

November 2010

VISITORS ARE ALWAYS WELCOME!

Cascade Unitarian Universalist Fellowship affirms the inherent worth and dignity of all people. We welcome diversity of race, age, abilities, sexual orientation, culture, and religious background.

OUR SERVICES ARE TRANSFORMATIVE!

Presented by Rev. Cecilia Kingman, guest speakers, or members of CUUF—each service is unique.

OUR MISSION—

to contribute towards community by promoting spiritual and personal growth, the free expression and exploration of ideas and beliefs, and mutual support through fellowship.



Cascade UU Fellowship
1550 Sunset Highway N.
East Wenatchee WA 98802
886-4023
www.cascadeuu.org

Minister: Rev. Cecilia Kingman
885-2469
minister@cascadeuu.org

Office Administrator: Rita Salama
630-3385
cuufink@yahoo.com

Sunday Services

Our services begin at 10:30am and end at 11:45am. Children stay with their parents for the first part of the service before leaving for Religious Education (see page 6 for details). Childcare for younger children is available from 10:15am to 12:15pm in the Blue House.

Please join us for coffee, treats and fellowship immediately following the service.

November 7, 2010, Daylight Saving Time ends

Bring a Friend Sunday! Food Bank Sunday

10:30am Service: "Killing the Imposter God"

Rev. Cecilia Kingman

Celebrant: Connie Risley

The novelist Philip Pullman has been hailed and vilified for killing God in his "Golden Compass" trilogy. But the God whom he kills is already a God many of us don't believe in: the Authority, the old man in the sky who sees all and punishes much. And little has been said about Pullman's other vision of the Divine, one which many of us do share. What if the God we've been arguing with for so long is in fact already dead?

This is a Bring a Friend Sunday, and the Tweens group will also join us for this provocative service on theology and belief.

November 14, 2010

10:30 am Service: "Making Privilege Work—Reflections from a Zimbabwe Decade"

Guest Speaker: Dick Adams of The Zimbabwe Artists Project Celebrant: Rocci Hildum

Dick Adams' life-long career as an academic was turned upside-down by a request from women artists of rural Weya, Zimbabwe, that he find a market for their art in the U.S. The ensuing decade as Executive Director of Zimbabwe Artists Project has been challenging, rewarding and full of lessons about privilege, dignity and self-respect.

November 21, 2010, All Ages Service!

10:30am Service: "The Welcome Table"

Rev. Cecilia Kingman

Celebrant: Natalie Palmer and Sarah Cavanaugh

This Sunday before Thanksgiving we will open our hearts to the guests all around us, and consider how we might practice the art of hospitality. We will celebrate our Guest at Your Table program, in support of the Unitarian Universalist Service Committee's work to secure basic human rights for people around the world. Come have your heart opened!

November 28, 2010

10:30am Service: "This I Believe"

CUUF Speakers: Rebecca Baerveldt-Lyons, LeRoy Farmer and Kerry Logan

Celebrant: Chris Rader

Rebecca Baerveldt-Lyons, LeRoy Farmer and Kerry Logan will share stories of the evolution of their spiritual beliefs from childhood religious influences to Unitarian Universalism. This popular service helps us get to know each other better, and often stimulates fellowship members to examine their own spiritual odysseys.

And stay for coffee... Please join us for coffee, treats and fellowship immediately following the service. During October, if your last name starts A—L and you are willing and able, please bring a fingerfood to share.





A MESSAGE FROM OUR BOARD PRESIDENT

—Joe Palmer

As appears to be the norm for CUUF, there is never a dull moment! As most of you know, we have been approached to consider selling our property to Columbia Valley Community Health. I have removed myself from this process; I am currently a member of the Columbia Valley Board of Directors as well as the President of CUUF's Board of Trustees. Rest assured that CUUF is in excellent hands in the preliminary stages of this process and that, should things continue to move forward, nothing will be done without a congregational vote. A question and answer session was held last week, and the committee is open to any questions, concerns, or feedback regarding this process.

