



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

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Kristi Brower
522-8269
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Religious Education &
Exploration Administrator
Katie Metz
dnacal@yahoo.com

Executive Board
President: Debu Majumdar
Past President: Alan Jines
President Elect: Marilyn Watts
Secretary: Lala Chambers
Treasurer: John Lym
Members-at-large:
Rae Eddy

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



Sunday Services, 10:30 am

July 3
Laughter and Spirituality

Anne Timpany our Laughing Yoga leader uses her own insight and experience to explore the Spirituality of Laughter.

July 10
The Necessity of Virtue
Arthur Kull

Unitarian Universalists have often been described as believing in salvation by character rather than by grace or by faith. In other words, we believe in virtue: the personal spiritual discipline of becoming the kind of individuals we ought to become, so that we might live as human beings ought to live.

July 17
Poetry Service

Come one, come all to our annual poetry service! Feel free to listen or to share a favorite poem. The metaphors will be flying so don't forget to duck! Who knows, it's possible that you might even catch an elusive kenning or two! Please let Jeff Leuschen know if you are willing to share a poem. Please keep all poetry family appropriate!

July 24
Celebrating who we are as a UU Community

Congregation members share their experiences being in this UU Community and the importance it's had in their lives. Andrea Binggeli

July 31
Summer's Abundance: Savoring, Saving and Spending

Summer is filled with Earth's abundance. The persistence of Dandelion's repeatedly returning to my lawn, Maple wingdings cluttering the gutters and side walks, pie cherries hanging heavily from my trees. But we know that summer is not the only season and that one must plan for the rest of the year. Let us ponder wisdom from the ancients as we appreciate with gratitude this time of plenty.

August 7
Everyday Enlightenment

Decades ago I read a book called Sacred Dimensions of Women's Lives. It was the first time I encountered writing that validated my own experience that even everyday chores and mundane tasks can be performed in a spiritually satisfying manner. This morning we explore and appreciate the profundity that surrounds us each day.



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	10:00 am – 4:00 pm
Wednesday	10:00 am – 4:00 pm
Thursday	10:00 am – 4:00 pm
Friday	Writing
Saturday	by appointment
Sunday	by appointment

New Summer Hours UUCIF Church Office

Tuesday	9:00 am till noon
Wednesday	9:00 am till noon
Thursday	9:00 am till noon
Friday	9:00 am till noon

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



GA Highlights

At 4:45 AM on this perfect early summer morning the birds offered their orchestrated greeting to a bright dawn. Northern Indiana's extraordinarily wet spring has been followed by a sunny June and so the roadways are lined with lilies and the fields and meadows are particularly green and lush and newly reclaimed Allen County wetlands abound with water and wildlife.

I always require rest and reflection after the incredible intensity and overwhelming experience of our annual Unitarian Universalist General Assembly, and, returning to my roots in the rural mid-west is a good place to do that.

There is something extraordinary about being in a room filled with nearly five thousand other people who share a passion for the elements of this faith, but General Assembly is more than simply being with "like-minded" people. Even this year celebrating the 50th anniversary of the joining of the Unitarian and the Universalist churches could not overshadow the fact that each year our delegates arrive ready to learn from and share with one another. While GA always features wonderful worship and rich music, at "GA" there is also sincere, informed and impassioned deliberation revealing a wide variety of life experiences and differing perspectives.

*... General Assembly
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people.*


This year new procedures for the selection of UUA Trustees were adopted precisely to enable that body to more accurately represent the full range of diversities present in our congregations. I, and others from the less populated Mountain Desert District, fear that our wide-flung western geography may not be understood or represented by the new plan. Our concerns were raised and the vote carried without the distinct geographical representation we had desired. Still, we know that this decision was made with the best of intentions that the new system might better reflect our movement's need to both acknowledge our complexity and to reduce the board's size.

