



The Voice of Our Fellowship

a progressive religious tradition in southeastern Idaho

*"Search for truth and meaning. Connect in beloved community.
Stand together on the side of love."*

Pocatello Unitarian Universalist Fellowship

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

**Diverse beliefs; one dynamic faith.
Everyone is Welcome**

309 N. Garfield Avenue, Pocatello
(UCC church, corner N. Garfield and Lander)
208-233-2602

Worship Services are on the first, third & fifth Sunday of each month at 4 p.m.

Traditional potluck dinner follows the third Sunday service.

Appetizer hour [linger longer] follows the first and fifth Sunday service.

Lay-led service takes place on fifth Sundays at 4 p.m.

Linger longer appetizer hour follows service.

Children's Religious Exploration (CRE)

Activity packets are provided during worship services for children to engage with the sermon topics. Our Full Week Faith online curriculum is free for everyone, and offers daily activities of prayer, meditation, stories, local faith-in-action events, and more. Join the Full Week Faith [chat forum](#) for weekly issues in [Groupme.com](#), or sign up to receive our weekly email updates where the issues are also available. Designed with families in mind, Full Week Faith is also enjoyed by people of all ages.

- President:** Jeff Shelton
- Vice President:** Jennifer Attebery
- Secretary:** Mark Neiwirth
- Treasurer:** Richard Feuerborn
- Director at Large:** Becky Hardy
- Past President:** Ann Swanson
- Pastor:** Jenny Peek

- Minister:** minister@pocatellouu.org
- President:** president@pocatellouu.org
- Newsletter:** newsletter@pocatellouu.org
- PUUF Office:** office@pocatellouu.org
- Website:** www.pocatellouu.org
- Facebook:** [Pocatello Unitarian Universalist Fellowship](#)

May's Theme: Beloved Community

May Service Announcements

May 6 - "Spirituality in Everyday Life"

Join us as Daphne Larson from the Blue House Spiritual Center illustrates how to establish a daily spiritual practice from the Buddhist perspective. During her presentation, she will lead us through a brief meditation. After the service, plan to linger for light refreshments and conversation. Don Allen is the Worship Associate.

May 20 - Remembering Ursula K. Le Guin, and Saying Yes to our Calling. Join us for this reflective worship service as we honor the memory of literary icon, Ursula K. Le Guin. We can recognize greatness in authors, leaders or people at the top of their chosen field as individuals who committed their lives to their deepest passions or interests. What would we do with our own lives, all things being equal?

PUUF Aspirational Covenant

"May we be a compassionate religious community built on love and justice, exploring and celebrating the mysteries of life with reason, reverence, and courageous doubt. With conscious action, we can be the change we wish to see in the world."



PUUF Annual Meeting May 20

Mark your calendar now for our Annual Meeting—which is earlier than usual this year. It will start at 5:00 on May 20, following the regular worship service. During the meeting, we will hear a recap of the year's activities, vote on a budget for the next fiscal year, and elect new officers. Plan to stay afterward for a catered dinner and good fun!

*"The way to change the world is through individual responsibility and taking local action in your own community."
—Jeff Bridges*



PUUF has been officially recognized by the UUA as a Welcoming Congregation since 2011. PUUF membership is open to Lesbian, Gay, Bisexual, Transgender and Questioning (LGBTQ) people, and to anyone else, regardless of religious background or ethnicity. Visit www.pocatellouu.org and see the "About Us" page for more details.



Pastor's Corner

Dear Members and Friends of PUUF,
What do you do, just for you? For me, there are things that get me through the day, like great coffee and morning phone calls with family. Then, there are things that feel as right as a good night's sleep (and that's one, too). For me, the routine wellness regimen includes daily spiritual practice, regular meetings with my mentors and coach, and even small things like checking my calendar daily. Then there are the things I yearn for, but somehow over time I give them up. I'm thinking of my song or poetry writing, singing and playing guitar, or writing that book I've had in mind for years, or even getting out in nature more often.

I would say, and have said, 'take care of yourself' and 'do the thing that gives you joy'. So many clichés and memes out there urge us to seek balance, live, love, and laugh, or even 'be the change! Maybe though, it's easier to say these things with loving concern to you than it is to always practice them for myself.

