

The Voice of our Fellowship

A Progressive Religious Tradition in Southeastern Idaho

January 2012

Newsletter of the

Pocatello Unitarian Universalist Fellowship

We strive to be Southeast Idaho's welcoming, open-minded religious voice for all who value spiritual inquiry and act for social justice.

The Pocatello UU Fellowship meets on the first, third and fifth Sundays of each month. Children's Religious Exploration and childcare for younger children is available during the service, and a traditional potluck dinner will follow.

Adult Religious Exploration (ARE) meets on the second and fourth Sundays of each month in the Chapel Room.

Reverend Suzanne Marsh

Services

4:00 p.m. 1st & 3rd & 5th Sundays
(except in Sept. it is 2nd & 3rd Sundays)

309 N. Garfield
(208) 233-2602

Adult Religious Exploration

4:00 p.m. 2nd & 4th Sundays

Board of Directors

President: Janen Wright

Vice-President: Kim Smith

Treasurer: Richard Feuerborn

Secretary: Mark Neiwirth

Directors at Large: Tanner Hernandez, Susan Lorenz, Erika Kuhlman

Past President: Steve Lawyer



Website: www.pocatellouu.org

President: President@PocatelloUU.org

Editor: Irene Nautch, Newsletter@PocatelloUU.org

Temporary E-mail Wrangler: Irene Nautch

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WORSHIP SERVICES

January 1 at 4 pm : "Be Not Afraid" **(Linger Longer instead of potluck and no children's RE at this service)**

On this Sunday we will begin 2012 together. Many of us are happy to leave 2011 behind, as it held for us unachieved resolutions and unmet expectations. Together, on this first day of a shiny New Year, we will explore what it is that holds us back, not just from keeping our resolutions but from being who we long to be or doing what we secretly desire to do. We will have a Burning Bowl ritual, where we will literally set ablaze our disappointments, fears and baggage from 2011, as we prepare to move forward in to 2012, seeking to be freed from that which has held us back.

Worship Leader: Rev. Suzanne Marsh

Worship Associate: Sandi Gillan

For "Linger Longer" after the service please bring a snack or hors d'oeuvres to share.

January 15 at 4 pm : A Celebration of the Life of Rev. Dr. Martin Luther King Jr.

On this Sunday before the Martin Luther King holiday, we will celebrate the life of Dr. King, a leader and ultimately a martyr for the cause of civil rights in the United States. Both Rev. King and his wife Coretta Scott King attended Unitarian Churches and felt a strong affinity with liberal theology and the principles found in Unitarian Universalism. In this service we will consider the beliefs that were at the core of Dr. King's call to activism and consider what his cherished beliefs and those at the core of our faith have to teach us about both our humanity and our divinity.

Worship Leader: Rev. Suzanne Marsh

Worship Associate: Robert Gehrke

January 29 at 4 pm- 5th Sunday Service!

Our guest speaker will be Dr. Debu Majumdar, President of the Board at the UU Church in Idaho Falls. He will speak about the Occupy Wall Street demonstration that has grown into a nationwide movement. He spent some time in Zuccotti Park in New York in the early days of the movement this fall, and also visited the demonstrations in San Francisco last month. His recent article in the Idaho State Journal spoke of the need for training the young generation with a greater sense of ethics and values, as is done in India, using Hindu stories from the Mahabharata and the Ramayana. His latest book is "Viku and the Elephant," a children's story.

There will NOT be any Children's RE program on January 1. Child care will be available as needed. We will resume the regular class schedule on January 15.

Religious / Spiritual Exploration and Youth Activities

Formerly known as Adult Religious Exploration (ARE) 2nd and 4th Sundays 4:00 – 5:30

JAN. 8 - MEDITATION Presenter- Susan Lorenz

Hello everyone. I am sharing my beloved meditation practice on this day. It is so exciting to be able to share the experience of meditation with my friends at PUUF. The December edition of the Alternative Newspaper has a lovely article on meditation on page 11. If you get to see the article, that is a picture of me meditating. OK, I am not really meditating, I am posing because everyone else was shy and I am not shy. I love to have my picture taken and I love to be in the newspaper. I have had amazing benefits from meditation which include (but are not limited to) the following: increased patience, ability to work long hours without tiring, increased sense of well-being, ability to refrain from agitation when

everyone around me is highly emotional and last week my mother told me that I used to be a "little shit" and that she hardly recognizes me anymore. Thanks Mom☺. The Religious and Spiritual Education starts at 4:00 and will be at the PUUF location in the First Congregational United Church of Christ at 309 N. Garfield. All are invited and I hope to see you there.