This year many workshops and much of GA focused on how we can create the "Justice GA" that we decided last year will replace "business as usual" in Phoenix in 2012. The next months will be filled finalizing plans in response to the requests made by Hispanic groups in Phoenix that we not boycott their city, but come there ready to work and care and to make a difference! Several of us here at UUCIF have already discussed being able to do just that—and we will continue to stay informed during the coming year! In our Mountain Desert District some leaders are already planning to reduce the cost and cultivate community by chartering buses to carry their members to Phoenix next June. The "accessibility" people have been working to make sure that all of us—not just the young and fit—will be able to participate. We want to make a difference, to truly assist those whose lives are now so negatively shaped by our nation's complicated and restrictive immigration procedures. I intend to become better informed and hope a number of us will be able to participate next summer in what promises to be a ground breaking and important event, our first ever, "UU Justice GA"

In protest to a North Carolina legislative proposal that their constitution be amended to restrict same sex couples' access to any form of legal status or
(Rev-flections continues on page 4)



On the Calendar for July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3 Service, 10:30 am	4 Recorder Practice 2:30 - 4:30 pm Hatha Yoga 5:00-6:15 pm	5 Laughter Yoga Noon Board Meeting 7:00 pm	6 Hatha Yoga 11:30-12:45 pm Med Group, 4-5 pm	7	8 Hatha Yoga 8:30-9:45 am Women's & Men's Groups, 5:30 pm	9
10 Service, 10:30 am	11 Recorder Practice 2:30 - 4:30 pm Hatha Yoga 5:00-6:15 pm	12 Laughter Yoga Noon	13 Hatha Yoga 11:30-12:45 pm Med Group, 4-5 pm	14 	15 Hatha Yoga 8:30-9:45 am	16 Soup Kitchen, 11:30 am
17 Service, 10:30 am Soup Kitchen 11:30 am PFLAG, 6:30 pm	18 Recorder Practice 2:30 - 4:30 pm Hatha Yoga 5:00-6:15 pm	19 Laughter Yoga Noon	20 Hatha Yoga 11:30-12:45 pm Med Group, 4-5 pm	21 Spirit & Book 3:00 pm	22 Hatha Yoga 8:30-9:45 am	23
24/31 Service, 10:30 am	25 Recorder Practice 2:30 - 4:30 pm Hatha Yoga 5:00-6:15 pm	26 Laughter Yoga Noon	27 Hatha Yoga 11:30-12:45 pm Med Group, 4-5 pm	28	29 Hatha Yoga 8:30-9:45 am	30

Calendar "Highlights" for July

- 5 UUIF Board Meeting, 7:00 pm
- 8 Men's & Women's Groups, 5:30 pm
- 16 Soup Kitchen, 11:30 pm
- 17 Soup Kitchen, 11:30 am
PFLAG, 6:30 pm
- 21 Spirit & Book, 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 2:30 - 4:30 pm
- Meditation Group Wednesdays. 4:00 - 5:00 pm
- Women's Lunch Group 1st Friday of the month
- Laughter Yoga Tuesdays at Noon

The next newsletter deadline is
July 19th
 Please send your items to Kristi at
office@idahofallsuu.org

Please watch for changes and additions to the church calendar at: www.idahofallsuu.org/events.html

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.



Around the Church, The Community, and the World

Celebration of Writers

Dear UU writers and Board members,

We have talked about this for some time; now because of Steve Watt's initiative, we are finally going to do it: A celebration of our writers.

We have in our midst so many wonderful writers who courageously express their opinions through Op-Ed columns and letters. The Unitarian Church wishes to have a "Champagne and Hors d'oeuvre" party to celebrate this. We are also grateful that Louise Wagenknecht has agreed to come to the event and be our guest speaker. Her husband will also come with her from Leadore.

We invite you to join us for this occasion. Expression of progressive thoughts take courage, but it is also our duty. It has been so for generations. We need to acknowledge this and support all those who do so. So come and celebrate with us. Here are the details:

Celebration of Writers

Location:

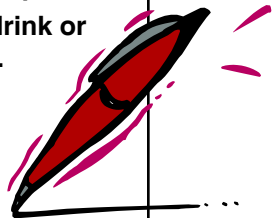
UUCIF, 555 E Street, Idaho Falls

Date and time:

Saturday, July 9, at 7:00 pm

All are asked to bring a drink or appetizer to share.

