



### **Our Vision**

The Unitarian Universalist Church in Idaho Falls is a vibrant and welcoming church home for everyone. With a tradition of thoughtful searching, we are a beacon of truth, love and justice.

### **Our Mission**

Honor the individual's right to religious and spiritual freedom  
Minister to each other and the community at large  
Nurture the search for truth and meaning  
Be a loving and intergenerational community welcoming to all beliefs, races, sexual orientations, ethnicities and gender identities  
Improve the quality of life by living our values and working for local and universal justice

### **Our Covenant**

Love is the spirit of this community and service its law. This is our great covenant:  
To dwell together in peace, to seek the truth in love, and to help one another.

# Horizons Newsletter

UNITARIAN UNIVERSALIST CHURCH IN IDAHO FALLS

## December Worship

December 2019

Sunday Services 10:30am

**Dec. 1**

### **“Why Unitarian Universalists Can Celebrate Christmas”**

Interim Minister, Rev. Jacqueline Ziegler is speaking. Molly Brinkerhoff is the Worship Associate. June Canon is our pianist and will play the flute too.

Come discover the unique religious meaning our 19th century Unitarian and Universalist ancestors gave to the Christmas celebration in America and how that perspective has become integral to today's observation of Christmas. After hearing this reflection you will be able to answer the question your Christian friends ask: "How can you Unitarian Universalists celebrate Christmas when you're not even Christians?" Don't miss this inspiring service, for it could help make your Christmas meaningful in a profoundly new way.

**SPECIAL NOTE:** I offered this reflection last year and those who were at the service shared with me how much they enjoyed and appreciated knowing why they could legitimately partake in THE spirit of Christmas, even though they were no longer Christians. When people who missed this service heard how meaningful it was they asked me if I'd be willing to offer it again. So I am honoring that request. To those who were present last year, come again and let the Unitarian Universalist meaning of Christmas re-energize you!

**Dec. 8**

### **“Jesus: The Best and Least Known of Men”**

Rev. Jacqueline Ziegler is speaking. Kerry Shirts is the Worship Associate. Jessica Kuipers is our pianist and vocalist.

The holiday season is the time when we think about Jesus, an extraordinary man who was said to have been born in a stable on December 25 and whose religious and cultural significances are amazing. His life and work have been the subject of thousands of books and commentaries. Yet in the end, we're not sure if he represents a spiritual truth or a physical fact. In this reflection, I'll consider whether it is a man or a myth we celebrate at Christmas.

**Our Home**  
555 E Street  
Idaho Falls, ID

**Our Mailing Address**  
PO Box 50376  
Idaho Falls, ID  
83405

**Our Web Site**  
www.idahofallsuu.org

**Facebook**  
Unitarian Universalist  
Church in Idaho Falls

**Our Phone**  
(208) 522-8269

**Our e-mails**  
minister@idahofallsuu.org  
dree.uucif@gmail.com  
uucifoffice@gmail.com

**Interim Minister**  
Rev. Jacqueline Ziegler

**Director of Religious  
Education and  
Exploration**  
Elizabeth Cogliati

**Office Administrator**  
Vic Allen

**Executive Board**  
Daniel Schwen  
Lisa Christenson  
Amanda Logan  
Josh Cogliati  
Lisa Christenson  
Eric Hershberger  
Kerry Shirts

**Dec. 15**

## **“Making Joyful Noise: A Festive Service of American Holiday Music”**

Rev. Jacqueline Ziegler offers this service. Jessica Kuipers is the pianist and vocalist.

In this intergenerational festive service we'll sing and listen to many of the lovely secular songs that have become traditional and sacred to the holiday season – songs such as “Let It Snow,” “The Christmas Song” (Chestnuts Roasting on an Open Fire . . .) and “White Christmas.” I'll share the stories about the origins of some of these sacred songs. The real joy is the opportunity to unabashedly enjoy singing your holiday favorites.

**SPECIAL NOTE:** Because of the nature of this service, Time for All Ages and Joys, Concerns and Sorrows will not be offered during this service but will return in future services.

**Dec. 22**

**“TBA”**

**Dec. 29**

**“So Long”**

It's the end of the year. Time to look forward to 2020. What will the new year bring? What will you be bringing to the new year?

