



Mike Chambers '01

Boise Unitarian Universalist Fellowship

B·U·U·F News

INFORMATION FOR MEMBERS AND FRIENDS OF BUUF

January 2006

volume 26, issue 1

EverGreene

Reverend Elizabeth Greene

So, what will the new year bring? Here are some things I hope for.

- * Peace and love and a sense of being grounded, for each and all of us and our families.
- * Peace and love in our poor old world, especially where our government is involved.
- * A continuation of our congregation's recent upsurge in social awareness—willingness to contribute time and money, a joyful awareness of how we can help. (Remembering that the Lord loveth a cheerful giver, but that he also accepteth from a grouch.)
- * More jokes and laughter in our lives.
- * The courage and generosity to reconcile with those from whom we are estranged, for whatever reasons.
- * More trips to the zoo (if you go on cold afternoons, you have the place to yourself) and the Art Museum and to First Thursday's galleries.
- * The whatever-it-takes to start doing the thing we always, always say we're going to do: draw and paint more often; start skiing lessons; take a rafting trip; retreat to a monastery; take up gardening; buy a Sky Chair or hammock and hang around in it.
- * The discipline to say "no" to one more obligation and say "yes" to movies and walks and meals and do-nothing time with the people we love.

Happy New Year to you all!! I love the way we have been with each other all these years, and look forward with joy to 2006.



January 1, 10 am, single service followed by potluck

"Poetry Counterpoised," Debra Smith

Debra Smith and other aficionados of the artform will read a variety of thoughtful poems, first from one perspective, then from another. It promises to be a thoughtful and

thoughtprovoking morning of insight and reflection. Elton Hall, service coordinator. Nuri and Charlotte Tompkins, music. *One service only, 10 a.m. followed by a pot luck. Start the new year off right. Bring your own plates and utensils!*

January 8, 9 and 11 am

"Out of the Flames," Rev. Elizabeth Greene

Is there anything for which you would be willing to be burned at the stake? Our forebear Michael Servetus chose death over giving up his beliefs. Bruce Dowlin, service coordinator. Charlotte Tompkins, Eric Wallace, music.

January 15, 9 and 11 am

"Suffer the Little Children," Rev. Elizabeth Greene

On this Social Action Sunday, Elizabeth will reflect on our society's attitude toward children, as reflected in fiscal and social policy. She also has some "interesting" views on Unitarian Universalist attitudes toward children... Lance Pitman, service coordinator. Children's choir and Cees Hoefnagels, music.

January 22, 9 and 11 am

"Love Poems for Fearful Hearts," Rev. Joan Montagnes, East Shore Unitarian, Bellevue, WA

There are only two ways of being in this world: Love and Fear. We are called to live in Radical Love. Great poets, lovers, and thinkers inspire us to reach that lofty goal. Gail Haldeman, service coordinator. E. Coston Frederick, music.

January 29, 9 and 11 am

"What Is Worthy?" Rev. Elizabeth Greene

Returning to the perennial theme of "wounded words," Elizabeth talks about "worship." (In the complete faith that those with reservations about the topic will come for the conversation!) Bruce Dowlin, service coordinator. Carrie Bastian, Nuralima, music



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Letter from the President

Patti Raino

Happy New Year! Having BUUF make a difference in the larger community and being a force for social action and change is one of my goals for the next year. I want to thank each of you who gave generously for social action. In November the non-designated plate collection provided more than \$900 for Corpus Christi House and in December more than \$1,000 for the Garden City Soup Kitchen. Both organizations are extremely grateful.

At our December Board meeting we heard a building completion status report from Bob Smith. The metal flashing on the roof is complete, there is still touch up needed on the paint and much of the acoustic and sound work is completed. The parking lot lights have been installed and have been wonderful on these dark winter nights. By the time you read this we are hopeful that the fireplace room may be completed. Take a look at the wonderful wood mantle that Bob Smith made and installed.

In other business the Board appointed Wanda Jennings as its representative on our Safe Congregation Panel. The Board discussed increasing the leadership budget next year as we feel BUUF should participate more actively in the conferences and leadership development available through the UUA. We also approved raising the insurance coverage on our expanded building. At our January Board meeting our insurance agent will present information on our building coverage and answer questions we have concerning liability coverage.

