



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](http://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: Alan Jines  
Past President: Kristi Brower  
President Elect: to be announced  
Secretary: Robin Hunt  
Treasurer: Tom Eddy  
Members-at-large:  
Jeff Leuschen

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



Services Schedule for April 2010

Sunday Services 10:30 am



*Welcome Spring*

**April 4**

***Easter Sunday, Awakening to Life***

Each year we welcome spring and rebirth. It is part of our culture and our nature to "awaken" to this season and our lives with music and rhythm and our whole selves.

**April 11**

***Our Life-Driven Purpose***

The enormous popularity of the book, *The Purpose-driven Life* reminded Americans of the importance of having a "life-purpose." Here we explore what it means to make the whole of "life" **our** "living purpose."

**Second Sunday Shared Meal/Potluck**

**April 18**

***A Theology of Dirty Hands***

What better time than the week we celebrate "Earth Day" to discuss the idea that we are a community that respects the "dirty hands" of honest work and how we might accept the responsibility that comes with that.

**April 25**

***Biology for Everyone***

Ryan Terry will explain how an understanding of biology can be relevant to all of us. He will share reflections that have inspired him and changed the way he views the world. It will include his understanding of diversity and the interconnectedness of all things. He will consider the following questions: What is *normal*? Is Nature primarily cruel or kind? What can we learn from nature?

**May 2**

***Believing in a God Who Can Dance***

What does it mean to "dance?" and what does "dancing" say about our impulse to be religious people?

**Service followed by our annual Maypole Celebration.**



## 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 IFJUF Website is:  
[www.idahofallsuu.org/](http://www.idahofallsuu.org/)  
Take a look and  
checkout the links!

### The Winds of Change

It was fortunate that when I was in Austin a few weeks ago, the trees and flowers were blooming, lawns were greening and the sun was wonderfully warm. It means that I have already had a taste of spring- and this year I needed spring. Here it feels too wintry for almost Easter—here, it is still the season of gray and “holding on.” Winds still whip through the naked trees and dry grasses in blustering “Ida-blow” fashion. It may be hard to get enthused about springtime when the skies remain gray and snow spits and stings, but the calendar says that spring came a couple of weeks ago.

It is interesting to wonder if this reluctant springtime might echo the ways we too may sometimes also “linger” within a “life-stage” we are really ready to leave behind. We see this with our children – the five-year old who says she wants to be “baby” again and asks to be wrapped in soft blankets, to coo “goo-goo-ga-ga” and be cuddled. How often we are not quite “ready” for the changes life brings-- remember feeling not ready for adulthood and its responsibilities? I remember when my children’s friends first called *me* “Mrs. Stangland” and I looked around to see if maybe my mother-in-law had entered the room!

Congregations too can seem to be reluctant to move into their next stages. A “family-sized” church may have mixed feelings about maturing. As much as we love having so many new faces, it can be hard for folks who used to know everyone every Sunday to feel quite as comfortable with our own new personalities and new patterns to the ways things work.

Maybe we are a little like the reluctant wintertime? Even though having new faces and new ideas promise to nourish and revitalize our community, maybe sometimes we would just as soon remain in that old well worn season of “holding on?”

Whether you are an “old-timer” feeling both excited and fearful of the changes that are happening, or if you are a newcomer excited to share the positive energy that this community has created here over the past decades, it might help for all of us to remember that we are the many faces of “one” community – and that we are becoming more diverse and more colorful and more lively in this springtime of congregational growth and change. Everybody hang on to your hats because the winds of change are blowing, bringing needed vitality to our deep and treasured UUCIF roots. Bless us all and may we stay open to one another and this springtime of possibility! Rev. Lyn

*“ . . . it is up to us to  
move beyond conflict  
and to strive for a more  
sustainable way of being  
on this planet.”*