## **Board Announcement for a December 8th Special Congregational Meeting**

After the Sunday December 8 service, the Board of Directors will hold a special Congregational Meeting in order for members and friends to learn about the status of the Ministerial Search process and, if needed, to have an official congregational vote. For this particular vote, two-thirds of the Members must be present and vote. Please make every effort to attend this important meeting!



## Preview of Special December Holiday Events and Services

### Saturday, December 7: “High Holiday Tea and Potluck Dinner Soiree”

Rev. Ziegler and Sue Wilde invite everyone to this gala event on Saturday, December 7 beginning at 4:30 p.m. at Sue’s beautiful home located at 173 E 24th Street, Idaho Falls.

The soiree will include a performance by Musica Solanum of beautiful holiday music on recorders which go back to the Middle Ages, a show and tell about the instruments, time for community singing of holiday secular songs as well as beloved carols, and readings of holiday stories. And, of course, there will be the delicious potluck foods, various English teas and coffee (decaf and regular) to partake of. The soiree is for singles and couples, with or without children. To add to the fun and to create a mood, Rev. Ziegler will wear Victorian period clothing. Everyone is invited to do the same or come in dress-up clothes.

As space is limited, everyone is asked to pre-register. A sign-up sheet is in the downstairs social hall OR you can register through Rev. Ziegler at [revziegler369@yahoo.com](mailto:revziegler369@yahoo.com) or by calling her at 208-881-5539. The deadline to register is Thursday evening, December 5. To ensure that we have a variety of food, people will be asked to sign up to bring either hors d'oeuvres, a main dish, a side dish or a dessert. Everyone is asked to bring an alcoholic or non-alcoholic beverage to share. We’re requesting a contribution of \$2.00 per person or family to cover the cost of incidentals such as the teas and coffees. If you have questions talk to Rev. Ziegler.

### Saturday, December 21: “A Contemporary, Contemplative, Winter Solstice Celebration” at 7pm.

Rev. Jacqueline Ziegler along with UUCIF members Vic Allen, Molly Brinkerhoff, Victoria McDonald and Kerry Shirts offer this service beginning at 7p.m. at the church.

This service offers a contemporary perspective on the Winter Solstice. There will be readings, drumming, moments of silence, songs, a meditation and a candle-lighting ritual.

Please bring a drum or anything that can be used as a drum (an oatmeal box, coffee can, etc.) and a treat to share for the social time following the service. This service is many people's favorite and many find it the most meaningful celebration in the holiday season, so seats fill up quickly. Plan to arrive early!

**IMPORTANT NOTICE:** Parents, this is a longer service. Older children who are

**DREE Office Hours**  
Thursday: 8:30am—  
11am

**Office Administrator Hours**

Mon. 2:30p – 5:30p  
Wed. 2:30 - 5:30pm  
Thu. 2:30p – 5:30p



**Our Home**  
555 E Street  
Idaho Falls, ID

**Our Mailing Address**  
PO Box 50376  
Idaho Falls, ID  
83405

**Our Web Site**  
[www.idahofallsuu.org](http://www.idahofallsuu.org)

**Facebook**  
Unitarian Universalist  
Church in Idaho Falls

**Our Phone**  
(208) 522-8269

**Our e-mails**  
[minister@idahofallsuu.org](mailto:minister@idahofallsuu.org)  
[dree.uucif@gmail.com](mailto:dree.uucif@gmail.com)  
[uucifoffice@gmail.com](mailto:uucifoffice@gmail.com)

**Interim Minister**  
Rev. Jacqueline Ziegler

**Director of Religious  
Education and  
Exploration**  
Elizabeth Cogliati

**Office Administrator**  
Vic Allen

**Executive Board**  
Daniel Schwen  
Lisa Christenson  
Amanda Logan  
Josh Cogliati  
Lisa Christenson  
Eric Hershberger  
Kerry Shirts

able to sit quietly and for longer periods of time are invited to attend and participate. Childcare will be available. Please let Elizabeth Cogliati, our Director of Religious Education and Experience, know you'd like to use the childcare service that is being offered. Contact her at [dree@idahofallsuu.org](mailto:dree@idahofallsuu.org).

