



Newsletter of the
Idaho Falls
Unitarian Universalist
Church



All Services
10:30 a.m.

Meeting Place
555 "E" Street

Address

P.O. Box 50376
Idaho Falls, Idaho 83405-0376
Web Site: www.idahofallsuu.org

Minister

Rev. Lyn Stangland Cameron

Office Administrator

Theresa Gerstner
522-8269 or by appointment
office @idahofallsuu.org

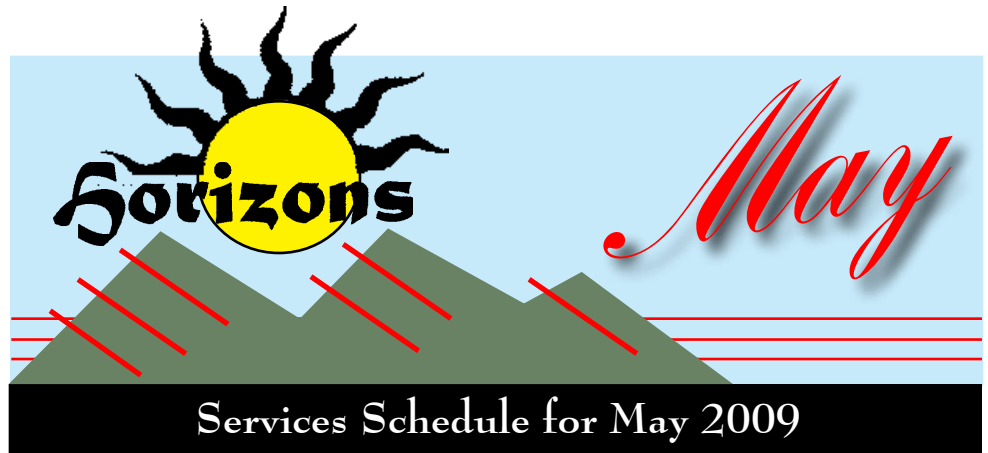
Religious Education &
Exploration Administrator

Diane Harding
709-4128 or by appointment
Rebuild4RChildren@gmail.com

Executive Board

President: Kristi Brower
Past President: Hank Boland
President Elect: Alan Jines
Treasurer: Kay Vahalik
Secretary: Karen Schaefer
Members-at-large:
Jeff Leuschen
Ronda Knudson

For more information,
leave a message at 522-8269
or contact us via e-mail at
minister@idahofallsuu.org



Sunday Services
10:30 am

May 10
Why Ruin Mother's Day?

Let us learn about Unitarian Julia Ward Howe, the *Battle Hymn of the Republic* and her journey to "Mothers' Day for Peace."

May 17
Being Sure About What's Right

We have been taught that it is important to know what we know and to decide what we think? However, some brain research seems to reveal that it is when we know that we are "right," that it might be most important to check the "facts" – even when it comes to being certain about religious faith.

May 24
Loyalty, and Living in Memory

Of course we honor those who have died in service to our nation, but might our cultural emphasis on "loyalty" limit our ability to make wise decisions for the future ?"

May 31
One or Many? A Good Question for Uni-tarians

Is there only one or are there many? For weeks some of us have studied the mysteries of Hinduism. This morning we will explore some of what we have learned in our exploration of Hindu's ancient ways and their version of polytheism?





Riverside Rev-flections

by Lyn Stangland Cameron



Minister's Hours

This is a general guideline. The nature of ministry means that I may be called away for meetings and pastoral visits and may not be in the office even during announced times. Please know that I can be reached by phone message or email and that I will respond as soon as possible. In event of an emergency you may call my home phone, 523-1531 or Richard Wilde of the Committee on Ministry who will nearly always know how to reach me.

- Monday**
no regular hours
- Tuesday**
by appointment
- Wednesday**
10:00 am – 5:00 pm
- Thursday**
10:00 am – 5:00 pm
- Friday**
Writing
- Saturday**
by appointment
- Sunday**
10:30 – 2:00

The IFUUF Website is:
www.idahofallsuu.org/
Take a look and checkout the links!

Spring—A Season of Change

The other night I awakened to an incredibly bright light flooding through the blinds, wondering why someone's auto was aimed directly into my window, I peered out only to discover that the moon had crested over the trees and the light I was astonished to see was a sudden burst of silvery moonlight! Bright sunny daylight and cloudless nights punctuated by astonishing moonbeams point out the many changes that happen in the springtime. So many things begin to change and grow that it is hard to decide where to devote ourselves. It is glorious to be able to walk in the sunshine, to plan gardens and vacations and to shake out the wintertime kinks. Spring can also be a time when situations that seemed "OK" before now nag—sometimes things that "fit" earlier seem to need to be re-shaped and sized for the season.