I received an e-mail from one member asking us to be cautious with the process: to not only consider the economic value of a potential sale, but also the non-economic impact of what a sale might mean. Would our sense of fellowship remain? This is an excellent question and one that got me thinking about what it means to be a member of CUUF. What I kept coming back to were our closing words: "We extinguish this flame, but not the light of truth, warmth of community, or fire of commitment; these we carry in our hearts until we are together again" This, to me, is the heart of CUUF. The physical structure, although important and necessary, is only a tool to allow us to examine truth, share community, and commit with passion to those things we hold dear. As long as we meet as a community, we hold CUUF in our hearts. We say "Home is where the heart is" - and I think we could say that CUUF is where the community is.

It is important to not let this development overshadow all of the other great things going on this fall. Of particular importance was the fantastic Mission Statement workshop that was led by Jeanine Larson from the PNWD. This couldn't have happened without a number of volunteers from CUUF working behind the scenes and during the process to make it so rewarding. A big "thank you" goes out to those folks! The mission statement refining team will now move forward with all of the great work that was done at the workshop; they will be crafting a new mission statement (with further input from the congregation at large) that defines who we are and what we want to be.

I always like to close with a plug to please contact me or any other board member with questions or concerns. It is important to me personally in these times of change - and potential change - that everyone feels heard and valued. The Board and I look forward to hearing from you.

In faith, fellowship, and friendship,
Joe



NAILED DOWN—October 7, 2010 **Notes from the Board Meeting**

LIAISON ROLE

- Role of committee liaisons clarified
- Role of chairs/committees—agenda for leadership council
- Identified need for Facilities "Manager" to replace chair

TREASURER'S REPORT

- Under budget predictions for discretionary income
- Over budget for expenses

FENCING PROPERTY

- Orange netting to be used on west property line
- Fencing "party" for lot needed

MEMBERSHIP COMMITTEE

- Dick Murphy to co-chair.
- Geordie Romer tentative agreement to co-chair for 1 year

MISSION STATEMENT WORKSHOP

- Plans for workshop

LEADERSHIP RETREAT

Scheduled for Saturday, November 20.

Board members to seek/invite potential leaders

FRIENDSHIP FESTIVAL REVIEW

Successful 1st time event.

Net as of Sept.30—\$683 (some receipts still out)

*All future fundraising to go through Finance Committee

*Sub-committees required to present budget to Finance

Committee for approval.

FORUM/SUNDAYS

Sunday Services Committee no longer scheduling forums

Plans to form "Forum Committee"

Board member doing announcements to lock up/delegate

POLICY TASK FORCE

Checking with Personnel Committee regarding urgency

REPORTS

MINISTER'S REPORT

Focus on serving others and caring for ourselves

Request for group email to Board (board@cascadeuu.org)

Continued on bottom of page 3

Board meetings are usually held the first Thursday of the month, at 7:00pm. Members of the Fellowship are always welcome as observers.

If you would like to speak to the Board, please contact the Board President beforehand so you can be included on the agenda.

Minutes of the meetings are posted in the sanctuary.

A MESSAGE FROM OUR MINISTER
—Rev. Cecilia Kingman



My heart thumped in my chest as I watched the first team come forward. What possibilities might unfold in this moment? Anything could happen! As the captain moved into position, I held my breath in anticipation...

No, I was not at a sporting event-- I was watching the results of our Mission Workshop on November 9. After hours of hard thinking, quiet scribbling, lively conversation and even boisterous laughter, each team of 5-6 CUUFers was presenting their initial draft of a new Mission Statement for our fellowship. The first team's efforts were met with delighted applause by the other groups, and as each table came forward to share their draft, the enthusiasm in the room grew and grew. And the statements! Bold, daring, and dreaming big...I was excited by the ideas that bounced around the energetic room.

