

# Communicator

May 2011

*Nurturing Faith,  
Growing Community,  
and Sowing Seeds of Justice and Peace on the Palouse*

## The Chicken of Compassion and the Egg of Practice

Our time with children during worship is interesting, enlivening, and at times harrowing. During the season of Lent, Kristine and I used a prayer bowl filled with weekly take-home reminders of different types and objects of prayer. One week our chosen reminder was a band-aid and we asked the children to remember to pray for someone they knew who was hurting, ill, or otherwise in need of healing and care.

We often simplify complicated concepts in our talks with the kids. Compassion is complicated. In this case, some children weren't able to quickly identify a person they knew to be hurting in some way. Did this represent their shyness, the fact that their parents shelter them to an extreme, or, God forbid, did it show a lack of caring and compassion on their parts? Is compassion something we learn by doing, or is it a feeling that then encourages us to act on behalf of others? Maybe it is both.

Undoubtedly, in keeping with what many might consider an important Christian value, we at CCUCC want to be a compassionate faith community. We strive to be compassionate people. As Jesus said, "Be compassionate as God is compassionate." But what is the best way to fulfill this goal? Our habits and practices guide our ability to live out this aspiration in the real world. We all know that we don't always *feel* compassion for others. Often anger and fear - enemies of compassion - guide our interactions with others and so we become hardened to the pain of others. But we can choose to value compassion over anger or fear, and doing so helps us become spiritually healthy.

In their book, "How God Changes Your Brain," Andrew Newberg and Mark Robert Waldman talk about the measurable neurological benefits of a variety of meditations and prayer practices. They call one such practice "Sending Kindness and Forgiveness to Others". Using it enables us not only to be healthier, but also to be more open to the people and pain in the world around us.

1. Begin by sitting quietly. First, send love to yourself by repeating the following prayer ten times, out loud, or silently to yourself:

*May I be happy.*

*May I be well.*

*May I be filled with kindness and peace.*

Notice how it makes you feel. I cannot stress strongly enough the neurological necessity of generating self-love, so if you still have difficulty with this step, make this meditation a priority in your life.

2. Then move on to another person, perhaps a family member or friend, and send that person your prayer. "May you be happy, may you be well, may you be filled with kindness and peace." Keep repeating it until you are filled with a warm, compassionate attitude toward that person. Notice how the feelings change when you think about this person. (Continued on page 2)

"Contemplative practices strengthen a specific neurological circuit that generates peacefulness, social awareness, and compassion for others."

-Andrew Newberg.



God is still speaking,  
UNITED CHURCH  
OF CHRIST

## Inside

Nurturing Connections p. 2  
Sowing Seeds of  
Justice and Peace ... p. 3  
CCUCC History ... p. 4  
In the Community ... p. 5  
Dates to Remember ... p. 6

3. Keep enlarging your circle by generating love to as many different people as you can: colleagues, neighbors, the mail carrier, etc. Again notice how the feelings change your mood.

4. Now extend your feelings to the people you find more difficult to love or forgive. Try saying the prayer and sending a loving thought to those who have hurt you in the past. If you feel resistance, don't fight it. Just acknowledge your feelings and come back to loving yourself.

5. Pick one person whom you find it difficult to forgive. Look for one small quality that you like about them—perhaps his smile, or the way she styles her hair—and focus your entire attention on that single trait. Try to recall one kind thing he or she once did, and concentrate on that. Hold the positive thought as long as you can, then notice if your feelings have changed. Do you feel less anger? Less hurt? Even the slightest decrease is beneficial to your brain. Each time you do this exercise, extend your forgiveness to other “difficult” people and groups.

6. Finally, extend your love, kindness, and forgiveness to the world: “May everyone be happy, may everyone be well, and may everyone be filled with kindness and peace.” Hold a vision in your mind of all the different people in the world, all cultures, all colors, all religions, and all political groups. Imagine people getting along with each other and living together in peace.

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Jesus lived and loved as if life was not predetermined; as if human beings weren't static, but rather constantly changing. The thoughts and feeling that command our focus change us, for better and for worse. We are changed for the better whenever we allow ourselves to remember and imagine the immense and immeasurable love of God.