## December 24: "A Christmas Eve & Candlelight Service"

This service is offered through the unique perspective that Unitarian Universalism brings to this Christian holiday celebration. Rev. Jacqueline Ziegler with other members will present a service designed to delight the hearts of the young and old. It will feature sacred and secular readings, special Christmas stories, special Christmas music and carols to sing. We'll end this joyous service with a special candle-lighting ceremony.

At this time of year, many people who ordinarily do not attend church want to attend a Christmas service where they could be theologically and/or philosophically comfortable. They often want to relive in some small way the joys of their childhood Christmas Eve services. I encourage you to do your friends a favor and invite them to attend our Christmas Eve service. Inviting them might make their Christmas all the more meaningful and memorable. Also, they might discover that they're actually Unitarian Universalists and didn't know it. Don't be shy; invite them to the service. The worst scenario is they say "no thank you," but it's also possible they will say "thanks for asking me to come with you."

## UUCIF's Service and Other Events Cancellation Announcement

Please note that Unitarian Universalist Church in Idaho Falls' services or other sponsored events may be cancelled during snow or other weather emergencies (when weather is bad enough that the authorities don't want people out and about). If there is such a city/county-wide emergency, and the minister and the Board of Directors' President deem it appropriate to cancel a service or event, if possible, a cancellation notice will be sent out through an emergency UUCIF E-announcement, posted on its Facebook page and website and a message put on UUCIF's office phone answering system.

The Board encourages people to use discretion and not attend any service or event if they feel the weather conditions are not suitable for driving, regardless of whether a service or a UUCIF event has not been officially cancelled. ~ The Board of Directors



**“I can think of several persons in our own congregation who have likewise had to surrender their homes and move forward into the unknown.”**

## **So This Minister Walks into a Congregation and . . .**

### **Interim and Other Ministry Topics**

#### **Rev. Jacqueline Ziegler’s Column**

## Greetings Good People.

### **Part I**

What has and continues to help me in dealing with these vacillating feelings is an article by one of my favorite writers, the inspiring Terry Tempest Williams. What she wrote gives me solace and hope. I find myself going back to her words when I feel despair. In that article she exhorts us not to give up and encourages us to continue to work for our democracy. Importantly, it reminds me of my responsibility as a Unitarian Universalist minister to work from the position of hope, particularly using Joanna Macy’s idea of “active hope” and also reminds me to continue to affirm what our Unitarian and Universalist ancestors felt about human nature, that it is inherently good. Here is the paragraph with the questions that motivated and continue to motivate me: “The human heart is the first home of democracy. It is where we embrace our questions. Can we be equitable? Can we be generous? Can we listen with our whole beings, not just our minds, and offer our attention rather than our opinions? And do we have enough resolve in our hearts to act courageously, relentlessly, without giving up—ever—trusting our fellow citizens to join with us in our determined pursuit of a living democracy?”

Good people, does that paragraph speak to you, and if so, in what ways? I’d appreciate hearing from you.

### **Part II**

I hope to see all of you at one or all of our December Sunday services, as well as our special Winter Solstice and Christmas Eve Candlelight Services. However, since I know that won’t be possible for everyone, I offer another one of my favorite holiday aspirations, written by William Henry Harrison Murray:

Ah friends, dear friends,  
As years go on and heads get gray,  
How fast the guests do go!



**Our Home**  
555 E Street  
Idaho Falls, ID

**Our Mailing Address**  
PO Box 50376  
Idaho Falls, ID  
83405

**Our Web Site**  
www.idahofallsuu.org

**Facebook**  
Unitarian Universalist  
Church in Idaho Falls

**Our Phone**  
(208) 522-8269

**Our e-mails**  
minister@idahofallsuu.org  
dree.uucif@gmail.com  
uucifoffice@gmail.com

**Interim Minister**  
Rev. Jacqueline Ziegler

**Director of Religious  
Education and  
Exploration**  
Elizabeth Cogliati

**Office Administrator**  
Vic Allen

**Executive Board**  
Daniel Schwen  
Lisa Christenson  
Amanda Logan  
Josh Cogliati  
Lisa Christenson  
Eric Hershberger  
Kerry Shirts

Touch hands, touch hands  
With those that stay.  
Strong hands to weak, old hands to young,  
Around the Christmas board, touch hands.  
The false forget, the foe forgive,  
For every guest will go  
And every fire burn low  
And the cabin empty stand.  
Forget, forgive, for who can say that Christmas day  
May ever come to host or guest again.  
Touch hands, touch hands.

