



# KUUUC NEWS

March 2019

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## KUUUC BOARD

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**Music Director:** Jan Jaffe  
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**The theme for  
MARCH  
Journey**

## Worship in March

**March 3**

*Loving the Earth*  
 Rev. Ken Jones

**March 10**

*The Radical Roots of Contemporary Feminism*  
 Cindy Coe

**March 17**

*Reformers, Protestors and Saints - Part 1*  
 Debbie Williams

**March 24**

*Hildegard von Bingen - Unruly Mystic, Feminist Icon*  
 Lita Malone, Vivian Dunbar

**March 31 - Potluck**

KUUUC needs folks interested in outreach through our website and newsletter. No prior knowledge is required—we'll provide the training. Call Jim 509-929-3238.

We have been invited to join a UU community singing workshop on **Saturday, March 23-24**, in Edmonds, WA! You do not need to read music or sing in our choir. You can go on your own or bring a friend. For more details, contact Music Director Jan Jaffe ([music@kvuu.org](mailto:music@kvuu.org)) and 509-679-1383)

## Upcoming Special Events

### SOULFUL SHARING W. REV. KEN

Sun, Mar 3—1:00 p.m.  
 KUUUC

### OUR ENVIRONMENT

Tue, Mar 12 - 6 p.m.  
 United Methodist Church

### ELLENSBURG VEG SOCIETY

Tue, Mar 19—6:00 p.m.  
 IOOF Hall

### SUSTAINABLE FILM SERIES

Family Nite Edition  
 Fri, Mar 22 - 6 p.m., KUUUC

### OUR ENVIRONMENT

Sat, Mar 23 - 9:00 a.m.  
 United Methodist Church

### INTERGENERATIONAL BOOK CLUB

Book Discussion, Pizza, & Movie  
 Fri, Feb 29- 4 p.m., KUUUC



## What Does It Mean To Be A People of Journey?

We UUUs love to tell our journey stories. And hear each other's journey stories. Whereas other religions have newcomers stand up and confess their fallen ways or declare a commitment to one way, we invite each other to talk about how our way is like no other.

It's a curious thing when you think about it. We welcome people to our fold not by asking them to commit to thinking exactly as the group does, but by having them declare how their journey is not like anybody else in the group. It's about space not similarity. We bind ourselves to each other not by sharing the same journey but by offering each other the room to discover the unique journey that fits us. It's about making room for people to write their own stories.

Or maybe it's about making room for people to **re-write** their stories.

It's become popular in our society to talk about spiritual journeys as a process of living into your full or true self. That's a helpful frame. And yet there's something deep within UUism that resists it. Historically, we've been the people that struggled not so much to find ourselves but to untangle ourselves from the religious identities we were given. Our spiritual journeys did not begin with a blank slate; they began with the hunger to wipe the slate clean and begin anew.

So we have this important awareness that spiritual journeys are not simply about finding your true self, but also about untangling from your old self. We agree with Albert Schweitzer who wrote:

*"The path of awakening is not about becoming who you are. Rather it is about unbecoming who you are not."*

Which means we are also sensitive to the fact that most spiritual journeys begin with a leaving, a separation, a decision to walk away. We know that the first step is often laced with mourning and isolation. We know that "unbecoming" is not easy work.

We also know that it isn't a one-time thing. We find ourselves routinely tangled up in all kinds of identities and journeys that aren't truly ours. "Unbecoming who you are not" is a journey we walk every day.

So what does all this mean for us this month? Well, first, it's an important reminder that we're not just here to help each other hold steady and persevere on our current paths; often our primary gift is to help each other find the exit ramps.

It also means remembering that being a people of journey involves tenderness. We are here not just to make room for each other's unique stories; we are also here to make room for each other's pain. Again, "unbecoming who you are not" involves bravely walking away, isolation and mourning. And so, if we are going to complete our journeys of unbecoming and becoming anew, we're definitely going to need pitstops of kindness and tenderness along the way.

# THE UUA CONDEMNS TRUMP'S NATIONAL EMERGENCY DECLARATION FOR BORDER WALL



The Unitarian Universalist Association (UUA) denounces President Trump's racist and xenophobic decision to declare a national emergency to build a border wall between the United States and Mexico.

"This administration is targeting the most marginalized and at risk people for political gain," said UUA president, the Rev. Susan Frederick-Gray. "He is fabricating a crisis to assume even more authoritarian power. His targeting of immigrants, children and refugees is legitimizing hate, immorality, cruelty and child abuse."