And, these ways we have of caring for ourselves whatever they are, are our personal toolbox for wellness. Rudra, my Spiritual Director, gave me this analogy and I think it's spot on: 'How often do you hammer a nail? Unless it's part of your work, probably you hammer a nail exactly as often as need arises,

maybe a handful of times per year. If so, hammering a nail is a simple task that we will still mess up sometimes. We'll drop the nail, smash our thumb, bend the nail ruining it, or miss it altogether. The carpenter hammers the nail as naturally as breathing though. The difference is practice." If we embrace doing the things we love as part of our toolbox, practicing them all we can, then they will become like breathing.

I hope for us all to find and do those things that restore us, bringing joy to our lives. In a few hours, I will leave for a few weeks. I will meet members and ministers of our sibling congregations at the Pacific Western Region's Assembly. And, I will drive mindfully, pulling over to pitch a tent now and again, walk or sit and breathe. I will 'unplug' from the usual communications so I can 'plug in' to that essence of self in nature. I'll even bring along my guitar and play some tunes.

I will miss you, and absolutely will bring back what I learn from Regional Assembly, and from mountains and trees and wind, and from listening inward and out.

See you in a few weeks,
and May We Be Well!

In peace, with gratitude,

—Pastor Jenny

"The greatness of a Community is most accurately measured by the compassionate actions of others."

—Coretta Scott King



PUUF Religious Exploration

May 14: Becky Hardy will facilitate *"Prayer from a UU Perspective."* Various UU congregations from around the country have focused on Prayer in their small group ministry discussions. We will review a few of their questions and conclusions, together. This completes the RE schedule for the 2017-2018 year.

PUUF RE Topics and Facilitators Needed For Fall

While the PUUF RE, which is held on the second and fourth Sundays of each month from September till June ends with Becky Hardy's session on May 13 on "Prayer From a UU Perspective", we will start again this September. We already have two sessions filled, and I believe the coming year will be very rewarding for attendees. Topics considered include Religion, Spirituality and Social Justice. Remember, all are welcome whether a member of PUUF, a friend of PUUF or just members of the South East Idaho community interested in our sessions. Contact Bob Gehrke at 208-680-4766 or email him at robertjmary_7@q.com.

Portneuf Valley Interfaith Fellowship Update

The Pocatello Unitarian Universalist Fellowship is an active member and contributor of PVIF, a diverse group of area faith communities, working together for the common good, recognizing the importance of diversity and encouraging interfaith dialogue and mutual respect. Please contact Bob Gehrke (robertjmary_7@q.com) or Pastor Jenny (minister@pocatellouu.org) for more information or questions about PVIF or any of the items below.

- CASA is in need of volunteers.
- One Child, One Church will come to area faith communities and present information on foster care. For information, contact Kelsey at 208-239-6200.
- National Alliance on the Mentally Ill - Southeast Idaho (NAMI-SI) is a support group for families and friends of people living with mental illness. The local group meets at Life, Inc., 640 Pershing, #A, at 7pm every Wednesday evening.

Weekly Get-Together at Elmer's!

Stop by Elmer's Restaurant every Thursday evening at 6:30-8:30 pm. Join us for dinner or dessert and casual conversation. This is a wonderful opportunity for PUUF members and friends to socialize regularly, outside of church.

PUUF Game Night!

Stephanie, Allan and Seb Christelow cordially invite Fellowship members & friends to their home on Friday, May 18th, from 6:00pm - 9:00pm. Bring a snack or a drink to share, and your favorite board game. You must be able to explain the game to potential players. This is time for food, fellowship and fun for PUUF.

We have space for six or seven games with players, with more space available if the weather enables use of our deck table.

Accessibility may be limited by stairs at each entry and leading to the main floors; six total to the front door.

Our address is 2855 Silverwood Place. We'll need to know if you can come, so give us a call at 208-232-1376 or email Stephanie at christep@isu.edu.

We hope to see you then!

Stewardship Chocolate Chip Cookies Recipe

2 1/4 cup flour(can substitute 1 cup whole wheat flour)

1/2 TSP baking soda

3/4 TSP salt

1 1/2- 2 stix unsalted butter, room temp

1/2 cup granulated sugar

3/4 cup packed light brown sugar

2 TSP vanilla extract

2 large eggs

1-2 cups semisweet chocolate chips

1 cup chopped nuts (optional)

2 pinches of cinnamon

Preheat oven to 350 degrees.

whisk together flour, baking soda, salt, cinnamon.

In a bowl with mixer -- beat butter and sugar til pale and fluffy. 4 minutes. Add vanilla and eggs and beat until combined. Add flour mixture and beat until combined. Mix in chocolate chips and nut. Drop dough in 2 TBP size balls on parchment lined baking sheets. 2 inches apart.