Now these drafts will go to a Refining Team which has been appointed by the Board: Chandra Villano, Barb Flick and Mary Ellen Rundell. Thank you to these good folks who are willing to commit hours of their time to the next stages of creation. They will write a first draft of our new mission statement, combining the ideas that came out of the small groups. In late November and early December they will present that first draft for feedback from the congregation, in "cottage meetings" or small groups. Then they'll take the responses and work on a second draft, for review again in January. Once again they'll take the feedback they've gained and work on a third and final draft. This draft will be published for all to see and think about, and then in early March there will be a congregational meeting to vote on this final draft.

If you missed the Mission Workshop, not to worry! There are many more opportunities for input. Please watch the CUUF newsletter and announcements for these feedback meetings, and try to attend. This Mission belongs to all of us, and we want everyone's participation.

One thing to remember as we go through this process: the mission a statement of our highest shared purpose. It is the largest reason of our coming together. And it is crucial that we make that purpose clear to ourselves as we consider future steps and programs.

There has been some discussion about the possibility of selling part or all of our land to an interested group here in the valley. Though this is an important discussion, it also provides us with an opportunity to ask ourselves some clarifying questions:

- What is our larger purpose?
- Who beyond our walls might share that purpose?
- How does our purpose connect with the needs of our wider community?
- How does our facility serve or hinder that purpose?

A building is only a tool, which we can use to achieve our aims. It is important that we assess all of the tools in our toolkit: land, buildings, funds, staff, ministry, and volunteers. These are some of the tools we can use to live out our mission. As we gain clarity about our larger purpose, it become more necessary (and easier) to determine whether we have the tools we need and if we are using them as best we can.

Knowing this, I hope that we will engage responsibly and creatively with the questions before us. Let us be careful not to put the cart before the horse. The property is meant to serve our mission, and not the other way around. In the weeks ahead, let us prayerfully and patiently consider these questions, share our thoughts respectfully with one another, and together come to the path of greatest wisdom for this moment in our history.

In faith,
Cecilia

Notes from the Board Meeting *Continued from page 2*

DRE REPORT

- Need to hire new childcare providers
- New RE chair and solid committee needed
- Request for assistance from other committees
- Extra hours worked putting structures in place
- RE Committee meeting October 14

OFFICE ADMINISTRATOR'S REPORT

- Working out details of financial work with treasurer
- Cleaning up mailing list
- Request for policy about paper copies of newsletter.

COMMITTEE REPORTS

Communication: Jaime Krish, liaison. Meeting next week.

Sunday Services: Ed LaPaz, liaison. Meeting Sunday.

EXECUTIVE SESSION 8:05pm—8:22pm

INTEREST IN CUUF PROPERTY

*Approved retaining a realtor's services to enter into a discussion with Columbia Valley Community Health about the sale of one or both of CUUF's properties.

*Plans for special meetings, exploratory task force and communication to congregation.

SUNDAY FORUMS

These adult discussion groups are open to anyone who would like to join in. Participants sit in a circle and engage in lively discussion on a topic introduced by the facilitator of the day. Forums start promptly at 9:00am and end at 10:00am, September through June, (except 2nd Sundays of each month), in the CUUF sanctuary.

November 7, 9:00am: “War and Peace”.....CUUF leader Ed LaPaz

Why do we want peace but always seem to get war? Join the discussion and share your opinions.

November 21, Sleep-In Sunday—No Forum

No forum today as the Community Concerns Committee preps for the annual CUUF auction.

November 28, 9:00am: “Truth”—Covenant Group StyleCUUF Leader Dick Murphy

The topic is “truth” but the style of this forum varies from the usual back and forth exchange of ideas. If you are curious about the covenant group experience or are thinking about joining a covenant group, this forum, where you speak from the heart and practice deep listening, can give you a taste of what it’s all about.

See below for more information about Covenant Groups.

NEW TO CUUF? You’re invited to . . .