This might be a good time to be reminded that my ministry with you is more than just my Sunday morning work in the pulpit.

Lately several of my UU minister colleagues have been discussing the timelessness of an article published decades ago by retired UU minister Peter Lee Scott and then adapted by a variety of ministers over the years. Interestingly, this spring they have also concluded that sometimes folks need to be encouraged to understand that for a wide variety of circumstances, "calling the minister" may be a helpful thing to do... so here is my adaptation of the list with great thanks to all my colleagues for having tweaked this!

A minister cannot always know when they are needed; you need to let them know! You should never hesitate to call the Minister in an emergency requiring pastoral care and support, when you or someone you know is ill or hurt or in crisis.

There are also other occasions when you might find that you would like to contact the minister for an appointment:

- When you do not yet know the Minister and would like to get acquainted
- When you want to talk about matters of faith, spirituality, theology, philosophy, or religion
- When you have problems you'd like to discuss—concerning your children, your job, your marriage or other relationship, or anything else where a sympathetic ear might be of help
- When someone is confined to home and would like to be visited
- When you have a child or children to be dedicated
- When you are coping with serious health issues
- When someone is in the hospital or is going to be hospitalized
- When you want to talk about concerns you have
- When you wrestle with personal problems or family difficulties, the minister is available for short term pastoral counseling
- When you experience conflict or difficulties in a relationship
- When you have an important/difficult choice to make
- When you want a commitment ceremony or wedding
- When you're pregnant but wish you weren't (or your daughter or granddaughter or neighbor is)
- When you've been arrested (or ought to be)

*"...calling
the minister
may be a helpful
thing to do..."*

Riverside Reflections continues on page 4



On the Calendar for May

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|-----------|---|---|--|--|
| | | | | | 1 Hatha Yoga 8:30-9:45 am | 2 |
| 3 Service, 10:30 am | 4 Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm | 5 | 6 Hatha Yoga 11:30-12:45 pm Wed.Together, Noon Med Group, 4-5 pm | 7 | 8 Hatha Yoga 8:30-9:45 am Men's & Women's Groups 5:30 pm | 9 Social Justice Committee Meeting 2:00 pm |
| 10 Mother's Day Service, 10:30 am Potluck Sunday Tea & Theology 3:00 pm | 11 Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm | 12 | 13 Hatha Yoga 11:30-12:45 pm Wed.Together, Noon Med Group, 4-5 pm | 14  | 15 Hatha Yoga 8:30-9:45 am Family Fun Night 5:00-10:00 pm | 16 Cleanup 9 am Soup Kitchen 11:30 |
| 17 Service, 10:30 am Social Justice mtg, after the service Forum, noon | 18 Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm Teen Coffee House 7:00 pm | 19 | 20 Hatha Yoga 11:30-12:45 pm Wed.Together, Noon Med Group, 4-5 pm Rune Study, 7:00 pm | 21 | 22 Hatha Yoga 8:30-9:45 am | 23 |
| 24 Service, 10:30 am | 25 Memorial Day Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm | 26 | 27 Hatha Yoga 11:30-12:45 pm Wed.Together, Noon Med Group, 4-5 pm | 28 | 29 Hatha Yoga 8:30-9:45 am | 30 |
| 31 Tea & Theology 3:00 pm | | | | | | |

Calendar "Highlights" for May

- 8 Men's & Women's Groups meet at —5:30 pm
- 9 Social Justice Com. Mtg. —2:00 pm
- 10 Potluck Sunday
Tea & Theology —3:00 pm
- 15 Family Fun Night —5:00-10:00 pm
- 16 Cleanup—9:00, Soup Kitchen — 11:30 am
- 17 Forum — 12:00 Noon
Social Justice Mtg. — after the service
- 18 Teen Coffee House — 7:00 pm
- 20 Rune Study Group — 7:00 pm
- 31 Tea & Theology —3:00 pm



Ongoing — See Calendar for details

- Hatha Yoga
Mondays 5:00 - 6:15 pm
Wednesdays 11:30 am - 12:45 pm
Fridays 8:30-9:45 am
- Recorder Practice
Mondays from 3:00 - 5:00 pm
- Meditation Group
Wednesdays 4:00 - 5:00 pm
- Wednesdays Together
Every Wednesday at Noon
(Bring Brown Bag Lunch)

The next newsletter deadline is
May 25th
Please send your items to
minister@idahofallsuu.org and to
kpschaef@datawav.net

FEATHER REMINDER:

When you see the "feather" displayed on the calendar, it is a reminder to send in your Horizon news by the end of the weekend.

