise



We lost Helen Wise much loved member of KVUUC and community activist on Monday night Aug. 22. Helen, a longtime Unitarian Universalist, was a member of the early version of KVUUC in the 1950s. Helen was a moving force in many social justice and sustainability causes throughout her life. A memorial service honoring her life will be held on Saturday, October 8, 1:00 p.m., at the CWU Student Union Recreation Center, rooms 137A & B. Helen's full obituary from the Ellensburg Daily Record can be found at <http://www.legacy.com/obituaries/kvnews/obituary.aspx?n=helen-wise&pid=181222784> .

To share a memory with the family, please visit www.brooksidefhc.com In lieu of flowers, please honor Helen by donating to KVUUC and Hospice.

KVUUC NEWS

Rev. Bill's Ministerial Schedule—September 2016

- 1-6 Whidbey Island office*
7-11 Ellensburg office hours
7 Meeting with Cynthia Murray, 3:30pm
7 Board Meeting 6:00-7:30pm KVUUC
8 Open time for coffee/conversation at Dakota Café - 8-10am
8 Interfaith service planning meeting -11am- KVUUC
8 Choir practice - 5:45-6:30
8 Lead adult seminar re "Approaches to Faith: Mysticism" (pizza/finger food at 6:30pm while it lasts; class 7-8:30 p.m.).
9 Council on Ministry Meeting Dakota Café - 8:30am
9 Open time to join Rev. Bill for lunch at Valley Café - 12pm
10 Lead Board Retreat 9-12am
10 Memorial Service Planning meeting
11 Lead worship service at KVUUC; attend council meetings (RE 9am and Worship 12:15pm)
13-15 Family reunion Lake Coeur d'Alene, ID
16-30 Whidbey Island Office*

* Bill **IS AVAILABLE** to return phone calls (360-661-7289) or emails (wcgraves@whidbey.com) when on Whidbey Island. He also is available for conferences or meeting by Skype or comparable service by prior arrangement. Bill's Mailing address is POB 1254; Langley, WA 98260.

** When in Ellensburg Bill is available by prior arrangement for conferences, conversations, meetings, counseling, listening, home or hospital visits or just camaraderie.

Volunteering

Our congregation represents a commitment by many individuals to work in partnership for the greater good. There are lots of ways to serve and give back to our community.

Sunday Mornings

We would love for you to help with coffee setup, snacks for coffee hour, or cleanup. These are easy ways to get involved. Greeters and Worship Associates are also important roles on Sunday mornings. Contact our [Office Administrator](#) to sign up!

Congregation Councils

The full benefits of our faith community become more possible when we engage in the ministries of the church. This is an opportunity to match your gifts, skills and interests with the needs of our community. Our councils include:

- Audio/Visual - Operates sound and visual systems during worship services and other events
- Buildings and Grounds - Responsible for repairing, maintaining, and improving the physical property of the church, inside and outside the building
- Caring - Offers calls, cards, visits and rides for those with physical ailments or illnesses

- Communication - Plans and offers various vehicles for communication to the congregation and wider community—web, FB, announcements, etc.
- Fellowship - Organizes social gatherings that offer fun and fellowship
- Finance - Monitors the financial status of the church and helps maintain its sound foundation
- Fundraising - Organizes fundraising events to raise money for the church
- Membership - Helps new visitors and members connect and engage into our church community
- Music - Offers the congregation inspiration for all
- Religious Education for Children and Youth - Supports the Director of Religious Education to deliver curricula and events that nourish children and youth in spiritual growth
- Social Justice - Supports our work in the world to enact justice
- Worship - Helps plan and deliver quality worship experiences weekly

If you are interested in any of these volunteer opportunities, [email us!](#)



Religious Education Corner

Hello RE Families and KVVUC,

I hope you all enjoyed a relaxing and peaceful summer. Ours sped by way too fast, but was full of love and laughter with our newborn son, Marion.

We have lots of exciting plans for our Children's Religious Education program for this Fall and Winter.