THE NEWCOMERS’ BREAKFAST Sunday, November 14, 9:00am, in the sanctuary

If you have recently started attending our services and would like to know more about us, a continental breakfast hosted by members of the Newcomer Care Committee is for you. It will also give you a chance to meet other newcomers and get acquainted with long-time members. We have the breakfast every 2nd Sunday of the month, so if you can’t make this month’s, feel welcome to attend the next one.

Questions? Call LeRoy Farmer, 662-6344, or Dick Murphy, 884-9514.

UU AND YOU, A ROUNDTABLE DISCUSSION Saturday, November 27, 10:00am—11:30am, in the Blue House

Join in this once-a-month discussion and meet other newcomers to CUUF in a relaxed setting. This opportunity augments the New UU classes with open conversation about Unitarian Universalism, CUUF, and our spiritual journeys.

Hosted by the Fellowship Care Committee. For more information, call Dan Sconce, 664-7032.

CROWING LEADERSHIP. CROWING CUUF!

LEADERSHIP TRAINING November 20, 1:00pm—4:00pm

Want to be a more effective leader, at work or in the community?

Wonder where you might use your gifts here at CUUF?

Want to know the latest leadership wisdom for our rapidly changing society?

All CUUF members and friends are welcome to attend this free training, which includes a presentation on the concept of adaptive leadership by Ronald Heifetz. Whether you are currently serving in leadership or simply want to learn new skills, this is the workshop for you.

RSVP to the church office: cuufink@cascadeuu.org, or call 886-4203.

Questions? Contact Joe Palmer, Board President, at Richard.Palmer@cwhs.com or speak with Rev. Cecilia.

FEEL THE CONNECTION! JOIN A COVENANT GROUP

What’s a Covenant Group?

A small group of no more than 10 people that commits to meet regularly (usually twice a month), makes their own covenants or agreements on how they will be with one another, explores a different topic each time they meet, and is a confidential, safe place to be listened to without interruption, comments or advice.

Why join a group?

Covenant Groups add depth and breadth to our spiritual experience though creating deeper, more meaningful relationships with individuals and building broader, more caring connections to church and community.

Who can join?

Members of CUUF and friends. There’s room for you!

When can I join?

Anytime! Groups are ongoing and welcoming.

When do they meet?

Various days and times (there’s a time that works for you)

Where do they meet? Group members’ homes or CUUF (there’s even an Upper Valley group).

How do I join?

Fill out the form on page 7 or contact Jeff Lau (886-8583, irlau@earthlinknet) or Dick Murphy (884-9514, dick-pearl@msn.com).

Still not sure you want to join?

Check out one of the forums done “Covenant Group style” or check with Jeff or Dick about visiting a group.

What members of groups are saying:

“Seeing people on Sundays, there’s more of a bond.”

“Food for your soul. One of the few places where you can get into meaty discussions.”

CIRCLE SUPPERS

Circle Suppers are a way to deepen our relationship with other members and friends of CUUF in a relaxed environment. These fun potlucks are held in the homes of Fellowship members.

Please bring a dish to share with 10-12 people and, if desired, a bottle of wine. Let's get together, have fun and get to know each other.

Please RSVP at least a day in advance

so hosts can be sure to have enough chairs, silverware, etc.

Saturday, November 6, 6:00pm

Hosts: John & Leslie Marshall, and Bev Press
3620 Westridge Place, Wenatchee
Children welcome! Please RSVP: 663-2248



Saturday, November 20, 6:00 pm

Host: Ben Knecht
1845 Maple St. #15, Wenatchee
Adults only, please. RSVP: 888-6979

THANKSGIVING CIRCLE SUPPER

Thursday, November 25, 2:00 pm

Hosts: Christina Davitt & Mary Timiras
470 George Johnson Ave. Wenatchee
Children are welcome!
RSVP: 393-9467

Turkey will be provided.

Please bring a side dish or dessert to share.



HOSTS NEEDED

If you are interested in hosting a circle supper, let Jackie or Pearl know.

Contact: Jackie Halter, 664-7032, sandchaser@yahoo.com or Pearl Wolfe, 884-9514, dickpearl@msn.com



BOOK GROUPS

If you love books and lively conversation, one of these groups may be exactly what you've been longing for.