There are many unsung heroes and heroines at BUUF. We could not flourish, grow and change without the people who make time in their busy lives to volunteer at BUUF. I want to thank each of you for making this community we call BUUF so special. It is a real joy to me that you are too numerous to list.

Again, a Happy New Year to each of you.

UUA Matters

Rev. Elizabeth Greene

Since being elected last February to the national Unitarian Universalist Board, I am so aware of how little the “person on the street” (like me, before I became a Board member) knows about our national issues and practices.

Do you know about the General Assembly “incident,” involving issues of race and youth? Are you familiar with what our Association has been doing to forward marriage equality? Have you heard anything about the controversial growth project in Texas?

Go to uua.org and click on the “Board” link, and you will find out all kinds of interesting things. Or maybe you’ll find cryptic references in Board minutes and will want to ask me—great!

In January, I am meeting my daughter in Boston (she lives in Australia and is making a work trip to the US East Coast) for two days, then attending my second full UUA Board meeting. Stay tuned!



EnThralled with RE

Jennifer Thrall-Thomas

January 1, 2006 marks my sixth anniversary as the Director of Religious Education (DRE) at the BUUF. This is difficult for me to believe. Six times I have been through a RE program year. Upon reflection, my time here at BUUF has been rich and rewarding, and I can say I have grown into the position, and I am very proud of how our program has grown and what it has become.

On February 1, 2006, I will begin a six-month leave of absence from my DRE position to continue my reflection on my position, participate in some continuing education, take on some new district responsibilities (I am slated to serve on the Pacific Northwest District UU board in February) and enjoy my family before Steve and I become “empty nesters” after Kamlynn graduates high school and heads off to college in the fall.

I take my leave feeling very little stress as the RE program is in the very capable hands of Karen Raese and the RE committee and will be under the watchful eye of Elizabeth. As you know, Karen has taken on the part-time position of Children’s Religious Exploration Program Consultant and she will increase her hours and take on a few more responsibilities for our RE program. Cathy Carmen and the RE committee will support Karen and continue to guide and strengthen the RE program.

I am so grateful to Elizabeth, the BUUF governing board and the congregation for supporting me as I take this leave. Not many people in the working world can make a request like this and have 100% support and encouragement from their boss and institution! I can promise you that I will return a stronger and more enlightened person in the fall. Thank you for your love and support.

Safe Congregations

Jennifer Thrall-Thomas

Time for an update! In November, I had the opportunity to attend a “best practices” workshop on child safety for faith-based organizations. UU Directors of Education and ministers from the Willamette valley and Boise met in Oregon City, OR to learn about what each congregation should be doing to keep our children safe from harm while they attend Sunday school and congregational activities. What I learned made me feel very good. Due to our comprehensive and thorough safe congregations policy and our work to implement its requirements, I can report that we are doing well and a front runner in this field. However, we still have work to do and we must be vigilant.

I want to acknowledge and thank the RE guides and the parents and the RE committee for helping to make sure that we have two adults in the classroom each Sunday. This is one of the most important things we do for child safety. Please note that we

appreciate your understanding if you are called to be in the classroom and then may be relieved of your duties due to an abundance of adults willing to help. It is always better to have too many than to not be able to hold class because we don’t have two adults.

At the December meeting of the Safe Congregations panel, Judy Frederick and Jeanie Scepka agreed to co-chair the Safe Congregations Panel. The panel was created as a requirement of our policy. The panel is made up of 11 members from our congregation including the minister, DRE and a board representative. The panel serves as an advisory group to the RE program and to educate our congregation on safe child practices. The panel will be meeting again in January to regroup and plan educational opportunities for the BUUF.

If you have not seen or read the BUUF Safe Congregations Policy, copies are located on the kiosk in the north vestibule or from Jennifer, Karen or Gerry. If you have questions, please do not hesitate to contact us.

Safe Congregations Panel members:

| | |
|-----------------------|------------------------|
| Craig Raese | Sue Stadler |
| Jamie Champion | Cathy Carmen |
| Renee Hatten-Montagne | Judy Frederick |
| Jeanie Scepka | Eric Wallace |
| Elizabeth Greene | Jennifer Thrall-Thomas |

Soft-Hearted Intellectuals?

