



# August 2010

For details of Sunday mornings and ☼ special events, see the newsletter.  
See the back of the calendar for info about events. For updates, see [cascadeuu.org](http://cascadeuu.org) or call 630-3385.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> FOOD BANK SUNDAY M-Z BRING TREATS 6:00am ▶☼ Hike to Peshastin Pinnacles 10:30am Service: "Poetry and the Sufi Religion"—Ed LaPaz	<b>2</b> 10:00am Covenant Group—Dan	<b>3</b> 12:15pm <i>A Course in Miracles</i> Study Group—Office	<b>4</b> ▶Peace Vigils 2:00pm Cashmere 5:15pm Wenatchee 5:00pm—DEADLINE FOR PRINTED ANNOUNCEMENTS 6:30pm Tibetan Buddhist Meditation 7:30-9pm Zen Meditation	<b>5</b> 6:15/7:00pm Board Meeting	<b>6</b> 	<b>7</b> Looking forward to <b>September 13 "Water Service"</b> During the summer, if you are in a place that is special to you, collect some water for this in-gathering ceremony.
<b>8</b> M-Z BRING TREATS 9:30am Community Concerns Committee 10:30am Service: "The Ecstasy of Wrestling with the Muse"—Brian Ohme and friends  7:00pm Dream Group	<b>9</b>	<b>10</b> 8:00am▶☼ Hike to Eight Mile Lake  Tai Chi 5:30pm Beginners 6:00pm All Levels	<b>11</b> 10:00am Covenant Gr.—Pearl 1:30pm▶☼ Afternoon Book Group ▶Peace Vigils 2:00pm Cashmere 5:15pm Wenatchee 5:00pm—DEADLINE FOR PRINTED ANNOUNCEMENTS 6:30pm Tibetan Buddhist Meditation	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b> M-Z BRING TREATS NEWSLETTER DEADLINE 6:00am ▶☼ Hike to Saddle-rock North 10:30am Service: "Blessings from the Animals"—Lori Nitchals	<b>16</b> 10:00am Covenant Group—Dan	<b>17</b> 12:15pm <i>A Course in Miracles</i> Study Group—Office  Tai Chi 5:30pm Beginners 6:00pm All Levels	<b>18</b> ▶Peace Vigils 2:00pm Cashmere 5:15pm Wenatchee 5:00pm—DEADLINE FOR PRINTED ANNOUNCEMENTS 6:30pm Tibetan Buddhist Meditation 7:30-9pm Zen Meditation	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b> M-Z BRING TREATS 10:30am Service: "Chalice Circle Sunday—Forgiveness"—Christina Davitt  7:00pm Dream Group	<b>23</b> 8:00am▶☼ Hike to Minotaur Lake	<b>24</b>  Tai Chi 5:30pm Beginners 6:00pm All Levels	<b>25</b> 10:00am Covenant Gr.—Pearl ▶Peace Vigils 2:00pm Cashmere 5:15pm Wenatchee 5:00pm—DEADLINE FOR PRINTED ANNOUNCEMENTS 6:30pm Tibetan Buddhist Meditation	<b>26</b>	<b>27</b>	<b>28</b>  10:00am—5:00pm RE-Treat for Volunteer Teachers—Blue House
<b>29</b> M-Z BRING TREATS 6:00am ▶☼ Hike TBA 10:30am Service: "Living the Questions"—Rev. Cecilia Kingman  12:00pm—5:00pm Board Retreat 12:15pm Social/Environ. Action Team Meeting	<b>30</b> 7:00pm Newcomer Care Committee	<b>31</b> 12:15pm <i>A Course in Miracles</i> Study Group—Office  Tai Chi 5:30pm Beginners 6:00pm All Levels	If you attend a service during August and your last name starts with any of the letters M-Z and you are willing and able, please bring a finger food to share. In September, those who have last names starting with A-L will provide treats for the after-the-service social time.	<b>Save the Date!</b> <b>September 11</b> <b>1:00pm—7:00pm</b> <b>Friendship</b> <b>Fest</b>	<b>CUUF Office Hours:</b> Tuesdays 2:00-6:00 Wednesdays 2:00-6:00 Thursdays 2:00-6:00 Fridays 3:00-6:00 Other by appointment <b>Phone: 886-4023</b>	

To schedule an event using CUUF facilities or to include your event on the calendar, contact Rita Salama, 630-3385, [cuufink@yahoo.com](mailto:cuufink@yahoo.com).  
All events are held in the sanctuary unless otherwise noted. ▶ Indicates location other than CUUF.  
☼ marks special events (see the newsletter for details). [ ] designate use by nonmembers of CUUF.