Experience shows us all that the holiday season is one of joy and frustration, celebration and loneliness, a city's beauty and poverty, and nature's gloriousness and piercing harshness. Amidst it all, I hope you will find moments of stillness and renewal resting upon you, granting you their healing grace.

Love and blessings to you and all you hold dear, Rev. Jackie

## **Wanted: Items That Can Be Used as Drums**

I am offering a Contemporary Contemplative Winter Solstice service on Saturday, December 21 at the church and it includes a lot of drumming. This special service is open to the public. Often people don't know to bring something that will work as a drum and thus they aren't able to participate in the drumming. In order to increase the possibility that everyone will have a drum to play on, I am asking UUCIF members and friends to save their 1 and 2 pound coffee cans and lids, round Quaker Oats Oatmeal boxes and lids, and anything else that can be used as a drum. When you have some saved, please put them in a bag and drop them off in the office. Thanks. ~ Rev. Jackie

## **UUCIF's Generosity for November's "Change for Change" Recipient**

UUCIF'S November's "Change for Change" recipient was Idaho Falls' "Meals on Wheels" program and members and friends donated to them the very generous amount of \$394.00. Thank you all for that!





“Ways to practice self-care this month.”

## News From Upstairs

Elizabeth Cogliati

- Dec. 1: Classes as usual, youth group meets
- Dec. 8: Pageant prep for ages 3-11
- Dec. 15: Intergen service singing secular Christmas songs, no REE, youth group is cancelled
- Dec. 22: Intergen service with winter pageant (description below), no REE
- Dec. 29: Classes as usual, Elizabeth on break

Dec. 22 service:

This service is an intergenerational, participatory play based on *The Snow Tree* by Caroline Repchuk. Rev. Jacqueline Ziegler is the Worship Facilitator. Our Director of Religious Education & Exploration Elizabeth Cogliati and UUCIF member Molly Brinkerhoff offer this service.

Everyone in the congregation is invited to help Bear find the colors in winter in this fun play. Bear wakes up to a white world, and misses the colors of summer. The other animals bring items that brighten his world as we share readings and songs of the season.

For Parents:

**12 Ways to Practice Self-Care This Month** (adapted from 45 Simple Self-Care Practices for a Healthy Mind, Body, and Soul at <https://tinybuddha.com/blog/>)

1. **Start a compliments file.** Document the great things people say about you to read later.
2. **Change up the way you make decisions.** Decide something with your heart if you usually use your head. Or if you tend to go with your heart, decide with your head.
3. **Go cloud-watching.** Lie on your back, relax, and watch the sky.
4. **Take another route to work.** Mixing up your routine in small ways creates new neural pathways in the brain to keep it healthy.
5. **Pay complete attention to something you usually do on autopilot,** perhaps brushing your teeth, driving, eating, or performing your morning routine.
6. **Goof around for a bit.** Schedule in five minutes of “play” (non-directed activity) several times throughout your day.
7. **Create a deliberate habit,** and routinize something small in your life by doing it in the same way each day—what you wear on Tuesdays, or picking up the dental floss before you brush.
8. **Fix a small annoyance at home that’s been nagging you** — a button lost, a drawer that’s stuck, a light bulb that’s gone.
9. **Punctuate your day with a mini-meditation** with one minute of awareness of your thoughts, feelings, and sensations; one minute of focused attention on breathing; and one minute of awareness of the body as a whole.
10. **Be selfish.** Do one thing today just because it makes you happy.
11. **Do a mini-declutter.** Recycle three things from your wardrobe that you don’t love or regularly wear.
12. **Unplug for an hour.** Switch everything to airplane mode and free yourself from the constant bings of social media and email.