Blessings,

Chip

## VISIONING DINNER DISCUSSIONS

Members of our congregational family are hosting dinners to discuss your thoughtful responses to the questions presented at our January congregational meeting (50 total responses). The questions for discussion center around how we want to move forward together: Why do you attend this church? What activities do you participate in and enjoy? What do you see as: priorities (financial), dreams and ideas for the future and realities (who are we?). There are sign-up sheets in the Narthex with the names of the hosts, date and time of the meal and a list of food you'd be willing to provide. Please consider signing up to attend one of these dinners.

## MAY COMMUNITY COFFEE HOUSE Friday, May 13 - 7-9:30 pm

Plan to attend May's Coffee House which will be the last with Amy Meredith at the helm (prior to her moving). The earnings from these coffee houses go towards helping others and this month is no exception. May's proceeds will go to Hesperian Village to improve the health of women, children and people with disabilities in developing countries. If you haven't had a chance to attend a coffee house yet, this is a great time to try it out! We get to listen to a variety of wonderful performers of all ages, eat good food, and raise money for a good cause. Thanks to all who helped out in April.

## INTERESTED IN KEEPING THE COFFEE HOUSE GOING AFTER AMY MOVES?

**Thursday, May 12, 3:30 pm at the Daily Grind**

Gather with Amy Meredith and others interested in doing just that!

## LEARNING COMMUNITY UPDATE

Spring has finally sprung and the weather might just cooperate. During the summer months our Learning Community ends and as people vacation there are fewer children in attendance on a weekly basis. Programming for a wide age span and varying numbers becomes problematic, and finding volunteers for 2.5 months when so many are out of town has proven to be difficult. In an attempt to resolve some of these issues the CE Board has decided that this summer there will be a change in our summer programming for children. We will try a model that we have used in the past. We will be providing summer programming for children infant through Kindergarten in one combined classroom this summer. 2 caregivers will plan the program for these kids. The older children can choose to stay in service, or older children who want to volunteer in the summer program are invited to help with the younger children.

-- Chandra Crow, LC Coordinator - (509) 432-3906

## SEASONS OF THE SPIRIT BIBLE STUDY

**Tuesday, May 3, 7:00 p.m.**

Take an evening to read and discuss some of the scripture passages highlighted in our Learning Community curriculum in the next month or so. This study is presented with Learning Community teachers and parents in mind, but everyone is welcome.



# N-SID-SEN CAMP & CONFERENCE CENTER 2011 SUMMER SCHEDULE

Campfires, worship, hiking, crafts, music, delicious meals, programs, relaxing with friends, cozy cabins -- what more could you want on a summer day? Being at N-Sid-Sen provides so many ways to reconnect with God and friends on beautiful Lake Coeur d'Alene. Our camp has something for everyone!



**WOMEN'S RETREAT: MAY 20-22**

**WORK CAMP: JUNE 12-18 (FREE!)**

**KIDS CAMP: JUNE 26-29**

**INTERMEDIATE CAMP: JULY 10-16**

**SR. HI AQUA\* CAMP: JULY 17-23**

**FAMILY CAMP #1: JULY 31- AUG 6**

**JR. HI AQUA\* CAMP: AUGUST 7-13**

**FAMILY CAMP #2: AUGUST 14-20**

\*Aqua Camp includes water skiing, wake boarding, and tubing with power boats, plus canoes, sailing, and other water activities.

E-MAIL RANDY CROWE [randy@n-sid-sen.org](mailto:randy@n-sid-sen.org)

OR CALL: 208-689-3489 OR 800-448-3489

CAMP WEBSITE: [www.n-sid-sen.org](http://www.n-sid-sen.org)



# SUPPORT CAMP SCHOLARSHIP FUND IN MAY

All children should have to opportunity to go to camp. To support our youth attending Camp N Sid Sen, the CE Board has designated May as Campership Basket Month. Each Sunday in May look for our designated basket downstairs in Fellowship Hall where you can contribute to this worthy cause.

# COMMON MINISTRY/INTERFAITH HOUSE NEWS

As many of you know, The Common Ministry at WSU is currently searching for an Interim Director. But we are also searching for an Office Manager and a Treasurer. Included below are brief job announcements for these positions. If you know of someone who might be perfect for either of these positions, please talk to Chip Laird, Nancy Nydegger (our reps on the Common Ministry Council) or call the Interfaith House.