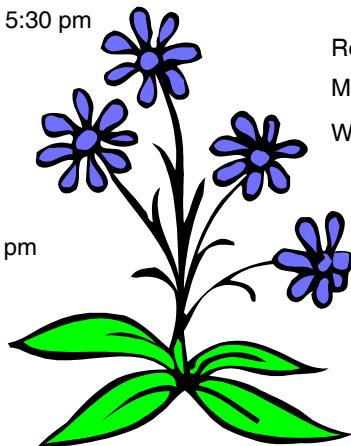


## On the Calendar for April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b>	<b>2</b> Hatha Yoga 8:30-9:45 am Women's Lunch 1:15 pm	<b>3</b>
<b>4</b> Service, 10:30 am	<b>5</b> Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm	<b>6</b>	<b>7</b> Hatha Yoga 11:30-12:45 pm Med Group, 4-5 pm	<b>8</b> Spirituality Book Discussion 2:00 pm	<b>9</b> Hatha Yoga 8:30-9:45 am Women's & Men's Groups 5:30 pm	<b>10</b> Design a New Banner Workshop 10:00 am
<b>11</b> Service, 10:30 am Shared Meal after the service	<b>12</b> Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm	<b>13</b>	<b>14</b> Hatha Yoga 11:30-12:45 pm Med Group, 4-5 pm Welcoming Congregation 5:30 pm	<b>15</b> 	<b>16</b> Hatha Yoga 8:30-9:45 am 3rd Friday Family Fun Night 5:00 - 8:00 pm	<b>17</b> Soup Kitchen, 11:30 am  Younger Adult UU's Sandwich Supper 6:30 pm
<b>18</b> Service, 10:30 am Soup Kitchen 11:30 am	<b>19</b> Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm	<b>20</b>	<b>21</b> Hatha Yoga 11:30-12:45 pm Med Group, 4-5 pm	<b>22</b>	<b>23</b> Hatha Yoga 8:30-9:45 am	<b>24</b> Earth Day Tautphaus Park
<b>25</b> Service, 10:30 am	<b>26</b> Recorder Practice 3:00-5:00 pm Hatha Yoga 5:00-6:15 pm	<b>27</b>	<b>28</b> Hatha Yoga 11:30-12:45 pm Med Group, 4-5 pm	<b>29</b> Fast Day & Supper 6:00 pm	<b>30</b> Hatha Yoga 8:30-9:45 am	

### Calendar "Highlights" for April

- 2 Women's Lunch Group, 1:15
- 8 Spirituality Book Discussion, 2:00 pm
- 9 Men's & Women's Discussion Groups, 5:30 pm
- 10 Banner Workshop, 10:00 am
- 11 Shared Meal after the service
- 14 Welcoming Congregation, 5:30 pm
- 16 Family Fun Night, 5:00 - 8:00 pm
- 20 Soup Kitchen, 11:30 am  
Younger UU's Sandwich Supper, 6:30 pm
- 21 Soup Kitchen, 11:30 am
- 24 Earth Day Celebration



### 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
- Women's Lunch Group  
1st Friday of the month

The next newsletter deadline is  
**April 19th**  
 Please send your items to  
[minister@idahofallsuu.org](mailto:minister@idahofallsuu.org)  
 and to  
[kpschaef@datawav.net](mailto: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.

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



## Around the Church

### Time to Think “Auction”

The Annual Auction will be May 15th. Please consider what you would like to offer up for the auction. It might be something you made or a service you will provide. We want you to invite friends and guests who are not church members to come and enjoy the dinner and evening. Contact Rae Eddy for volunteering your time and ideas to make this a fun evening.

### Religious Education

Thanks for helping with the Beach Bash – Josh, Elizabeth, Heidi, Krista, Lenny, Ryan and Susanna. I know the kids are already looking forward to next year.

3rd Friday Family Fun night will be April 16th, 5:00 - 8:00.

Easter Sunday, April 4, the children will begin service in the sanctuary with the entire congregation. When the children are sung out, they will go downstairs for fun Easter games. If the weather is nice the kids will go outside from the basement to the garden.

If you would like more information concerning our program or Volunteer opportunities please contact Diane Harding 528-8779, [Rebuild4RChildren@gmail.com](mailto:Rebuild4RChildren@gmail.com)

### Welcoming Congregation Discussion of “Milk”

Wed. April 14

On Wednesday, April 14, at 5:30 pm, come watch the video (bring your own dinner if you like.) At 7:30 pm others may join us and we will host a round-table discussion using a study guide provided by the UUA addressing the film and its implications for today.

### “Fast Day” and “Soup Supper” Thursday, April 29 at 6:00 pm

This year we will again celebrate “Fast Day” which was once a national holiday. It is the “opposite” of Thanksgiving; instead of a great feast it is a time for reflection and appreciation.

By 1670, early colonial ancestors set aside a time for contemplation to ask God’s blessing on the crops they were planting. Most of the colonies—and then the states—proclaimed fast days well into the eighteenth century. The federal government followed suit, and many Presidents declared national fasting holidays. The last federal Fast Day was held after President Lincoln was assassinated, in 1865.

In 2010 we here at UUCIF are invited to focus on gaining an awareness of our utter dependence upon the Earth as our source for sustenance. By “fasting” – not eating for a single day, we awaken ourselves from the ease of our daily lives and change our awareness. As we recognize our own hunger and change our schedules we also reflect on our relationship with the foods we too often almost take for granted and the way we anticipate that our needs will always be met.

Then, following our day of fasting, we gather at 6:00 pm for a lovely simple group meal of soup and bread and a time to share the blessings of this community. Rev. Lyn and Robin Hunt will bring some soup and bread. If you would also like to contribute please call either of us; Lyn at 522-8269, or Robin 522-4286.

### Helping Out at UUCIF!

Our Church community is an example of a true “Voluntary Association.” Our UU churches rely on us for their character and we rely on them as caring and supportive communities. Here is a list of opportunities for service – some are a one-time task, others are recurring responsibilities. Call 522-8269, talk to any board member or email, [minister@idahofallsuu.org](mailto:minister@idahofallsuu.org)!