Our focus will be to give the children and youth an opportunity to deepen their connection to our UU principles and to expand their awareness of social and ecological justice.

Registration will begin on September 11 and forms will become available before and after the worship service on the Sundays preceding September 25 when RE officially begins.

Our younger group (Pre-school to 3rd grade), the Chalice Children, will be using the "Moral Tales" curriculum. Becca Wassell, Therese Balkenbush and Maggie Patterson are the lead teachers. Please talk with one of us if you are interested in assisting in our classroom; we would greatly appreciate the help and the children love to get to know new faces from our congregation.

Our older group (grades 4-7), Creators of Justice, will be learning from the "You, the Creators of Justice" curriculum. Through the curriculum, "You the Creator of Justice," the youth will be engaged in exploring, experiencing, expanding, and expressing their creativity. The transformative power of the creative process will be applied to a deeper understanding and involvement in social justice.

We would love to hear from you if you would like to volunteer for the position of lead teacher—we have already two experienced assistant teachers to work with the lead teacher. If you would more information on what responsibilities are involved, please contact Maggie at 509-925-2552 ASAP. Please think of what an amazing service you would be doing for the next generation of our congregation!

Looking forward to seeing you all soon
Maggie Patterson
RE Coordinator
Pattersonm@cwu.edu



Program Overview

Our focus will be to give the children and youth an opportunity to deepen their connection to our UU principles and to expand their awareness of the diversity of world religions. We will explore our commonalities and discover our differences through holiday celebrations, services and dialogue.

Classes take place during the weekly Sunday service at 11:00 am. Children attend the first few minutes of the worship service and then leave for class which ends at 12:10 pm. Classes are held from mid-September through the first week in June.

In addition there will be various social events, social action projects, intergenerational services, and youth conferences during the year. Details of these events will be in our newsletter.

Parents need to fill out a registration form for each child. There is a registration fee of \$15 per child or \$25 per family. Registration forms are available from the classroom teachers or the Religious Education Coordinator.



To be religious today is to act on behalf of the planet. Such action articulates the true dimensions of the holy life in our time.

Elizabeth and David Dodson Gray

Our Class Covenant

As a member of this class:

I have the right to be respected.

I have the responsibility to be respectful of others.

I have the right to be heard.

I have the responsibility to listen to what others say.

I have the right to be safe.

I have the responsibility to be kind to the bodies and feelings of others.

As a member of this class, I will treat everyone the way I want to be treated, and I will take care of everything as if it were my own.

*All that quickens sympathetic imagining,
that awakens sensitivity to others' feelings;*

*All that quickens sympathetic imagining,
that awakens sensitivity to others' feelings;*

*All that enriches and enlarges understand-
ing of the world;*

*All that strengthens courage, that adds to
the love of living;*

*All that leads to developing skills needed
for democratic participation;*

*All these put together are the curriculum
through which children learn.*

-Sophia Lyon Fahs

UNITARIAN UNIVERSALIST PRINCIPLES ADAPTED FOR CHILDREN

We believe that each and every person is important.

We believe that we need to work to make rules fair for everyone.

We believe that our church is a place where all people are accepted and where we keep on learning together.

We believe that each person should be free to search for what is true and right in life.

We believe that we should listen to different opinions and that everyone should have a vote about things that concern them.

We believe in trying to get along peacefully and fairly with all the people in the world.

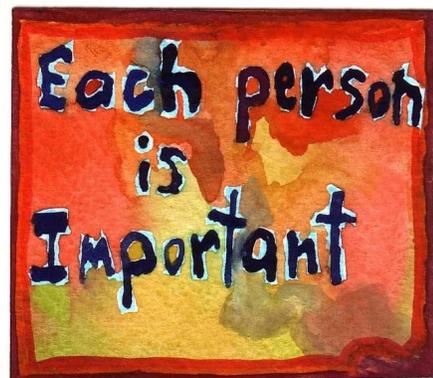
We believe in loving and caring for the earth, animals, and plants, as they are a part of nature with us.

