

Newsletter of The United Church of Moscow  
 an American Baptist/Disciples of Christ congregation  
 Roger C. Lynn, Pastor



Notes From The Journey . . .



This week we enter once again into the liturgical season of Lent. It is the 40 days (not including Sundays) which lead us to Easter. Over the years a variety of emphases have been attached to this season, depending on the cultural and theological climate of the day. The themes which I find most useful center around encouraging us to slow down and engage in a practice of intentional reflection and prayer. I would encourage you to consider such a practice this year. Perhaps for you it might mean setting aside a period of time

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each day to pause from the fast pace of your life and become aware of God's presence in your life. Or it might mean looking beyond yourself by taking on a project to contribute to someone else's life. Maybe there is a devotional book you could choose to spend time reading every day. The options are nearly limitless. The real point is to be intentional about creating a space in your life for God to take up residence. Be creative. Be gentle. Let me know if you make any wonderful discoveries.  
 - Roger

**Tsunami Relief Report**

On Sunday, January 2nd, following the tsunami in SE Asia, we collected a special offering to support disaster relief. With 59 people present in worship, we received \$3,800! The following Sunday, an additional \$500 was received! This money was divided equally between One Great Hour of Sharing (ABC) and Week of Compassion (Disciples). What a powerful example of faith in action!



**"Delicious Decadence"  
 Valentine's Dessert Potluck  
 Saturday, February 12th — 6:30 p.m.**

Warm up your sweet tooth. Bring your favorite dessert. Bring your family. Bring your sweetheart (if you have one). Bring a friend. Plan to join us for a delightful and delicious evening of fun and fellowship.

**Campus Christian Center Annual Meeting**

The annual meeting of the Campus Christian Center will be held at the Center on Sunday, February 13th at 2 p.m. A budget will be approved and officers elected. You are invited to attend.





## Hearing Assistance Devices Available For Worship

*Do you have trouble hearing the sermon? Is it difficult to hear the prayer during communion? There is help available. We now have hearing assistance devices for your use. These small, radio-like units have an earphone to put in your ear and a volume control to help you get the sound level just right. Ask the usher/greeters for a demonstration.*



## Common Ministry At WSU (K-House) Buffet / Auction!

**Saturday, March 5, 2005 - 5:30 p.m.**

St. James' Episcopal Church in Pullman  
(1410 NE Stadium Way)

Silent Auction opens at 5:00 p.m.

Delicious hor d'oeuvres & pie  
(provided by local supporting churches)

Silent Auction • Live Auction • Raffles

Free childcare provided!

A wonderful fund-raising and fellowship event for The Common Ministry celebrating inter-church cooperation. If you have questions, please call Julie at 332-2611. Tickets are available from Common Ministry Council members or at the door.



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## Introduction to Compassionate Communication February 8, 7-8 pm And Compassionate Communication Class February 15 to mid-May, 7-9 pm

A 13-week Compassionate Communication Class will be held Tuesday nights, 7-9 pm, in the Yellow House basement (next to the Unitarian Universalist Church of the Palouse at the corner of Second and Van Buren in Moscow) starting February 15. The class is based on Marshall Rosenberg's book: *Nonviolent Communication, a Language of Life*, and uses the exercises in the *NVC Companion Workbook* by Lucy Leu. Reading the first chapter before the class is recommended.

The basic model of Compassionate Communication is simple, but life changing. The practice, particularly helped by studying with a group, illuminates our habitual, often unhelpful, patterns of thinking and communicating so that we are able to consciously choose ways of interacting that connect us deeply and compassionately with ourselves and each other. We learn to observe without evaluating, identify, express and take responsibility for our feelings and needs, and make clear requests. We learn that the power of empathy is what makes violence not only unnecessary, but a poor strategy for getting our needs met. "...every relationship in your life — with family or friends, co-workers, students, teachers, even with yourself — has the potential for positive, permanent transformation" (L.Leu). Compassionate Communication is not about being nice; it is about directly and fully engaging in life.

If you are interested, please attend the Introduction on February 8 from 7-8 pm, on the main floor of the Yellow House. We will meet in the basement for the Class. Both the Introduction and the Class are free and open to the public. For more information, or to enroll, please call *Veronica Lassen* at 882-2562. See [www.palousecc.org](http://www.palousecc.org) for more information.

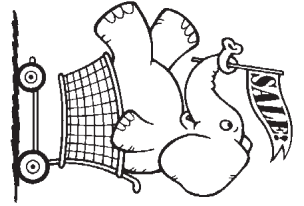


## Personal Glimpses. . .

*Betty Leonard* was recently diagnosed with a brain tumor. Surgery to remove the tumor was extremely successful and she is well on her way to recovery. We celebrate with Betty and her family.