The first principle of Unitarian Universalism declares the inherent worth and dignity of all people. We refuse to be silent as the Trump administration continues to escalate violence and terrorism against people because of their ethnicity and immigration status.

This manufactured need to declare a national emergency furthers a dangerous narrative that immigrants, undocumented people and those who are migrating are dangerous. Villainizing entire groups of people to justify detaining, hurting, or isolating them is not new. History shows us that without righteous indignation and faithful disruption, families will continue to be separated and lives will continue to be lost.

Our faith calls us to be on the side of justice. And our compassion calls us to be on the side of the most vulnerable.

As Unitarian Universalists, we also believe in democracy, so we are called to speak out when the democratic process is under attack. We condemn President Trump's attempt to circumvent the democratic process and use billions of dollars for bigotry.

"Creating fear through racism and bigotry to justify 'emergency actions' is a common play of fascist politics, and the notion that you are not accountable to the rule of law or that you can make your own laws to serve your own interests is supremacy at its most pure," said Unitarian Universalist Association Executive Vice President, Carey McDonald.

We recognize that it is especially crucial for us to follow grassroots organizations who continue to respond prophetically to the global resurgence of unapologetic fascism. We reaffirm our commitments to following those who are most impacted and centering the narratives of those who have the most at stake because of the Trump administration. We are on this journey with you, fighting for our intertwined destiny.

## Religious Education in March

Date	When	What
Mar. 3	during the service	Regular Religious Education
	4:00 - 5:30 pm	Middle School Religious Education class at KVVUC
	6:00 pm	Religious Education meeting in the Zendo
Mar. 10	during the service	Regular Religious Education
Mar. 17	during the service	Regular Religious Education
Mar. 24	during the service	Celebration Sunday (in place of regular RE and childcare) Guest Speaker: Tom Duke will join all ages of children in the Zendo
Mar. 29	4:00 - 6:00 pm	Intergenerational Book Discussion and Movie Night! 4pm book discussion on <i>The Book Thief</i> 5pm free pizza and watching the movie <i>The Book Thief</i>

## March Events

- Mar. 3 1:00-2:30 pm: Games and pizza with Rev. Ken. Bring a favorite board game and some food to share, or just bring yourself !!!
- Mar. 22 6:00-8:30 pm: Sustainable Film Series - Pizza and a movie: *Peaceable Kingdom: The Journey Home*. Donations accepted to cover cost of food.
- Mar. 29 4:00 pm: Intergenerational Book Club - Book discussion, pizza, and movie: *The Book Thief* by Markus Zusak. You are highly encouraged to read the book and engage in the discussion, but if you haven't read or finished the book, please still feel free to come and enjoy the movie with us.

# LOCAL NEWS

**Circle Suppers** are hosted potlucks. The host chooses a date and decides how many folks can be accommodated. Those who sign up are contacted and receive a general category of food to bring so that the meal will be reasonably balanced. The cozy setting of a home, the intimacy of sharing a meal, the extra time for conversation.

Sign-up sheets are available on Sunday. Please see Janet Adams

## OUR ENVIRONMENT

**NOTE:** Our Environment meets on Tuesday Mar. 12 at 6:00 pm and Saturday Mar. 23 at 9:00 am—at the United Methodist Church. All are invited.



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

KVUUC's website:  
[kvuu.org](http://kvuu.org)

## Bee Garden Buzz

### A PLANTING GUIDE FOR MARCH POLLINATORS

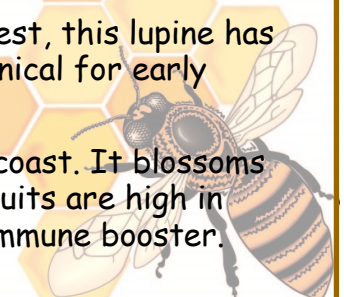
We imagine that Ralph Waldo Emerson penned the famous quote, “The earth laughs in flowers” while sitting in the midst of a brilliantly blooming pollinator garden. As the cherry blossoms are starting to flower in the Pacific northwest, we are getting excited to share along in the laughter this spring by planning out our beautiful, buzzing pollinator-friendly gardens.

The following flowers are planted in March to bloom in April and May.

Salmon Berry ( *Rubus spectabilis* ) is a native perennial shrub that produces beautiful magenta buds in the spring and tasty berries in the summer. You find them along creeksides in the forests of the Pacific Northwest. This is a wonderful plant for early-mid spring bee food and late spring-early summer human snacks!

Broadleaf Lupine ( *Lupinus latifolius* ) Native to the Pacific Northwest, this lupine has beautiful blue flowers that bloom in late spring. An excellent perennial for early spring planting.