Jeanette Ross

Camille Paglia has said that her favorite metaphor for western civilization is American football: controlled violence and an advantage for crafty leaders whose followers have a high tolerance for pain. Is the strength of western civilization its unruly resistance to being civilized? BUUF Humanists pondered this before veering into a satisfying discussion of strong and capable women we’ve personally known.

Our program next month would disgust Ms. Paglia but we are proceeding anyway with an introduction to the nurturing father, led by Larry Standley. We meet in the senior high room at 9am on the 2nd Sunday of each month, which will next be January 8. No pledges of allegiance to humanist principles required; we encourage idle curiosity. Please join us.



Caring Corner

Pastoral Care Team

Happy New Year! Like the morning after a long snow fall, the new year brings with it so much promise while hiding all the blemishes of the past. How many of us have set grand goals for the year? Goals are such a wonderful thing. They really are the dreams we allow ourselves to believe we can reach.

Yet as we strive to make ourselves better, let us not lose sight of the wonderful people we already are. So it's 10 am on January 1 and you've already broken your resolution not to eat more than one piece of chocolate a day. Did you truly enjoy that second piece? No! Then, have another and this time take your time to experience it in all its wonderful creamy glory.

Still have that critic in your head telling you what a horrible person you are for having broken your resolution? Tell it to get a life and figure out what is really realistic for you. Remind yourself of all the promises you've kept to yourself and those around you. Remind yourself how beautiful you are – right now in the body that you have filled with the spirit that is you. Drown out that negative voice with one that is positive and supportive by saying, “Thank you for recognizing my magnificence.”

Through it all, remember that when things get too much Pastoral Care is there to help and remind you of how valuable you are to us. Look for our Red Badges of Caring or pick up our brochure from the information kiosk and call us.

Joyous News:

Pastoral Care would like to thank all the wonderful people who joined us for Life Skills Training last November. We hope you all walked away with information that you can use as you travel on life's journey.

We also walked away with something of great value. We have the joy of welcoming six new members to our team: Sharon Barlow, Michelle Coleman, Kristen Cheyney, Barry Evans, Bryan Jennings, and Amy Siedenstrang. They bring with them much needed enthusiasm and willingness to continue the good work started so many years ago.

Outreach Focuses Social Action Efforts

Besse La Budde, Social Action Chair

New found awareness about the needs of the homeless in Boise have made many realize that there are unsponsored American citizens in our community who have needs usually associated with refugees. In truth, the homeless *are* refugees from events too catastrophic for them to handle. Some are on the street because of job loss, eviction from housing, or bills for health care. Mental illness, drug use, and military trauma have caused others to adopt a street life.

Many of us independently have been providing services to the needy, but now we are reaching out as a group. For effective outreach, each person in our congregation becomes a member of the social action team. The best news is that to be a member of the social action team one does not need to become a committee member and attend meetings. It has perhaps a greater charge: to respond and to be alert to needs and to pass these observations to BUUF in the manner of “What can WE do about this?” rather than. “Why don't YOU...?”

The policy change that makes this resolution serious is the board's agreement that a portion of non-pledge donations will be donated to community outreach. The Sanctuary effort which is currently trying to find a way to feed and shelter the homeless in Boise, Garden City's efforts to establish a “soup kitchen”, and Corpus Christi House which provides daytime services to the homeless have been identified as programs worthy of support. Members of our congregation are actively involved in each of these efforts. There are others, which we, as social action team members, will identify. Won't you share your knowledge of a special group or need.

Outreach Donations Talled

The sermon on the second Sunday of each month addresses social action and non-pledge offerings on those Sundays are donated to a named social service project. In November, \$976. went to Corpus Christi House, and in December \$1045. was collected to aid in establishing the Garden City soup kitchen. AN INCREDIBLE RESPONSE! And we ain't got started yet. Just wait until our volunteers arrive.

BUUF Helps Garden City Soup Kitchen

In mid-December BUUF members and friends generously volunteered to assist a fledgling soup kitchen in Garden City. Rev. Elizabeth Greene inspired the effort when she pledged the Social Action Outreach portion of Dec. 11's collection to the “Dining Room.” Many answered her additional call for help to our community by signing up to serve at 5:30 meals at the Community Christian Center, 2002 E. 42, Garden City.