— Debu Majumdar, President



(Rev-flections continued from page 2)

protection, thousands of Unitarian Universalists in yellow "Standing on the Side of Love" shirts rallied with others on Friday in a lovely Charlotte Park. The speakers were impassioned and the music rousing as UUA president the Rev. Peter Morales stepped to the mic for a final prayer. Suddenly thunder punctuated his words and the skies opened up! By the time I had made my way back to my hotel, I was completely soaked—though my conviction that this is work we must continue to support had not been damped a bit!

As usual the annual Ware Lecture was a GA high point. In the tradition of other incredible Ware lecturers, like Dr. Martin Luther King, Saul Alinsky and Marion Wright Edelman, this year the speaker was British biblical scholar and T.E.D. prizewinner Karen Anderson. I plan to spend some time with you this year as we examine her incredibly inspiring lecture and appeal.

Another GA treasure was meeting my new colleague and Southeast Idaho's newest UU minister! After considerable conversation and some careful planning, our sister congregations in Pocatello and Twin Falls have yoked together to hire a minister. The Reverend Suzanne Marsh will serve each of them half time and is looking forward to living with her partner in Pocatello, a mere hour away from us! This is a wonderful opportunity for southeast Idaho Unitarian Universalists to expand our liberal religious presence and influence throughout this notoriously conservative region! We also have a wonderful chance to help these neighboring congregations as they get set for the growth in numbers and commitment that is sure to follow!

I will return to Idaho in mid-July refreshed and with renewed enthusiasm and dedication. I'm convinced that it is time for us here at UUCIF to examine our own identity and mission, and I believe we may want to ask how we might improve our own effectiveness. I see our role to as sharing our Unitarian Universalist message of hope with the many people seeking a religious home and community, as offering a religious community where people are welcome to bring their reverence, their compassion, their reason and their curiosity!



"We Unitarian Universalists have inherited a magnificent theological legacy. In a sweeping answer to creeds that divide the human family, Unitarianism proclaims that we spring from a common source; Universalism, that we share a common destiny."

— Forrest Church

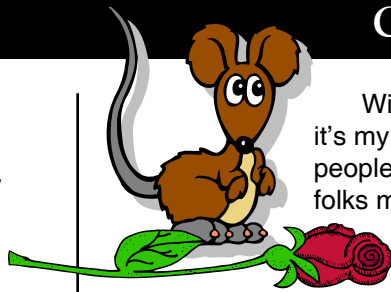
Social Justice Committee

Exciting news for the Social Justice Committee and Adult RE! We are applying to be a field test congregation for a new social justice curriculum for Adult RE. The workshops will be once a week in September and October, 2011. Stay tuned for more information. Contact Elizabeth Cogliati, at 522-5752 or morganna1812@yahoo.com, with questions or comments.

UU General Assembly has concluded, but you can still log on and watch video of many of the sessions, and read the blogs about this fantastic 50 year celebration. Check it out here: <http://www.uua.org/ga/2011/index.shtml>



Church Mouse



UU Notable News June 2011

GREAT AMERICAN EVENTS /
UNIVERSALISTS

*Free Online Literature Available
Worldwide on Six Continents*

Rev. Herbert Vetter, Director
<http://www.harvardsquarelibrary.org>



CLARA BARTON

Founding the American Red Cross

A biography including an abridged version of her story of the Red Cross in Peace and War

Link: http://harvardsquarelibrary.org/Clara_Barton/Introduction.html

Supplementary Selection

JOYFUL POWER

Meditations and Prayers first printed in India

Link: http://harvardsquarelibrary.org/Joyful_Power/Title.html

Simplicity Tip

Interested in vegetable gardening, but don't have space, or time for all the weeding and so forth. Try container gardening. Soil-borne diseases, poor soil, weeds and pests are easy to mitigate when planting in containers. For a list of suitable plants and other details see

http://aggie-horticulture.tamu.edu/publications/guides/e-545_vegetable_gardening_containers.pdf and <http://www.urbansustainableliving.com/>.