1. We need someone to occasionally drive the food donations to the Idaho Falls Food Bank, Please Call the office 522-8269 to be the point person for this.
2. Become our new “Procurement Specialist.” (Sue Wilde has done this faithfully for years and as she passes the baton will share her experience and expertise) We need someone who is willing to purchase (and be reimbursed for) items like garbage bags, ice-met and copier paper.
3. Altar Decorations/ Flowers. (Catherine Nelson is retiring from doing a wonderful job of this for the last few years and will offer insights and details about the job.) We all so appreciate having a lovely altar for our Sunday services. In the summer people enjoy bringing plants or flowers from home and during other seasons may offer a flower donation as a memorial of a special person or event.
4. Heidi Baker has volunteered to be “in charge” of setting up our new “Spiritual Library”, organizing the books and creating a “sign-out” system. If you’d like to help her, please call 522-8269.
5. Clean and tidy the furnace room and coal bin – a good place to be able to see your progress.
6. Clean and organize the “coffee closet” – another place where all will appreciate your handy work.



## Gathering Together



### **“Hands-on” Workshop to Design a New Banner** **Saturday, April 10**

Our church, as all other UU congregations is invited to participate in the opening parade at General Assembly by bringing a “banner” that represents our unique community. Our old banner hangs near the east door as a lovely reminder of the community we were when it was created. Since then the UUA banner guidelines have changed and we have grown and changed as a community all are invited for a hands-on “banner design workshop” on April 10, from 10-11:30 am.

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### **Men’s Discussion Group**

The Men’s Group will meet at on Friday, April 9 at 5:30 pm. Refreshments will be provided. Please come and bring a church friend who has not attended before. Call Richard Wilde at 522-6910 for location.

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### **Women’s Discussion Group**

The Women's Group will meet Friday, April 9, 5:30 pm at Pam Lilburn's house, 1010 East Butte Rd., Menan. Directions: Go north on Holmes Ave., which will turn into Lewisville Highway, go past County Line Rd, continue past Lewisville. At the yellow flashing light, turn right onto Hwy 48 toward Menan, go through Menan, turn left at the electrical substation onto 3600, continue straight, cross the Snake River. About 2 miles after crossing the Snake River, turn right onto East Butte Rd, turn right up the driveway at 1010 East Butte Rd. Please bring a dish to share. All are welcome.

### **Spirituality Book Discussion Begins** **April 8 at 2:00 pm**

The first session of a “Spiritual Book Discussion” of the book *After the Ecstasy the Laundry* by Buddhist writer Jack Kornfield will be held at 2:00 pm on Thursday April 8. The intention is to meet on the second and fourth Thursday afternoons and to invest several sessions in studying this book in some detail. If you would be interested but are unable to attend an afternoon group, please call the office at 522-8269 as it is possible that we might be able to accommodate a different time frame.

### **Are You UU—THE NEXT GENERATION?**

If you are aged 20-40 you are invited to a “Sandwich Supper” at UUCIF at 6:30 on April 17th! See what you might share with other “Younger” UU’s. It is true that as a generation you may experience things a bit differently than other folks have done. Enjoy meeting other “Next Generation” UU’s. Call 208-522-8269 or join us April 17.

### **Plan Now to Attend Earth Day**

Mark your calendar for EARTH Day, Saturday, April 24th, from 10 am to 4:00 pm. Check the website to see what you can recycle that day <http://www.ifearthday.com/>

There will be valet bicycle parking at the Idaho Falls Community Pathways booth.

### **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. Contact Elizabeth Cogliati to help out.

### **Soup Kitchen**

The soup kitchen went well over the weekend with ample help. We served 90 on Sat. but only 45 on Sun. There were children served on both days. Thanks to Bill Kohn, Heidi and Nikki Baker, Joe Plum, Molly Brinkerhoff, Bob & Marion Murray, Lloyd Pickett, Marian Morgan, Josh & Robert Wolfe, Vic Allen, Pam Lilburn, Susanna Terry, 2 grade school girls, Steve and Marilyn Watts and on Saturday, 5 students from Brigham Young University-Idaho. The five were taking a New Testament class, and they were assigned to do a charity work project. They chose the soup kitchen and did an excellent job. One of the girls could speak fluent Spanish and conversed with one of the patrons and he was all smiles. It was delightful to see.

We can always use help. We will need two days of effort of about eleven people each day: One on Saturday, and a second on Sunday. Please call, Marilyn Watts 523-0488

## Voluntary Simplicity Tip

Think about one green or simplicity goal you want to achieve and how to achieve that goal; make this goal doable and not out-of-reach; each day, take small steps to work toward your goal.

### Did you know . . .

The Battery Store in the shops behind Dixie Diner on Channing Way, will accept all types of batteries for recycling on Thursdays.

## 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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