**Office Manager** for Common Ministry/Interfaith House. Week-day mornings, hourly pay. Office management experience required; good manner with public essential. Contact [office@interfaith-house.com](mailto:office@interfaith-house.com) by May 1, 2011 for priority consideration, position open until filled.

**Treasurer** for Common Ministry/Interfaith House. Works with staff/Council to manage finances. 10-15 hrs/month; small stipend. Study or experience in accounting needed. Contribute to our dynamic ministry. Contact: [office@interfaith-house.com](mailto:office@interfaith-house.com) Apply now; open until filled.

## Remembering Others

### MAY

### BIRTHDAYS & ANNIVERSARIES\*

- 10 Ardis Hauser
- 11 Patrick Worthey
- 12 Alisher Meredith
- 12 Guy Worthey
- 15 Marj Grunewald
- 21 Carol Spurling
- 23 Elsin Lee Brown
- 25 \*Ronda & Derek McLean
- 26 Jim Wills
- 28 \*Corey & Monica Johnson



Article by Monique Slipher

**CCUCC**

**ANNIVERSARY  
CELEBRATION**

**Sunday, May 15**

**125 YEARS**

**1886 - 2011**

This year marks our 125th year as a Pullman congregation. The date for our anniversary celebration is set for Sunday May 15th, and we're looking for those of you interested in helping to put on the party! Please contact Monique Slipher (332-7604, mslipher@hotmail.com) or the church office if you'd like to volunteer.

There will be: A commemorative Sunday service followed by a potluck luncheon with an "open-mike time" for stories, reminiscences, etc. (the potluck food could be especially from our church cookbooks), a display and/or slide show of old photos and memorabilia, a historical fashion show from the Thrift Shop (see notice below), and maybe more! Again, we seek your ideas and help!

While the Deacons will be heading up the potluck, they would appreciate help with setting up, serving, cleaning-up the kitchen or/or helping put tables and chairs away.



Our third church building in 1917, shortly after it was built.



Sunday, Nov. 1, 1953 -- Ground Breaking for a new edifice, on a site adjoining the existing building. Pastor Julius (far right) set the spade in the soil, after which earth was turned by Miss Jane I. Jacobson, Vice-President of the Pilgrim Club, the college student organization,, followed by Mr. Campbell, Mr. Hughes and Professor Almy.

**WANTED** for the Revival Fashion Show: Fashion historians & fans, drama queens (and kings), creative hands and hearts!

We're looking for children, youth and adults to help locate and model clothing that represents each decade of our church's history.

Do you have some treasures in your closet that you'd be willing to share for a day? Would YOU be the perfect model to showcase great-grandpa's cane, grandma's Easter bonnet, or baby Suzie's old christening gown? How about old military or scout uniforms, specialized professional clothing (nurse's uniform, etc.), athletic wear, wedding attire, etc?

The Revival Fashion Show will be held during the 125th Anniversary potluck luncheon on Sunday May 15th. Please contact Sue Kreikemeier @ 509-635-1303 or at [aerocraft@completebbs.com](mailto:aerocraft@completebbs.com), or Monique (see above) or the church office to answer the call to "Revival"!

In addition to fashion, we welcome you to bring items that represent different points in the church's history. For example, one early minister served other churches as a circuit rider. A riding crop could represent that time in our church's history. Do you have a butter press? Congregational members would have kept milk cows as part of their household. Scouting was a big part of our church's youth culture. Do you have any boy scout memorabilia you could share?

**Use your imagination to paint a picture of what the church might have looked like in years past.**



## THE THRIFT SHOP RECYCLES YOUR GOODS, WELCOMES VOLUNTEERS

Eager volunteers at The Thrift Shop have sorted goods, cleaned the store, and sold donated items that have helped others for over 65 years. "It's a lot of fun and promotes recycling," says Nancy Mack, Board Chair. "We welcome new volunteers who wish to be involved on a somewhat consistent basis." Call The Thrift Shop at 509-334-6632 and leave a message.