In late January the Dining Room, a brainchild of the St. Vincent DePaul Society and the Community Christian Center, will begin offering meals five nights a week. BUUF's night will probably be Tuesday. At first we will man the kitchen every week; but as other groups enlist, we may be responsible only every other week. Our service should be easy because the founders hope to hire a cook and an administrator. (Applicants should contact Hope Ryan at St. Vincent De Paul.) Of course, BUUF's volunteer cadre would welcome additional servers. Anyone wishing to work regularly or occasionally should contact Lorel Case at 376-3188 or caselandl@msn.com.

Clothing for Children Needed

With our attention turned elsewhere, our collection of clothing for Whittier Elementary School children has waned. As Christmas gifts replace current clothing, please wash and bring outgrown clothing to the collection box in the north entryway. Warm jackets, sweaters, and shoes are especially needed.

BUUF and the Idaho Legislature

Julie Fanselow

The BUUF Social Action Committee has been talking about ways we can better take advantage of one of our congregation's strengths: our location in Idaho's capital city.

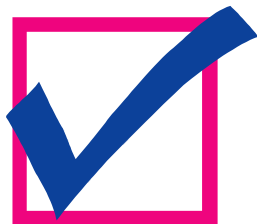
Now we're ready to put the talk into action.

Idaho's state legislature is in session January through late March or April. At our next meeting – 9 a.m. Sunday, January 15 in the BUUF library; everyone is welcome – we will identify one or two key issues that are coming before the lawmakers this winter. (The governor's Medicaid reform plan, ethics legislation, and power-plant siting legislation are top possibilities.) We expect to develop positions and talking points, as a committee, that individual BUUFers can share with their own legislators as citizen lobbyists.

Many of us are already active in lobbying the legislature, either as volunteers or through our jobs (and sometimes both). If you haven't done any lobbying before, it's easier than it looks, and we will have a discussion session – probably between services sometime in early February - to share tips, techniques, contact information, and talking points. If you are interested in this, you can contact me at juliewrites@yahoo.com or watch for bulletin announcements (as well as next month's newsletter). I am especially keen to work with any BUUF youth who are interested in government and politics. (It's good college app/resume material, guys ...)

We also will have a BUUF and/or UUSC information table at the statehouse one day in February or March, just to let people know we exist and share our liberal religious values. I'll need a few people to help with this, too.

The Social Action Committee would like to thank BUUF community members Roger Sherman of United Vision for Idaho, current District 19 State Senator Kate Kelly, and former state legislator Betsy Dunklin for sharing their time and expertise with us as we've developed plans for this project.



Senior Sages This Month:

The venerable ones—and others with a free morning hour or so—gather at the Kopper Kitchen Grille twice a month for edifying and entertaining presentations and discussions. You're invited to come along, enjoy a no-host breakfast, and share in the fun. Sessions start about 9:30 a.m. on the 2nd and 4th Thursdays of most months.

January 12 Guest speaker Bob Olson entertains with his usual wit and flair.

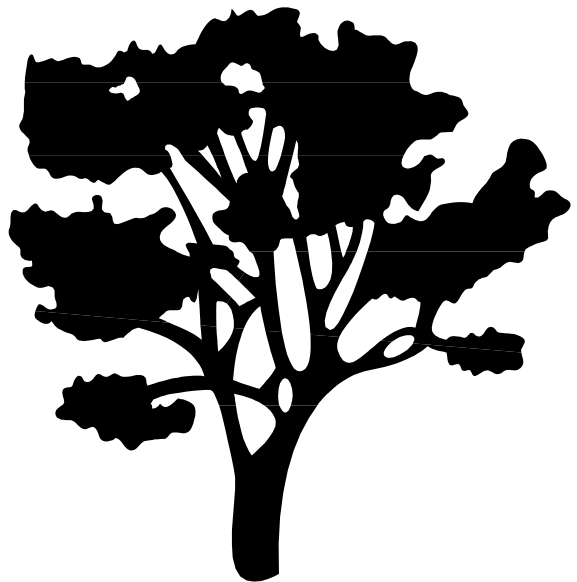
January 26 "Universal Health Care" Gail LeBow examines this hot topic, sharing information from her husband Robert LeBow's book "Healthcare Meltdown" and other publications of the Physicians for a National Healthcare Program.