## Notes From the Board

Cindy Logan

December 2019 Notes From Your Board

As 2019 draws to a close, the UUCIF Board is keeping very busy trying to juggle multiple issues that have come up that are in addition to the issues that are already at the forefront. With the Stewardship Pledge Drive coming to a close we are hoping for enough of an increase in pledges for our Search Committee to take the next steps toward finding our next Settled Minister. As I write this, I am not aware of the total amount our members and friends have formally pledged, but I am cautiously hopeful that more pledges are coming in so we can fully fund our ongoing commitments as well as the additional funds needed for our Search to continue in proper form.

Unfortunately, the Downtown Development Committee has decided not to renew the Public Parking Lease with us, presenting UUCIF with the loss of several thousand dollars in yearly revenue from the lease as well as the new additional expense of parking lot snow removal, which, depending upon the severity of our winter, will cost us hundreds to several thousand dollars more in maintenance fees yearly.

On a more positive note, UUCIF has officially achieved 501 [c] [3] status, something that opens us up to opportunities we previously were not eligible for. This allows us to utilize the Google platform available to non profit organizations that includes perks that improve our online presence and streamline our electronic communications. Also, official nonprofits pay lower fees for processing payments our members and friends make to us using PayPal, meaning that UUCIF receives more cash to pay our bills. This is a big win because more and more people like the convenience of online payments, especially when they aren't able to attend services.

A good portion of our meeting and discussion time centers around practical concerns with building and grounds maintenance. We haven't actually had anyone volunteer to help out with taking care of our facility since our trusty members Katharine Giovanna and Steve Wike moved on to their roles on our Search Committee, and we desperately need some help. Our custodian takes care of the interior cleaning, snow removal and lawn care are taken care of by businesses we contract with. Therefore, eager would be volunteers don't have to worry about being pressed into duty with those tasks. Rather, we need someone to survey our spiritual home and identify problems before they become big, costly headaches. Ask any Board Member for more details if you'd like to serve in this capacity.

**“UUCIF has  
officially  
achieved  
501(c)(3)  
status.”**





**“UUCIF has  
officially  
achieved  
501(c)(3)  
status.”**

## UU the Vote

UUs from around the country are coming together to attend the #UUtheVote Launch on January 12, 2020. The UUA National UUtheVote Team will be hosting a nation-wide Zoom call and are asking people to watch in groups at their congregations, at house parties, and on-line together.

**When:** Sunday, January 12, 2020 at 1 pm PT, 2 pm MT, 3 pm CT & 4 pm ET

The January 12th watch parties will bring UUs together who are bringing our passion to the polls through issue-based advocacy, voter registration, outreach, and organizing around the 2020 elections to #VoteLove and #DefeatHate.

The #UUtheVote Campaign will support congregations and UU organizations in activating thousands of UUs to collaborate with partners in order to mobilize voters, counter voter suppression, leverage our resources, and to engage in spiritually grounded, values-based issue conversations with voters in our communities.

On the call we’ll hear from the National UUtheVote Team, from UUs already organizing in their communities and states, and from partner organizations who are working with UUs.

We’ll introduce you to organizing tools and spiritual grounding resources the UUA Organizing Strategy Team has put together to support your efforts and let you know about key moments and places coming up in 2020.

Our UUtheVote Toolkit has a section on Planning for the January 12th launch (see Section 3). It walks you through what you’ll need and best ways to recruit people to attend.

We will gather together in the spirit of our faith community. When UUs show up with our values, our bodies, and our resources at the ready, we can have big impacts in bending the arc of the universe toward justice. Let’s UUtheVote!

If you have questions about how to organize your event, write to: [voting@uua.org](mailto:voting@uua.org).

See you on January 12th! Visit [www.uuthevote.org](http://www.uuthevote.org) for more information about the campaign, UU Funding Program GOTV grants, and a video message from UUA President Rev. Susan Frederick-Gray. We also hope that you will donate to the campaign. UU the Vote is a grassroots campaign that relies on grassroots support. Together we're going to #VoteLove and bring our passion to the polls.

Unitarian Universalist  
Church in Idaho Falls  
PO Box 50376  
Idaho Falls, ID 83405