AFTERNOON—once a month—

Wednesday, November 10, 1:30pm

Louise Buchanan's home, 2741 NW Cascade, E. Wenatchee
Call Louise for more info, 884-5805.

EVENING—weekly—Tuesdays, 7:00pm

Dick Murphy & Pearl Wolfe's home, 1380 Eastmont Ave., #1406, E. Wenatchee

LIKE TO SING? JOIN THE CUUF CHOIR

CUUF Choir practices:

Thursday, November 4, 7:30pm

Sunday, November 7, 9:30am

Performance: Sunday, November 7

For more information,
contact Larry Tobiska,
662-3209,

ltobiska@nwi.net.



CUUF HIGHWAY LITTER PICKUP

Saturday, November 6, 10:00am

Meet in the parking lot of the Rock Island truck stop

For 2½ hours CUUFers will do their best to collect all the trash along 2 miles of the highway running south from the truck stop. You must be at least 15 years old and in pretty good shape. Wear sturdy shoes and gloves and dress for changing weather. Stay for lunch at the truck stop and swap stories of treasures found.

Call John Crew, 665-5977, for more information or to make a commitment.

ANNUAL CHRISTMAS AUCTION SUNDAY

November 21, immediately following the service

The money from this silent auction supports our Fellowship's annual contributions to the Food Bank, Women's Resource Center, Mobile Meals, and Children's Home Society. Funds in excess of these contributions will be used to "adopt" families from Women's Resource Center and Children's Home Society for the holidays. We will be buying Christmas gifts for children, as well as food and non-food items for the families.

You can help make the holidays happier for a lot of people (including the Community Concerns Committee) by participating both as a contributor and a bidder. Members of the Community Concerns Committee will soon be calling you to ask for your donation for the auction. We are looking for items such as home decorations, new clothing items, baked goods and other food items, and services such as tree trimming, lessons, massage, repair work, etc. Your early response to the committee will help. If you have questions, please call Bev Press at 663-2248.

DREAM GROUP, Sundays, November 7 & 21, 7:00pm

BAHAI STUDY GROUP, Sundays, November 7 & 21, 3:00pm

"A COURSE IN MIRACLES" STUDY GROUP, 1st & 3rd Mondays, November 1 & 15, 1:30pm

RELIGIOUS EDUCATION FOR CHILDREN AND YOUTH

A MESSAGE FROM THE DIRECTOR OF RELIGIOUS EDUCATION

—Sarah Cavanaugh



In our lessons, we are discovering many wonderful things. We learned that the essence of a beloved community is one that shares good times as well as the bad with each other, and that this is what creates a true spirit of love in a religious community. We also explored the fourth Unitarian Universalist Source, “Jewish and Christian teachings which tell us to love others as we love ourselves”, learning that Jesus preached and demonstrated the importance of taking care of everyone in a community. We are exploring the Golden Rule, in which the ethic of reciprocity appears in some form in every major religion—Judaism, Christianity, Hinduism, Buddhism, and Islam. The Golden Rule of reciprocity can be a guide toward actions that strengthen the beloved community—in our congregations, within our families, and in other communities to which we belong. All of these lessons encompass what is known as radical hospitality.

Radical hospitality invites us to welcome not only those to whom we are naturally drawn because of their similarity to ourselves, but also those who seem different from us. When we are truly open to the “other” and welcome them with the warmth that we would wish to be welcomed by, we help build a more just, loving society in our congregation and in the world. I would like to invite everyone to help make radical hospitality come alive in our own congregation. We have a unique community of diverse individuals and families. Let us continue to make our own congregation a more loving community by planning a play date for our children, attending or inviting someone to a circle supper, or just simply starting a conversation with someone new. Let’s get to know each other better!