Elvis Visits The Other Book Club

On Sunday, January 8, at 7 p.m. the group tours through "Graceland" by Christopher Abant. All readers are welcome to join the discussion. It's at Benita Coleman's home, 8169 W. Beckton Lane (off Coffee, near BUUF). RSVP: 375-9082. Elvis costumes optional.

Looking to Travel?

Jo Kirkpatrick is looking for travel compatriots for a trip to the Chilean wine valleys in Jan or Feb 2006. As you know, those months are mid-summer in Chile. I've had experience organizing and running small group trips before (in India), but this time I'm looking for just one companion, or at most three (plus me = four). Please email me at jkirk@spro.net



UU're Home

Do you dream of inexpensive vacation travel to interesting destinations where you can stay in the homes of friendly people who share your ideals and are happy to provide directions and advice for their area?

The UU bed and breakfast directory *UU're Home* (formerly *Homecomings*) can fulfill your dream. For 27 years, we've provided a network of hosts in the United States (and a few abroad) who enjoy meeting new friends and who are happy to open their home to like-minded people.

Check out our website at www.UUreHome.com, where entries are updated whenever changes are made or new hosts are added and you can charge a membership to your credit card. The 2006 edition of the annual paper directory will be available in April and can be ordered by sending a check for \$18 (or \$23, along with your e-mail address, for both the directory and a year's access to the website) to UU're Home, 43 Vermont Court, Asheville, NC 28806.

You can also become a host and be listed in the directory. Contact us at 828-281-3253 or at info@uurehome.com, and we will gladly send you information about listing your accommodations.

wUUrld's 2006 WhaleCoast Alaska

Five Alaskan UU fellowships invite other UUs to our eco-cultural programs in June, July and August 2006. See the REAL Alaska! Alaskan UU's provide B & B accommodations in their homes in Anchorage, Seward, Fairbanks, Juneau and Sitka, lead tours and hikes and host parties. Visit with Tlingit, Inupiat and other Native Alaskans. See whales, sea otters, sea lions, seals, bears, moose, caribou, wolves, puffins, eagles and other birds in the wild from the Arctic Ocean to the Inside Passage in the south, and visit Denali and other national parks. Rev. Dick & Mary Weston-Jones, leaders. Visit website www.wuurld.org, e-mail dick@wuurld.org, or phone toll-free 1-888, 998-8753 for a brochure. Taking reservations now.



Don't Put It Off Any Longer

Unitarian Universalist societies come in a great variety of shapes and sizes with a wide range of programs and special interests. The essence of each is as unique as the people who comprise the congregation, but there are common concerns and fundamental principles that hold them together. As Marjorie Achley says, "Perhaps you have been looking for a church where:

Your doubts are not ridiculed.

Your guilts are lightened.

Your griefs are comforted.

Your joys are celebrated.

Your children are taught all religions.

Your talents are nurtured.

Your concerns are shared.

Your reason is honored.

Your friendships are deepened.

Your love of art and beauty is expanded.

Your need to serve others is fostered.

Your need to laugh is encouraged.

Your individual decision is treasured.

Then you have been looking for the Unitarian Universalist Church. These are our aspirations. If they are yours, come join and help us achieve them."

You may be new to Unitarian Universalism or to a particular congregation or you may have participated for a long time (*Polly Laughland Guild).

This is your opportunity to learn more and make new connections. The NEW UU Classes begin Tuesday January 24 at 7:00 PM and run for five consecutive Tuesdays (Jan 24, 31, Feb 7, 14, 21) here at the Fellowship (childcare provided). If you have questions feel free to email or call Steve Thomas steve.thomas@albertsons.com / home phone 342-1196.



Warning

by Jenny Joseph

When I am an old woman, I shall wear purple
With a red hat which doesn't go, and doesn't suit me.
And I shall spend my pension on brandy and summer gloves
And satin sandals, and say we've no money for butter.
I shall sit down on the pavement when I'm tired
And gobble up samples in shops and press alarm bells
And run my stick along the public railings
And make up for the sobriety of my youth.
I shall go out in my slippers in the rain
And pick the flowers in other people's gardens
And learn to spit
You can wear terrible shirts and grow more fat
And eat three pounds of sausages at a go
Or only bread and pickle for a week
And hoard pens and pencils and beer mats and things in boxes
But now we must have clothes that keep us dry
And pay our rent and not swear in the street
And set a good example for the children.
We must have friends to dinner and read the papers.
But maybe I ought to practice a little now?
So people who know me are not too shocked and surprised
When suddenly I am old, and start to wear purple.