**GENERAL ASSEMBLY IS
JUNE 24-28, SALT LAKE CITY**

**Watch for changes or additions to this
schedule in the Sunday Orders of Service**



Board Notes

by Karen Schaefer, Secretary

Pres. Kristi has had no luck in contacting McClaskey about completing the work on the railing and the bike rack. Rev. Lyn will purchase a mailbox to put downstairs as a receptacle for the use forms and donations for outside groups. A discussion concerning safety could result in a safety committee being appointed. In the meantime, outside doors should remain locked when small groups are meeting to prevent entry by passers-by. After reviewing the treasurer's report, it was determined that a wellness report may need to be presented with a follow-up canvas letter midyear. The Freedom Seder was attended by 60 people and was highly successful. Perhaps more uniform table cloths should be purchased before hosting another large dinner. The board accepted a contract with Ikon to service the donated copy machine.

COMMUNITY and BUILDING REMINDERS

Please remember: There will be NO GARAGE SALE this year!!

Please do not drop unwanted things in the garage. Last year's "chair-person-less" garage sale set up relied heavily on work by Theresa, Diane and Rev. Lyn, therefore the board decided last fall that this year we will NOT have a garage sale so PLEASE do not drop off unwanted items at the church.

Furnace Required New Control Board

Early spring can still feel very chilly and "chilly" is what Rev. Lyn noticed in the sanctuary one afternoon. Following several calls to building "guru" Tom Eddy and thermostat whiz Arthur Kull it was decided that something was really not working! The furnace repairman people determined the faulty part was a "control panel" which has now been replaced for slightly under \$500.00!

Riverside Reflections continued from page 2

- When you worry about losing a job
- When you find yourself unemployed
- When you are arrested or in jail
- When you are angry with the Minister.
- When you are upset with something in the church
- When you know someone who wants to join the church
- When you wish to discuss memorial service plans and/or funeral arrangements ahead of time
- When there is a death in the family
- When you have good news to share
- When you'd like to show us what a good cook you are
- When you have suggestions to make about programs for the church
- When you have suggestions for a sermon or suggestions about the Sunday services
- When you'd like help with committee work or with other congregational activities
- When you'd like to be doing more at church, but aren't sure what—or when you feel as though you're doing too much and feeling overwhelmed
- When there are community issues you'd like to discuss or would like for the minister to become involved with
- When you have a friend or neighbor who would like more information about the Universalist Unitarian faith
- When you're mad at the minister
- When you need extra support from your faith community

Spring is a time when our lives may mirror the transformation of nature, when we may want or need to make use of resources like pastoral care and conversation. Calling the minister might be a first step in the direction of welcoming new growth and change, or might help you to feel more comfortable with whatever is already waiting to bloom.

Blessings. Lyn

Please, Remember to Secure the Building!

Please note. It is unfortunate but important that we pay close attention to who enters our building. We have had several "visits" by folks looking for hand-outs and by other people who did not belong in the building. If you have a meeting, day or night, please lock the doors after your group has assembled and carefully secure the building before you leave. All our doors are old and particularly stubborn and must be closed and pull-tested.

Missing Electrical Cord!

The electrical cord and connector used to power the coffee-hour coffeepots on Sunday mornings has mysteriously disappeared! If you borrowed it or know of its whereabouts, please return.



Around the Church, the Community, and the World

General Assembly Ambiance Committee

Volunteers for this year's General Assembly Ambiance Committee (and those who just want to help out) before and during the Salt Lake City General Assembly June 24- 28.

Here is a rough schedule for the various tasks we will be doing to create a FABULOUS quality looking GA! Exact dates and times to be announced.

May 3-9

- Salt Palace site visit & meet with SLC volunteers
- Bend wires / sew water element IF UU basement
- Start growing grass seeds / gather rocks / gather Ponderosa and Pinon pinecones

May 10 - 16

- Make Mountain Pots - Jennifer's Studio 319 W 13th St. 2-3 hours
- Solder water & sun elements - IF UU basement, 2 hours

May 17 - 23

- Glaze mountain pots - Jennifer's Studio, 2-3 hours
- Spray paint water / sun IF UU parking lot, 1 hour

May 24 - 30

- Make Pedestals IF UU garage / driveway, 5 hours
- Make Canvas Seasons IF UU Garage / Driveway, 5 hours

June

Last Minute Details - And what we did not finish.