Susan Lorenz

UU Exploration – Kim Smith
Inspiration – Lillian Moore
Facilitator / Setup – Diane
Youth Activity – with Brayden Hernandez

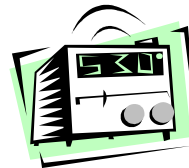
JAN 22 – BHAGAVAD GITA

Presenter – Sandi Gillan - Bhagavad Gita
UU Exploration – Anna Warnock
Inspiration – Facilitator – Sondra / Lynn
Youth Activity – You and You

For our schedule of adult RE programs see our website www.pocatellouu.org If you would like the calendar emailed to you, contact Tanner Hernandez at

pocatellouu@gmail.com
or sold@primetimeauctions.com

KISU Annual Fund Drive



We are in the middle of our PUUF-KISU annual fund drive, which is running through December and January. The goal this year is \$1,500 and we are over halfway there!

Thanks to all of you who have already donated! If we exceed our goal this year, we will gain additional exposure for PUUF and provide more help to our local PBS station.

Please help us support public radio and get some radio exposure for PUUF. Just make your check out to PUUF and note that it's for KISU, and drop it in the Sunday collection. You can also mail it to PUUF. If you want the Idaho tax credit and federal deduction, make your check out to KISU and put it in the collection or mail it to PUUF, 309 N. Garfield, Pocatello, ID 83204

--Richard Feuerborn, Treasurer

From Your Minister

Dear Ones,

Happy 2012 to all! In the last few days I have very much enjoyed the company of my young adult son Stephen, who is visiting for a few weeks. Other than traveling to Twin Falls and leading a wonderful Christmas Eve service at MVUUF, we haven't done much of note: wrapped gifts; grocery shopped; made meals and oh, he has slept a lot! I have also indulged my love of old corny movies: "It's a Wonderful Life" and "Miracle on 34th Street" to name two.



The enjoying of these simple pleasures set me to thinking about how we often fail to enjoy the small things in our lives, the things we do that are of no particular "value" in the large scheme of things, but when recognized and relished serve to provide much of what is rich and meaningful in the tapestry of our lives. I like to call them ordinary "moments of grace".

If you think a minute, you can recall at least one moment when you heard or saw or experienced something wonderful in the midst of utter ordinariness. Catching a glimpse of a rainbow, hearing the unfettered laughter of children or a piece of music that transfixes you for a moment. I still remember the times when Stephen was a toddler and I stood and listened to him talking to himself or a friend, or singing as he played in the other room. Those memories, which could have easily been relegated to background noise, still bring a smile to my face whenever I think of them.

If we catch these times, if we stop and pay attention, if we pause from the many tasks of our day and soak in these moments of ordinary grace, we can find a momentary oasis in our day, a respite from what might seem mundane or even difficult. When this happens, our heart and souls are lifted, and somehow we are filled

with love and hope for the days ahead. I find that I am also filled with a great sense of gratitude for all that I have, indeed for all this IS my life. Just because I am paying attention as I move through the world.

I have many wishes for this New Year, 2012. Some of my wishes are very fanciful, some more practical. I wish that somehow the world could be transformed into a place where people treat each other with respect and kindness, always. Perhaps just a return to civil public discourse would be a more practical wish!

For all people around the world I wish for peace, in their hearts, in our homes, in our governments and in our nations. I also wish that each and every person, wherever they are, however difficult their lives, will find for themselves, some joy, even in some small way. That's my list: Respect, kindness, peace and joy.

For all of us, as we begin another new year, one that will bring both happiness and hardship, I wish and pray that we remember that 2012 will also bring these "moments of grace" in the most ordinary of our day's activities. My wish for all of us is that we will pay attention, that we may receive the gifts that our very lives have to offer us.

I leave you with these words from one of my favorite hymns, "For All That is Our Life":

For all that is our life,
We sing our thanks and praise;
For all life is a gift
Which we are called to use
To build the common good
And make our own days glad

*With Love and Hope,
Suzanne*

General Assembly 2011: Two Inspiring Lectures

By Jennifer Attebery

Every year at GA the Ware Lecture is delivered by a distinguished thinker who has contributed to religious studies and humanitarian efforts. Named after Harriet E. Ware, the Unitarian benefactor who donated money that first supported an annual distinguished lecture, the Ware Lecture dates to 1922. The list of former Ware Lecturers is impressive: Mary Oliver, Elaine Pagels, Jesse Jackson, Martin Luther King Jr., and Reinhold Niebuhr are among the most famous names. This year Karen Armstrong joined this august company to deliver her lecture, "The Challenge of Compassion." Though much of what she had to say is already published in her book *Twelve Steps to a Compassionate Life*, which I had read before attending, I still found the address to be engaging, mostly due to Armstrong's very coherent speaking ability, apparently without notes or script. I knew that she is a highly regarded religious studies scholar; I did not know that she is also very witty and charming. Armstrong says that she chose the idea of twelve steps to compassion as an intentional reference to Alcoholics Anonymous because "we're addicted to our dislikes and prejudices and pet hates," and these are what keep us from being able to lead compassionate lives. The steps include a journey from learning about compassion as a concept, through self-examination, through cultivating mindfulness, and learning how to act and speak compassionately. Ultimately, the effect should be creating a better world through the daily practice of compassion en masse.