Please keep *Barbara Means* in your prayers. She will be having surgery this week in Spokane.

*Mariah Talbott* and *Shannon O'Malley* have left New Zealand, will spend a few days in Fiji, then a few days in Australia and then be in Moscow by the middle of February.



## Celebrating Birthdays . . .

. . . *In February*

6th - Donna Bradberry

18th - Oz Garton

7th - Bonnie Nelson

20th - Greg Skinner

26th - Linda Fleener



. . . *In March*

14th - Calvin Macy

19th - Joan Gustaveson

16th - Bret Barber

20th - Donna Francis

18th - Heather Leonard

23rd - Elaine Russell

*If we've missed your birthday, please let us know so we can update our records. We want to include you.*

## Opportunities For Learning & Serving

Being a part of a local congregation means that everyone's participation is needed. Everyone is enriched when you get involved. There are opportunities to learn and grow — Adult Faith Exploration Class; Sunshine Club; Bible Study. And there are opportunities for you to serve — shovelling snow, as liturgist, as usher/greeter, baking communion bread, preparing communion. Please consider how you would like to get involved. Call Roger Lynn for additional information and to volunteer.



## Adult Faith Exploration Class – Sundays – 9:30 a.m.

The adults who gather in the Fellowship Hall on Sunday mornings are currently watching and discussing the video series "God at 2000" which features seven diverse scholars reflecting on the question, "What is your image of God?" Join us for this lively and provocative series.



## Other Upcoming Activities In The Months Ahead

Movie Night

*Friday, March 11th @ 7 p.m.*

Maunder Thursday Soup Supper & Worship

*Thursday, March 24th @ 6:30 p.m.*

Easter Potluck Brunch

*Sunday, March 27th @ 9:30 a.m.*

Talent Night & Group Sing-A-Long

*Saturday, April 23rd @ 7 p.m.*

Congregational Meeting

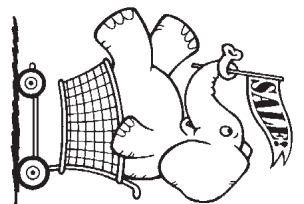
*Sunday, April 24th following Worship*



**We Still Have Chairs For Sale**



















*The church has about 30 metal folding chairs which we would like to sell and get out of our back room.*

*They are \$5 per chair, or make an offer to take them all. We also have a blue recliner chair. Make an offer.*



— 2005 —

— Feb / March —

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6</b> Fellowship Fund	<b>7</b> 7:00 PM, 4-H 7:00 PM, Spiritual Mysteries 	<b>8</b> 5:30 PM, AA Meeting 7:00 PM, Bible Study 	<b>9</b> Ash Wednesday 12:00 PM, CancerSupport 2:00 PM, Sunshine Club 7:00 PM, Board Meeting 	<b>10</b>	<b>11</b>	<b>12</b> 6:30 PM, "Delicious Decadence" Valentine's Dessert Potluck 
<b>13</b> 1st Sunday in Lent 2:00 PM, Campus Christian Center Annual Meeting 	<b>14</b> Valentine's day, 7:00 PM, Spiritual Mysteries 	<b>15</b> 5:30 PM, AA Meeting 7:00 PM, Bible Study 	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>20</b> 2nd Sunday in Lent 2:00 PM, Care Center Worship 	<b>21</b> President's Day 7:00 PM, Spiritual Mysteries 	<b>22</b> 5:30 PM, AA Meeting 7:00 PM, Bible Study 	<b>23</b> 6:00 PM, Elders & Deacons 7:00 PM, Choir Rehearsal 	<b>24</b>	<b>25</b>	<b>26</b>
<b>27</b> 3rd Sunday in Lent	<b>28</b> 7:00 PM, Spiritual Mysteries 	<b>1</b> 5:30 PM, AA Meeting 7:00 PM, Bible Study • March • 	<b>2</b> 10:00 AM, Watercolor 7:00 PM, Choir Rehearsal 	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b> Fellowship Fund 4th Sunday in Lent	<b>7</b> 7:00 PM, 4-H 7:00 PM, Spiritual Mysteries 	<b>8</b> 5:30 PM, AA Meeting 7:00 PM, Bible Study 	<b>9</b> 12:00 PM, CancerSupport 2:00 PM, Sunshine Club 7:00 PM, Board Meeting 	<b>10</b>	<b>11</b> 7:00 PM, Friday Night at the Movies 	<b>12</b>


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