June 22

Drive to SLC June 23 Install decorations

June 24th

Banner Parade

June 28th

Tear down decorations



New Free Literature Celebrating Unitarian Universalist Religion!

A grant from Mrs. Alice Schulman of Texas and Rhode Island has made possible the world wide publishing of online free literature celebrating the Unitarian Universalist religion. Her late husband wrote *This Day in Unitarian Universalist History*. The grant is administered by the Office of the Vice President for Stewardship and Development of the Unitarian Universalist Association.

This month the free online literature is *Prayers of Power*, expressions of a love of Life which stretches back more than five thousand years, despite its contemporary accent. Sources include not only Akhnaton, the Upanishads, and selected Psalms but also Chief Yellow Lark, T. S. Elliot, Robert Frost, May Sarton, Starhawk, Howard Thurman, and Walt Whitman. Five Unitarian Universalist ministers are the coeditors: the late Arthur Foote II, Chairman of the UU *Hymns for the Celebration of Life*; John F. Hayward, Professor of Philosophy, Religion, and Arts, *Emeritus*, Southern Illinois University; Kenneth Read-Brown, Minister of the First Parish Old Ship Church in Hingham; Bruce Southworth, Minister of the Community Church of New York; and Herbert Vetter, Minister at Large, *Emeritus*, First Parish in Cambridge. Printed copies of the online free book are available for purchase from on line booksellers such as Amazon and LULU.

http://www.harvardsquarelibrary.org/prayers_of_power/

It's Time for Spring Clean-up in the Garden!

Lloyd and Jeff need help getting the garden and lawn ready for springtime. Chores include cleaning perennial beds, raking and thatching the grass, planting a few annuals, mulching the trees and shrubs and trimming the juniper hedge. Please bring your hand tools and work gloves and join us on Saturday, May16th.



Auction Set for October

Kristi announced that, "Annette Lovell will chair the auction committee, and I will assist her." They are looking for more volunteers to help on the work of the event that will be scheduled for October.



Religious Education

Childrens RE

The teens have recently finished a study on Hinduism and will be taking an overnight trip to South Fork, Utah, June 19-20. An Indian buffet will be enjoyed in Salt Lake and the young people will stay overnight at the Hindu Temple. The event is open to all, not just the youth. For more information please contact Alex, Larissa or Debu, all of whom will be chaperoning.

Thanks to everyone who has helped with the children the last few months. Our Religious Exploration program is growing and worth while because of terrific Volunteers like you!

In the mood for a little spring cleaning? We will take your odds and ends. We are always on the lookout for stickers and art supplies of all sorts. We would also like flat holiday/seasonal decorations and a few cd or cassette players.

If you would like more information concerning our program or volunteer opportunities please contact Diane Harding 528-8779 Rebuild4RChildren@gmail.com

I apologize for being behind with attendance recognition. Many of you will be receive several forms of recognition this coming Sunday, hope to see you then.

Who is enjoying Religious Exploration?

6 Weeks

Khi Kidman
Eadon Aldona
Theron Brown

12 Weeks

Liberty Aldona

18 Weeks

Briar Morrow

24 Weeks

Enrico Cogliati
JoHanna Harding

32 Weeks

Sabrina Harding

3rd Friday Family Fun Night will be May 15th from 5-10. Weather permitting we will play and eat in the garden.

May Ends the Study of Hinduism for Tea and Theology!

May 10 will be the final session of our exploration of Hinduism. We will meet in the Jefferson Room at 3:00 PM to explore the Hindu Goddess and contemporary Hinduism. (tea and light snack provided.)

Then on **May 31 at 3:00 PM the group is invited** back to view "Monsoon Wedding" a lovely film that chronicles the story of young lovers and their Hindu Marriage. Following the film we will enjoy a potluck dinner of "authentic" Indian Cuisine (many of us may be following recipes from the internet.)