Armstrong's twelve steps to compassion were partly the result of her winning the TED Prize in 2008, a prize of monetary support given annually to outstanding individuals whose ideas could spur positive change in the world. (TED stands for technology, entertainment, and design.) Along with their prize money, TED Prize winners are granted "one wish to change the world." Karen Armstrong wished as follows: "I wish that you would help with the creation,

launch and propagation of a Charter for Compassion, crafted by a group of leading inspirational thinkers from the three Abrahamic traditions of Judaism, Christianity and Islam and based on the fundamental principles of universal justice and respect." TED helped her do so, and the Charter can be viewed here: <http://charterforcompassion.org/share/the-charter/>

An interesting development in the Charter for Compassion is that several cities have pledged to be "compassionate cities." These include cities worldwide; in our own region Seattle has recently pledged to be a compassionate city. I was struck by how much Armstrong's lecture paralleled the lecture by another luminary at GA this year, Imam Feisal Abdul Rauf, an Islamic leader who has founded the Cordoba Initiative supporting interfaith efforts among the three monotheistic religions, Christianity, Islam, and Judaism. In America the Cordoba Initiative has supported the idea of an interfaith center near Ground Zero in NYC. Both Rauf and Armstrong see Christianity, Islam, and Judaism as encapsulating very similar messages for those who hope to create a blessed community. Rauf also interestingly sees common principles at work in recent Arab history and America's formative years in revolution and the early republic. He is an uplifting presence, projecting a very optimistic view of what could happen in the Middle East. Those interested in reading the full transcript of the Ware Lecture can find it at <http://www.uua.org/ga/2011/184434.shtml> Imam Rauf's address is available at <http://www.uua.org/peace/ga/184959.shtml>

**Join the interactive fun at
Facebook.com/Pocatello Unitarian
Universalist Fellowship. You don't have to
love us, just 'LIKE' us!**

Membership Committee:

1. Greeters needed. Please contact Meghan Miller to sign up to be a Greeter. Meghan will provide reminder emails.

2. Directory Updates Needed: Please send any changes or updates to your contact information to dunksond@q.com before January 7th, 2012!



3. Committee members needed: The Membership Committee will meet in January 2012 to strategize our plans for 2012. If you are interested in being an advisor to the committee, and/or would like to help with various Committee tasks/projects, please contact Sondra Dunkle, dunksond@q.com. You will be notified of the next meeting time and place.

4. Thank yous. Please join me in thanking the following hard-working people, who donated their time to benefit PUUF in the following ways: Ana Cash for developing the pages for our New Member Book, and Mary Eng for organizing and printing our new name tags! On-going thanks to Meghan Miller for overseeing the Greeter's Program!

*Sondra Dunkle
Membership Chair*

Chanukah!

On December 22nd several UUs spent the evening celebrating Chanukah with our friends at Temple Emanuel.

I saw Mary Eng, Muriel Roberts, Mary and Bob Gehrke, Steve Lawyer and Erin Rasmussen with kids, Tanner Hernandez and family, Jim Mariani, and several others that I'm sure I'm forgetting.

There was candle lighting, storytelling by Joan Downing's daughter Hannah, and delicious latkes (potato pancakes in various flavors) for eating! It was a lovely time!

*Irene Nautch
PUUF Editor*

The Church of the Larger Fellowship

Do you work on a Sunday morning? Can't get out of the house? Can't get enough of Unitarian Universalism? The Church of the Larger Fellowship (CLF), a unique congregation without walls, opens its doors even wider with the launching of its new website: www.QuestForMeaning.org. The website offers many new resources, including weekly online UU worship. Come explore. You're just a click away!

*Beth Murray
Church of the Larger Fellowship (CLF)
617-948-6150*

The Church of the Larger Fellowship's mission is to provide a ministry to isolated religious liberals, promote the understanding and growth of Unitarian Universalism and institute programs to that end.

Learn more about the CLF at www.clfuu.org.

Beth Murray works Mondays, Tuesdays, Wednesdays and Thursdays. If you have an email request or question, and you think Beth is not available, please contact

CLF's Executive Director Lorraine Dennis : ldennis@clfuu.org.



Unitarian Universalist Principles

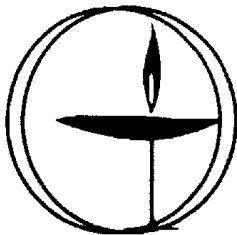
1. The inherent worth and dignity of every person;
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

**PLEASE SUBMIT ALL NEWSLETTER ITEMS TO IRENE NAUTCH AT:
newsletter@pocatellouu.org NEXT DEADLINE WILL BE January 20, 2011**

Pocatello Unitarian Universalist Fellowship

309 N. Garfield Avenue
Pocatello, ID 83204
(208) 233-2602

JANUARY 2012



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