Nootka Rose ( *Rosa nutkana* ) This perennial is all along the Pacific coast. It blossoms in late spring/early summer, then turns into rose hips. These tiny fruits are high in vitamin C and can be infused in honey for a truly effective winter immune booster.





# SURVIVING DAYLIGHT SAVING TIME

Five ways you can spring forward and get valuable ZZZZ.

Presented By TEMPUR+SEALY |  UNC  
SCHOOL OF MEDICINE



## GET SOME *sunshine*

Spending more time outside to soak in vitamin D nutrients from the sun has positive effects on regulating sleep / wake cycles.  
(But don't forget the UV protection!)



## RESET *yourself*

Reset your clocks as early as Friday or Saturday night to allow your body to adjust to the time change. Doing so over the weekend with fewer social time constraints will ease you into Monday.



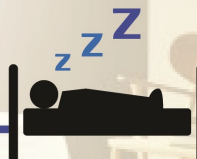
## *All* NATURAL

Limit caffeine and avoid alcohol leading into and after Daylight Saving Time begins to ensure your body can naturally fall asleep.



## HIT THE *sack*

Adults and children alike should go to bed a few minutes earlier each night the week before to help adjust to the time change. Those extra minutes can make a big difference!



## *No* INTERRUPTIONS

To help ensure uninterrupted sleep, consider a mattress that reduces motion transfer and adapts to your personal body shape, weight and temperature.

This graphic contains a healthful way to get used to  
the difficult changes wrought by  
DAYLIGHT SAVINGS TIME in Spring!

Sunday, March 10

REMEMBER—we lose an hour! See you at church!



## June 19-23, Spokane - Now's the Time to Register

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must [certify](#) annually to send voting delegates. [www.uua.org/ga/registration](http://www.uua.org/ga/registration)

### The Power of We

In a time of great challenge and heartbreak in our world, what does our faith demand from us? At this year's General Assembly we will explore the power, possibility, purpose, struggle and joy of finding the path forward together as Unitarian Universalists. Attendees will leave inspired, with the tools needed to carry on the work into their own congregations and communities. Join us as we work for collective liberation inside and outside our faith.

[The Ware Lecturer in 2019 is Richard Blanco](#). Selected by President Obama as the fifth inaugural poet in U.S. history, Richard Blanco is the youngest and the first Latino, immigrant, and gay person to serve in such a role.

[View the GA Schedule](#)

### Spokane

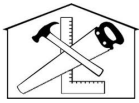
General Assembly 2019 will take place at the Spokane Convention Center, 334 W Spokane Falls Blvd, Spokane, WA 99201. [Google map](#). The Spokane Convention Center is an attractive, [LEED certified](#) facility located in downtown Spokane, featuring accessible parking, automatic entrance doors, and wheelchair accessible elevators. There is natural light from floor-to-ceiling windows, which look out over the Spokane River. Two of the three General Assembly hotels are connected to the convention center, with rates ranging from \$123 to \$149 per night.

The [Spokane](#) region is the gateway for adventure and exploration in the Intermountain Northwest. Located driving distance from Glacier National Park and Yellowstone, Spokane is nestled in natural beauty.

Spokane International Airport (GEG) is serviced by Alaska, American, Delta, Frontier, Southwest, and United Airlines. Nonstop service is offered to 17 destinations, including Minneapolis, Chicago, Dallas, Phoenix, and LAX.

Spokane is accessible by rail via Amtrak's [Empire Builder](#) route (Chicago – St. Paul/Minneapolis – Spokane – Portland/Seattle). It is also reachable by [Greyhound Bus](#).

**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, contact Jim at 509-929-3238.



**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.



**PAULA McMINN** - Green Cleaning Service Housecleaning with earth friendly, non-toxic products. Experienced. Local references available. 509-859-1016 mmcminn18@gmail.com



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

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



**DEBBIE WILLIAMS** - **Brick Road Books.** Used and new books. Turn your lightly used current reads into a donation to KVVUC - just tell Daniel or Debbie that the proceeds from selling your books should go to KVVUC. Family-owned and operated. Come in to 305 N. Main Street.  
CONTACT: 509-925-1999.

**COLENE RENEE** — Find Your Story, Your Path, Your Purpose.



Colene Renee, CSH is a guide and teacher for helping you find what makes you vital, happy and living your beauty. Lena is available for Healing Sessions, Private Readings (in person/via phone), Inspirational Speaking & Classes. Call her at 509-312-0220. Visit her at CRhalenaRenee.com. Follow her blog!

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Our Facebook site: <https://www.facebook.com/KVVUC>