There will be an **overnight field trip June 20 and 21st** to the Hindu Ganesha Temple south of Salt Lake City, in South Jordan. On the way down a buffet lunch will be at an Indian Restaurant in Salt Lake City. Those who wish will sleep in motels that night and the teenagers and others will sleep in the basement of the temple in sleeping bags. The main event will be observation of a puja (a Hindu worship service), participation in the puja and an intimate and frank discussion with the priest. This is a great opportunity for all of us. Sunday we will have temple food-or-feast-and start back around 3:00 pm. Perhaps some Pocatello members will wish to join us.



Please talk to Debu Majumdar Alex, or Larissa to let them know of your interest and to arrange carpools.

Got Runes?

An Introduction to Northern Spirituality, or a glimpse into the beliefs and practices of the Germanic tribes. Next class: Wednesday May 20th, 7:00 pm at the picnic bench, or if the weather is poor, in the Jefferson Room. For information call Jeff Leuschen, 200-7496

Forum, Sunday, May 17, 12:00 noon

The forum will be about the congregational study/action issue to be voted on at **General Assembly in June: Peacemaking**. The issue and the pros and cons of voting for and against it will be presented. It will then be open for questions and discussion, followed by voting on the issue by forum attendees. **People planning to attend GA are highly encouraged to come**. The forum debaters will be Lynn Hagler and Bob Gherke. Elizabeth Cogliati will introduce and moderate the debate.

If you have questions please call Richard Wilde at 522-6910 or Elizabeth Cogliati at 522-5752.



Gathering Together

Men's Discussion Group

The Men's Group will meet at Arthur Kull's house, at 5:30 pm, on Friday May 8th. Refreshments will be provided. Please come and bring a church friend who has not attended before. Call Richard Wilde at 522-6910 for information.

Women's Discussion Group

The next Women's Group meeting will be Friday, May 8th at Marilyn Watt's house at 5:30 pm. We will be talking about the latest book you have read. Food will be pot luck. We're an informal group. Our goal is to have an enjoyable evening. Hope to see you there.

April's Soup Kitchen

We served pizza casserole, salad, cake, and drinks. Many thanks to both our UU volunteers and the "Drinking Liberally" contingent who saved us from being seriously short-staffed. April's workers: Dan Henry, Chuck Vogel, Marian Morgan, Joe Plum, Chris & Robin Hunt, Catherine Nelson, Bill and Alex Kohn, Kayle and Kurt Rydalch, and Michael Preston.

Please contact Marilyn Watts to let her know you will be volunteering on May 16th.

JULY 4TH

4th of July Parade Float

Attention parade fans: Are you interested in being part of an adhoc committee? If you are please contact Jeff Leuschen jeff41leuschen@yahoo.com or any other board members. We need to finalize our plans soon if we are going to put a float in the 4th of July Parade.

Social Justice Committee News

What is the Social Justice committee? We identify areas of social injustice and ways in which we can help rectify those injustices. That may sound daunting, but our actions are all taken in the spirit of every little bit helps. Each individual action may seem tiny, but tiny actions can add up to big results.

The teen coffeehouse will be May 18th at 7 pm. We hope to see all teens there.

May is Mental Health Month. The National Alliance for the Mentally Ill (NAMI) and Mental Health America are offering ten steps to a healthier mind at <http://www.mentalhealthamerica.net/go/mhm/2009/stress>.

The Social Justice committee will meet on May 9th at 2 pm at the church and on May 17th after the service.

The forum about Peacemaking on May 17th is sponsored and led by the Social Justice committee, so please attend.

If you have questions or comments, please call or email Elizabeth Cogliati.

Voluntary Simplicity Tip

Water used outdoors accounts for more than 50% of water used in the home. With this in mind, water your plants in the early morning, when much less evaporates, and water your lawn when the grass does not spring back from your footsteps."

Now is the time, to visit Nature in her grand attire.

— James Grahame Sabbath

There is a pleasure in the pathless woods, there is a rapture on the lonely shore, there is society, where none intrudes, by the deep sea, and music in its roar: I love not man the less, but Nature more.

— Lord Byron

TEEN COFFEEHOUSE

The teen coffeehouse will be held on Monday, May 18th at 7:00 pm

We hope to see all teens there.



Vision/Mission Statement

“We are a loving and caring religious community
that affirms the sacredness of all life.

We provide a spiritually nourishing
and intellectually stimulating environment
with respect and acceptance for each individual.

We encourage exploration and growth in a spirit of fellowship
and love for seekers of all ages.

With an attitude of cooperation, we will be a catalyst for
religious freedom, social justice, peacemaking,
and responsible stewardship of the Earth.”



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