The Thrift Shop is located on College Hill at the Ruby Street entrance of Community Congregational United Church of Christ, 525 NE Campus Street. This busy store is a hidden gem in Pullman with wonderful buys. Shoppers are welcome during the week on Tuesdays from 4:30-6:30 p.m. and on Thursdays and Fridays from 12 noon to 4:00 p.m. There is a current need to donate canning jars with rings for a sustainability food class being offered in Moscow.

The Thrift Shop is known for helping those in need by selling inexpensive clothing as well as housewares, books, shoes, toys, children's gear, gifts, and curios. Each year, a portion of the proceeds from Thrift Shop sales is donated to local charities. Benevolent donations in 2010 were given to Pullman Child Welfare, Alternatives to Violence, Pullman United Way, Community Action Center, Interfaith House, and Camp N-Sid-Sen. By donating your best items, individuals as well as other non-profits benefit.

Donate your gently used items (no furniture) in the small shed found at Campus and Ruby Streets. Parking is free for volunteers and shoppers in the church's parking lot.

## TAPESTRY WOMEN'S CHOIR *All My Trials* - 7:30 pm

Mon, May 2 - Colfax - United Methodist Church;  
Tues, May 3 - Pullman - St. James Episcopal Church;  
Friday, May 6 - Moscow - First Presbyterian Church

## BACKYARD HARVEST COMMUNITY FARM SHARE (CSA) PROGRAM Provides fresh produce for you AND for lower income families and seniors.

Like any CSA Program, Backyard Harvest's farm share ensures each participant a weekly box of fresh, delicious sustainably-grown veggies from May-October. It's a great deal with a twist! In addition to your own box of produce, your membership also enables BYH to provide very low cost weekly boxes to families and individuals in need.

Shares are selling now! There's a brochure about the program on the bulletin board by the restroom.

For more information, contact Carol Spurling, a board member for Backyard Harvest, by email at outreach@moscowfood.coop

## STAMP OUT HUNGER FOOD DRIVE

National Association of  
Letter Carriers Food Drive  
Saturday, May 14



Letter carriers and other volunteers will pick-up non-perishable, non-expired food products in a bag at your mailbox on Saturday, May 14. P.O. Box delivery persons may bring their donation to the Post Office lobby and place it in a bin.

Last year Pullman's letter carriers delivered more than 6000 pounds of food to the Pullman Food Bank, which in turn services Whitman County families in need.

**All donations will go to the Pullman Food Bank!**

In today's economy, food banks across the nation are struggling to keep up with demand, and the Pullman Food Bank is no exception. Your donations and your assistance in getting the word out are most appreciated!

## IN THE LARGER COMMUNITY:

### NEWLY RECEIVED LETTERS FROM NICARAGUAN STUDENTS!

Sponsors -- please pick up the letters from your students - on the table near the sanctuary door, in a "shoe box sized" container -- alphabetically by sponsor's last name.

Community Congregational  
United Church of Christ  
525 N.E. Campus Ave.  
Pullman, WA 99163

Non-Profit Organ.  
U.S. Postage Paid  
Pullman, WA  
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**DATES TO REMEMBER (see inside for details)**

May 3 Seasons of the Spirit Bible Study  
May 12 Coffee House Leadership Meeting - Daily Grind  
May 13 Community Coffee House - Fellowship Hall  
May 15 125th Anniversary Celebration for CCUCC  
May 16 Articles for June Communicator - due at the office  
May 18 All Board Meetings (gather first in Brewster Hall)  
May 22 Senior Recognition and Welcome New Members



**Remember to visit our Thrift Shop  
for the best bargains in town . . .  
and spread the word to others!**  
**Hours:**  
**Tuesdays: 4:30 - 6:30 pm**  
**Thursdays & Fridays: 12 noon - 4 pm**

**CHURCH STAFF**

**SENIOR PASTOR:**  
REV. KRISTINE ZAKARISON  
kristine@pullman.com

**ASSOCIATE PASTOR:**  
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**LC COORDINATOR:**  
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**ORGANIST/PIANIST:**  
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**CHOIR DIRECTOR:**  
SHEILA CONVERSE

**NURSERY CARE:**  
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