Taken from the book

When I Am An Old Woman I Shall Wear Purple

Edited by Sandra Martz

Papier Mache Press—Watsonville, California 1987

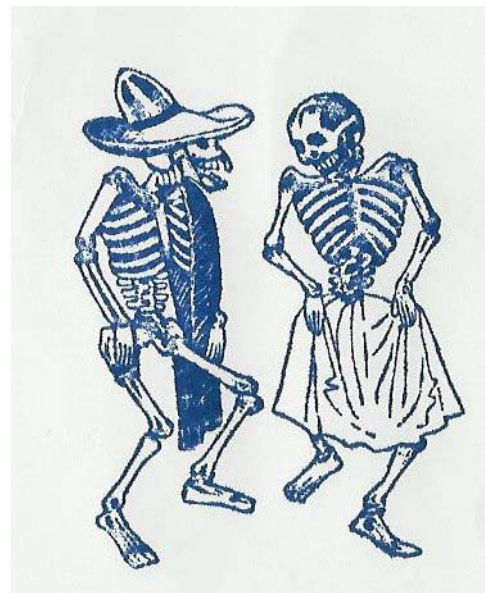
On Mindfulness

Excerpt from Jon Kabat-Zinn's book, *Wherever You Go, There You Are*

We use the word "practice" to describe the cultivation of mindfulness, but it is not meant in the usual sense of a repetitive rehearsing to get better and better so that a performance or a competition will go as well as possible.

Mindfulness practice means that we commit fully in each moment to being present. There is no "performance". There is just this moment. We are not trying to improve or to get anywhere else. We are not even running after special insights or visions. Nor are we forcing ourselves to be non-judgmental, calm, or relaxed. And we are certainly not promoting self-consciousness or indulging in self-preoccupation. Rather, we are simply inviting ourselves to interface with this moment in full awareness, with the intention to embody as best we can an orientation of calmness, mindfulness, and equanimity right here and right now.

The spirit of mindfulness is to practice for its own sake, and just to take each moment as it comes—pleasant or unpleasant, good, bad, or ugly—and then work with that because it is what is present now. With this attitude, life itself becomes practice. Then, rather than doing practice, it might be better said that the practice is doing you, or that life itself becomes your meditation teacher and your guide.



The Cook Off Is Coming This Month!

The BUUF Chili/Cornbread Cook Off will be held on Saturday, January 21, 2006. Sample and vote for your favorite between 5:30 and 7:00 p.m., then join in adult and children's games from 7:00 to 8:30 p.m. Adults, \$5; children 10 and up, \$2; families, \$10; children under 10, free. Kid-friendly chili and snacks will be available, along with desserts. Bring your appetites, and share in great food and fellowship.

Enter the chili or cornbread cook off and win fame and admiration from BUUF members and friends. Both vegetarian and meat chili welcome, along with every conceivable kind of cornbread. Entry forms are available in the BUUF vestibules. The last day to enter is January 15. Spectacular prizes will be awarded to winners.

Albertson's Gives BUUF Money (with your help!)

Pick up an Albertson's Community Partners Card from the clipboard on the kiosk in the North Vestibule. Next time you shop at Albertson's give them the Community Partners Card along with your Albertson's Preferred Card. Albertson's will do the rest. Every time you shop and use your Albertson's Preferred Card, they will donate a tiny portion to BUUF. Those tiny portions add up and bring income to BUUF.

Martin Wilke Art Exhibit

A striking series of pen and ink drawings by our own Martin Wilke goes on display in the South Gallery around the middle of January. There will be a reception for Martin a few weeks later. Watch the Sunday bulletins for more information and exact dates.

Your Artwork Wanted

We have the wall space—do you have the art? BUUF members, friends (and even friends in the community not affiliated with the church) are invited to submit a applications to hang solo, dual or group art exhibits in the south wing. For information and application forms: call the office at 658-1710 or email office@boiseuu.org. Ask for the Art Exhibition Package.



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