Our Religious Education Vision

Our religious exploration program provides a sacred space in which our youth are encouraged to deepen their spiritual journey through:

- ◇ active learning and the wonder of play
- ◇ the exploration of ideas and creative expression
- ◇ conscientious self-reflection and compassionate service.

We covenant to support our youth in a nurturing environment as they develop into responsible members of our local and global communities.



LOCAL NEWS

OUR ENVIRONMENT

NOTE: Our Environment meets on Sep. 10 and 24 —at the United Methodist Church. All are invited 10:00 a.m. —12:00 p.m.

Our Environment will be meeting at 10 a.m. to allow members to attend the Farmer's Market.

The emphasis is on what we can do locally that will affect the future of our planet by being active in working with various organizations in our community to make changes that are essential—please join us!



KVUUC's website: www.kvuu.org

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Elizabeth and David Dodson Gray

Bee Garden Buzz

Today's bee garden plant is Black-eyed Susan

This plant has very high value to pollinators including: Moths and butterflies, Tachinid Flies, Bee Flies, Syrphid Flies, Solitary Wasps, Social Wasps, Blister and Soldier Beetles, and, of course, Bees.



REGIONAL NEWS

Chalice Lighters

The Chalice Lighter Program assists the growth of new and existing Unitarian Universalist member congregations in the Pacific Northwest with grants to provide vital capabilities and infrastructure. Grants are funded exclusively through contributions from UUs who participate as Chalice Lighters.



Being one of the more than 2,000 Unitarian Universalists who are PNWD Chalice Lighters brings us the joy of watching our modest contribution multiply to a grant of typically \$17,000 to support the growth of our liberal religion in the Pacific Northwest. Furthermore, just by being a Chalice Lighter, we will help our congregation qualify for a Chalice Lighter grant. When you become a Chalice Lighter, each year you will receive no more than three call letters. The letter will explain the express purpose of the call and ask for your donation of at least \$15.

You can enroll as a Chalice Lighter at this address: <http://pnwduua.org/register/?d=PNW&fid=39>

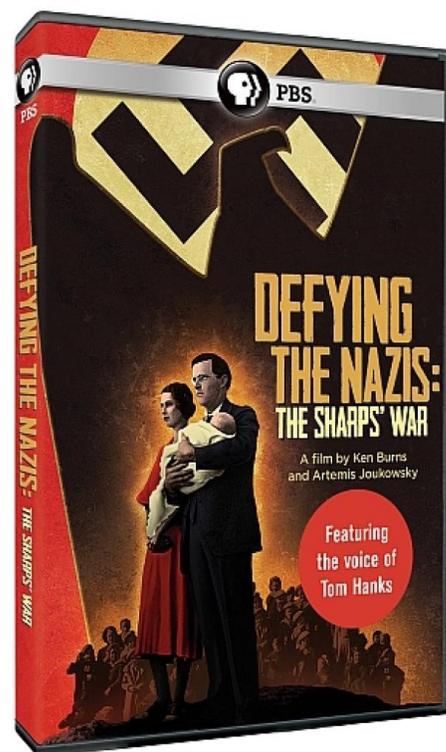
"Defying the Nazis: The Sharps' War" A new Ken Burns & Artemis Joukowsky film PBS, Tuesday, September 20, 9:00 p.m.

Waitstill Sharp was a minister in the Unitarian church in Wellesley, Massachusetts, and his wife Martha a noted social worker. In 1939, the Sharps accepted an invitation by the Unitarian Service Committee to help members of the Unitarian church in Czechoslovakia. Arriving in Prague in February 1939, the Sharps also aided a number of Jews to leave the country, which had come under Nazi control on March 15th. The Sharps continued their charitable work until August 1939, leaving Prague when warned of their possible arrest by the Gestapo. ... Yad Vashem decided on September 9, 2005, to confer upon the late Waitstill and Martha Sharp the title of Righteous Among the Nations.*

Actor Tom Hanks and humanitarian Marina Goldman lend their voices to the title characters of this remarkable film.**

* The Righteous Among the Nations, <http://www.yadvashem.org/yv/en/righteous/stories/sharp.asp>

** InQuisiTV, KCTS9, Viewer Guide, Sept. 2016



NATIONAL NEWS

UUSC and the Louisiana Floods

UUSC is currently working with local partner organizations in Louisiana to provide assistance to affected low-income populations who have lost their homes, jobs, and livelihoods as a result of the devastating flood that ravaged the state earlier this month.