With its lovely rose and the sweet words of welcome, it's my very favorite ritual! There are always tears with people reaching for the tissue boxes and this June several folks mentioned having been very moved by the Child Dedication service welcoming "Isabelle Victoria" the infant daughter, (and sister to Justin) of Katie and Matthew Metz, held on Sunday June 9.

And then the very next Sunday the Annual Flower Ceremony once again reminded the congregation that your liberated Unitarian Universalist message of radical hospitality and acceptance, has not always been welcomed by those in positions of power! The "Flower Ceremony" is an opportunity for the gathered members to witness that each individual is important to the entire community "bouquet." Thanks to Hank Boland and Molly Brinkerhoff whose gardens provided extra columbine, iris and peonies!

That Tami Thatcher has sure been busy! She puttied the Yoga room window where we mice thought we might have had a side entrance to the building, and she planted peonies and poppies in the garden! She negotiated with the contractors who installed the new steel door outside the kitchen stairs. It was quite a project! We mice thought everything was done when Mel from Mel's Lock and key was able to allow you to use your old master church keys—but then there was the concrete and signs! And now thanks to Alan McCrady and Arthur Kull whose generous donations paid for the door and installation, the cold breezes will be blocked next winter and the door will no longer swell and stick or get whipped about by the wind.

Summertime is usually a time for some extra relaxation but these days we mice have to be especially careful as those garage sale people are packing in the items for the big event. We noticed that Alan Jines dropped off a bunch of houseplants and that the new office administrator Kristi has been keeping them watered. We heard discussion about switching other things like furniture around—so it looks like July may not be such a restful time after all - but then life is always about change and our response to that—dancers and choreographers know that—mice know that, it is average humans that forget it: Life is always filled with change and your response to change!

Our new interim Director of Religious Education and Exploration, Katie Metz, has been scurrying around getting children's activities ready, she is so busy, we almost mistook her for one of us mice! We heard some talk at coffee hour that our softball team, The Ripley's won their first game! I nearly fainted dead away, since the Ripley's didn't win a single game last year!

Things have been pretty quiet around here since Rev. Lyn has been on vacation. She is usually so busy that we have to stay out of her way so we don't get stepped on! Lots of people have been in to help out, keeping everything going so that she can have a much needed break. We have heard some great sermons by the Worship Associates in her absence!

Welcome Katie!

We would like to welcome Katie Metz as our **interim Director of Religious Education and Exploration**. Katie has been a long time volunteer and supporter of our REE program. She brings skill, knowledge and enthusiasm to the position. Welcome Katie!



Gathering Together

Soup Kitchen

Saturday's soup kitchen served 120 plates of tater tot, sausage, cheese & mixed veg casserole along with salad, and a roll. Once again we were understaffed. Many thanks to Lyn Kildow, Do Hoverson, Catherine Nelson, Tom and Molly Brinkerhoff, Theresa Gerstner, Don Hoverson and Chris Hunt.

Sun. 6-19 Our regular Sunday cook is recovering from shoulder surgery so I filled in for him. And since I was out of town all week so no time to cook, the meal was canned beef stew. 25 people asked for seconds of stew so it seemed to be ok. We served 78 including 10 kids. Thanks to the wonderful helpers, the 2 Marians, Pam, Steve, my grandsons Morgan and Chase, Mike, Don, Rae and Tom.

Men's and Women's Groups

The **July men's group** meeting will be on July 8, 2011 at 5:30 pm at Doug Gerstner's home at 1533 Sviskon Way which is on the west side of town. A good route is to go west on 17th/Pancheri to Bellin Road, turn left (S) to Newman St., take a right to Sviskon. Gerstner's is on the corner (SE).

The **July Women's Group** will be held on July 8, 2011 at 5:30 pm. Contact Rae Eddy for the location.

UU YARD SALE!

**We are having a Yard Sale on July 16th
as a fund raiser for the church**

**Please begin thinking about great used, but still usable items
you may have to contribute**

**For more information please contact
Marilyn Watts 523-0488 or Rae Eddy 523-3339**



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