Bake until cookies are golden brown around the edges but still soft in the center. 12-15 minutes.

Cool on sheets 1 to 2 minutes. Transfer to racks or wax paper. Stores in airtight container for up to 1 week. Freezes well also.

These cookies were quite popular by those at the Stewardship picnic in March.

President's Corner: About Our Property

The Pocatello Unitarian-Universalist Fellowship owns a small (1.4 acres) plot of land on Barton Road. The land was bought by the earlier Pocatello UUs for 10 dollars from the Hawkes Transfer & Storage Co. Inc. in 1961. That sounds like a donation to me. We have a Corporation Warranty Deed for the property.

The lot is a trapezoidal shaped parcel located at the south end of the northwest to southeast trending ridge that is joined with Red Hill to the north. It is located at the very toe end of said ridge, adjacent to Barton Road. The lot consists mostly of a steep southwest facing slope. It also has within it a flat area at the southwest base of the ridge, some of the ridge crest and a little bit of northeast facing slope. The Humane Society office is located on the lot adjacent to the west. Mountain View Cemetery is located northwest of the parcel. Idaho State University administers the adjacent land to the north and east.

The Fellowship hired Louis J. Dellaport, a local architect at Idaho State College, to design a church building in 1961. A set of preliminary drawings have been stored in the PUUF office since the early 1990s. The plans include a sanctuary, offices, classrooms, and a kitchen. The proposed building was a two-story edifice, 3,500 square feet in size, and had a capacity for 100 people. It would have been placed at the base of the ridge on our land.

Idaho Power paid Poky UUs \$200 for an easement on our lot on August 26, 1964. The easement was for a power pole, still located on the ridge crest in the east half of the property.

The PUUF records include a letter from the city in the early sixties that states

there is no water service on Barton Road. The letter indicates that such a pipe, necessary for the development of the property, would cost \$1,000 to \$3,000. The letter also says the city has no plans to put in water service there in the near future.

In 1998 the City of Pocatello requested a strip 55 feet wide by 182 feet long on the southern boundary of our land to widen Barton Road. The PUUF Board approved and ceded that amount of land for the right-of-way to the city. I believe the project also included new sidewalk. The area of our lot was decreased by approximately 1,000 square feet.

A dirt parking lot is located on our parcel, on the south side of the lot off Barton Road. The parking lot serves people using the Red Hill Trail, which has a trailhead near the southwest corner of the PUUF lot, adjacent to the Humane Society. The Red Hill Trail is a paved asphalt path that is part of the trail system of the Pocatello Greenway Project, built in 2002. It extends from the PUUF lot, east of Mountain View Cemetery, to Red Hill, where the trail joins the sidewalk on 8th Street across from the Student Union Building. To be sure, for decades before the paved trail, joggers and walkers used dirt trails and dirt roads located on our lot and at the base of Red Hill ridge. A chain link fence extends northeast from the Humane Society lot and ends approximately in the center of the PUUF lot on the southwest facing slope. The dirt trails extend from the end of the fence at the middle of the lot to Red Hill Trail, at the base of the ridge, to a foot path located on the ridge crest that enters the PUUF parcel on the north side, and south to the parking lot.

—Jeff S. Shelton



UUA: INTERNATIONAL

UU-UNO Report

The following is copied full text, the first paragraph of an online blog. The link for the resource follows. Living where we do, far from ocean shores, we may not recognize the disastrous impact of rising sea levels for people, far and away the very people who have little to no influence on climate change.

"There are more people displaced from their homes due to war, violence, and natural disasters today than at any other time in history, even more than at the end of World War II.

That was the first of many shocking things we learned when members of First Parish Bedford (MA) UU traveled to the Unitarian Universalist United Nations Office (UU-UNO) [Spring Seminar](#) in New York City last week (April 4-7, 2018). Our four teens and three adults heard first-hand from speakers who had to escape violence or persecution in their native lands. Experts also explained that of the nearly 68 million displaced persons today – that's 1 in every 113 worldwide – over three-fourths are refugees within their own country, known as Internally Displaced Persons. We also learned these figures do not include the estimated 22 million more individuals who have been displaced due to climate change – because there is currently no common definition of climate refugees, and they are not covered by existing refugee treaties."