Our work will be consistent with the support we provided to survivors of the flash floods that struck West Virginia in June of this year. Support planned for marginalized residents in Louisiana will also be based on UUSC's emerging US-South Climate Justice Initiative, which addresses the racial and ethnic disparities of environmental injustices and climate change.

You can donate to the UUSC at this address: <https://donate.uusc.org/checkout/donation?eid=61970>

UUA Elections

A new UUA president will be elected at the next general assembly. These are the candidates. Find out more at <https://www.uuworld.org/topics/uaa-elections> so that we can have a discussion and cast our vote next summer.

UU NEWS



© 2016 Nancy Pierce

Frederick-Gray: 'Sense of mission draws the best out of people'

The Rev. Susan Frederick-Gray, candidate for UUA president, was instrumental in 2012 Justice General Assembly.

ELAINE MCARDLE | 8/1/2016 | FALL 2016

UU NEWS



© 2016 Nancy Pierce

Miller: 'Blood of UUs courses through my veins'

The Rev. Alison Miller, candidate for UUA president, emphasizes power we have to heal one another.

ELAINE MCARDLE | 7/25/2016 | FALL 2016

UU NEWS



Courtesy Jeanne Pupke

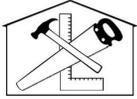
Third candidate certified in race for UUA president

The Rev. Jeanne Pupke joins 2017 presidential race by petition.

CHRISTOPHER L. WALTON | 6/20/2016



UU HELPERS - The people listed below have special skills you may need - remember shop locally!
 If you have a skill/service you would like to advertise to our congregation, let Cynthia know, at 509-933-3198.



DON GALLAGHER - Quality Carpentry - Remodeling, painting, roofing, plumbing and electrical repairs. Don Gallagher.
CONTACT: 509-306-0608.



RICHARD GALLAGHER - Experienced auto trouble-shooter. Services: repairs, carpooling, garden preparation, snow removal, unusables removed, needed items located. You have needs? Richard has solutions!!!
CONTACT: 509-306-9329.



BRUCE HAGEMEYER - Bruce Custom Remodeling - Licensed General Contractor Building - Remodeling - Carpentry - Plans & Permits
CONTACT: 509-964-2086.



TAMZEN SHISSLER - Because Tamzen is a busy student, please call early in the week to make sure she has time available to care for your children from ages 2-10. She is now a junior in high school and is a graduate of the Red Cross Babysitting class. She charges \$6 per hour for one child, more for additional children. She can also help with household chores or watch the kids while you do chores.
CONTACT: 509-962-5650.



JAN JAFFE — is now accepting adults for **music lessons!**

- Piano, guitar, voice
- Experienced teacher
- Master of Music Education from CWU, 2009
- Specializes in beginner & hobby adult lessons
- Flexible evening schedule for regular or special occasion lessons
- All music styles, songwriting, & theory

(Also available as a performance coach for individuals, ensembles, bands, worship teams, etc. Improve skills and build confidence for talent shows, competitions, and workshops.)

CONTACT: 509-679-1383 janjaffe@gmail.com www.linkedin.com/in/missjan

Our web page: kvuuc.org

Our Facebook site: <https://www.facebook.com/pages/Kittitas-Valley-Unitarian-Universalist-Congregation-KVUUC/121639554572008>

Or YOU CAN GO TO OUR WEBSITE AND CLICK ON THE FACEBOOK ICON!