[What We Learned - UUA international blog](#)

UUA: NATIONAL

UUA General Assembly in June

The Unitarian Universalist Association's annual General Assembly takes place this year in Kansas City, Missouri, from June 20th – June 24th. Registration is now open. For more information about programs and to register online, click [here](#). Every congregation has a voice! If you are attending and wish to serve the Pocatello Unitarian Universalist Fellowship as a delegate, please contact your Board President, Jeff Shelton, so that you may be confirmed in that capacity. If you have never attended, ask fellow members about their experiences and any questions you may have. Registration rates do go up after April 30th.

UUA: PACIFIC WEST REGION

Regional UU News:

PWR (Pacific Western Region) held its annual Regional Assembly in April. Look to our June issue of The Voice for a summary of this event from Pastor Jenny.

Your Company Can Make a Difference for the Climate.

Citizens' Climate Lobby works toward helping our government find solutions to climate change. Toward that end CCL helped establish the bipartisan Climate Solutions Caucus in the House of Representatives. This Caucus has grown tremendously in the last few months; its membership is now at 36 Democrats and 36 Republicans.

Citizens' Climate Lobby Pocatello is collecting letters that ask Representative Mike Simpson to join the Climate Solutions Caucus. Already we have over 11 organizations and businesses including Pebble Creek Ski Area. If you know a business that would like to also make this ask, contact Linda Engle at Pocatello@citizensclimatelobby.org or message us on our CCL Pocatello Facebook page.

Heartland Wellness Center & Wholehealth Cooperative Coming Events

WholeHealth Cooperative hosts an Open Community Healing Circle the 1st and 3rd Monday of every month from 6-8:30PM and a Community Drum Circle on the 4th Friday @ 5:30PM. Kundalini Yoga is on Mondays, call 208-479-2255 for time and location. Mature Mindful Movement is on Tuesdays at Liberty Hall from 7-8:30PM, jorgmoll@isu.edu. Family Services Alliance offers Trauma Sensitive Yoga on Tuesdays at 5:30PM and Free Community Yoga on Wednesday at 6PM, 208-232-0742. Soma Flow Yoga Saturdays at 310 E Clark from 9-10:15AM, 208-241-8125. For details contact Crete Brown at 208-251-2400. The Wholehealth Cooperative is located at 303 N 12th Ave, in Pocatello.



Musicians West Piano Festival and Competition

The 20th Annual Musicians West Piano Festival and Competition will be May 9-12. All events are free and open to the public. Wednesday, May 9, 7:30 at Jensen Concert Hall: Solo piano concert by Dr. Juan Pablo Andrade, featuring mostly works by Chopin. Thursday, May 10, 6:00-8:30 at Jensen Concert Hall: Young Artist Competition for college students age 19-24, each performing a 20-30 minute program. Saturday, May 12, 10:00-12:00 at Goranson Hall: Master Class with Dr. Andrade, featuring ISU piano majors. Saturday, May 12, 3:00 and 6:30 at Jensen Concert Hall: Finals for Pre-College contestants from all over Idaho. More than \$5,500 in awards will be available for winners from among Idaho's finest young musicians. For more information, go to www.musicianswest.org.

Pocatello's Contra Dance

The Contra dance will be held in Pocatello at 7:30 pm in the UCC church, 309 N. Garfield (behind Pocatello High School). Dancing will be the 2nd Saturday of each month and continue through May. The beginners' session at 7:30pm is highly recommended for those unfamiliar with this simple, fun, social dance form. The dance is sponsored in part by the Pocatello Unitarian Universalist Fellowship. Admission is \$6 per person (suggested donation). New dancers are always welcome!

Contact Kristi at (208) 523-3847 or austkris@isu.edu for more information. See our "News & Events" page on the www.pocatellouu.org website for updates.

Pastor Jenny's Office Hours

Office Hours: Tuesdays 8-11:30am & Wednesdays 1-4:30pm.

Weekly Get-Together: Thursdays 6:30-8:30pm at Elmer's Restaurant. Food & Fellowship!

Community Hours: Fridays 9-10:30am at The College Market—Chat over tea or coffee.

Personal Sabbath: Begins every Sunday at 9pm and ends Tuesday at 8am.

Pastoral emergencies will be responded to as quickly as possible. All other communications will be responded to during Tuesday office hours, in the order they are received.

Interested in Joining PUUF?

If you are on a life-long spiritual journey, enjoy UU worship, programs and workshops; and care about a liberal religious voice in SE Idaho, you may be interested in becoming a PUUF member. For more information: membership@pocatellouu.org or 208-851-0842.