UU Roots & Branches

This year, as a whole fellowship, we are enjoying an across the ages theme titled “UU Roots & Branches” which explores the rich history of Unitarian Universalism paved by lives of brave, prophetic men and women while nurturing self discovery and our own UU identity.

November UU of the Month: Francis David

SUNDAY LESSONS

Our curriculum is from Tapestry of Faith found on the UUA website. To check it out, go to <http://www.uua.org/religiouseducation/curricula>

Preschool & Kindergarten for ages 3-5: Lessons will be simplified from “*Love Will Guide Us*”

Elementary Lessons for ages 6-9: from “*Love Will Guide Us*”

Middle School Lessons for ages 10-13: from “*Love Connects Us*”

High School Lessons for ages 14-18: Lesson can be provided upon request with 2 weeks notice. See “*A Place of Wholeness*”

NOVEMBER 7

Elementary Lesson: “*Give Love*”, Session 7 of “*Love Will Guide Us*”,

This session explores the Unitarian Universalist Source, “the women and men of long ago and today whose lives remind us to be kind and fair”, through learning about the life of the Unitarian Transcendentalist minister and author, Ralph Waldo Emerson and his daughter Ellen and that the most important gift of all is time and love.

Pre-teen/Teen Lesson: Intergenerational Service “*Killing the Imposter God*”, inspired by “*The Lion, The Witch & The Wardrobe*”.



Continued on next page

IT TAKES A VILLAGE

Our RE Program thrives from parent/guardian and volunteer participation. Participating in the CUUF Religious Education Program for Children and Youth is so much more than just giving. There are so many ways to *receive* from volunteer participation. From receiving a child’s smile, to being inspired from one of our enriching Sunday lessons, the gifts received from giving to our RE program are abundant.

Volunteer application forms are available in the RE mailbox located in the CUUF office/library.

RE OPPORTUNITIES OF THE MONTH

- Chair the RE Council
- Donate time or supplies to the RE program.

Check out the RE Wish List located on the RE Board in the sanctuary and the Blue House.

Religious Education for Children and Youth, *continued...*

SUNDAY LESSONS, *continued from previous page*

NOVEMBER 14

Elementary Lesson: "Love Is Accepting", Session 8 of "Love Will Guide Us"

We explore the UU source, "Jewish and Christian teachings which tell us to love all others as we love ourselves" thru the Hebrew scripture of Jacob and Rachel, and participants engage in dress-up and role playing to explore how to communicate and understand the feelings of others.

Pre-teen/Teen Lesson: "The More We Get Together", Session 6 of "Love Connects Us"

We explore how the vitality of each congregation depends on volunteer service to their own community by going on a virtual treasure hunt to identify CUUF volunteers and make woven bookmarks as a thank you gift.

NOVEMBER 21

Intergenerational Thanksgiving Service

Teachers Break—No RE Lessons

NOVEMBER 28

Teachers Break—No RE Lessons

CUUF CHILD/YOUTH CHOIR

Meets First and Third Sundays in November after the service

Join us in the joy of singing meaningful songs with strong messages of empowerment, love, peace, and justice. This year we will be performing bi-monthly. Requirement for participation includes a simple registration, and 2-4 mandatory practices per performance.

Co-facilitated by Sharon Page and Sarah Cavanaugh (509)860-9189, sarahwind-woman@yahoo.com.

EXPECTATIONS OF PARENT/GUARDIAN

*All participants will be scheduled to bring snacks and to assist the teacher on a rotation list. In the event your date does not work for you, you will be provided a phone list and can exchange dates with other families.

*To only leave children in the blue house if registered

*To sign children under 12 in and out

Thank You!

From the Board to

Lois Cole and Ben Knecht

for "In the Clear" Campaign Management

Angela Morris, LeRoy Farmer, Lois Cole

for the Committee on Ministry's work on the Mission Statement Workshop



A HELPING HAND

The Fellowship Care Committee coordinates help for CUUF members and friends who may be experiencing a tough time due to illness or other unforeseen problems.

Please contact Sandie Farmer, 679-4447, or Kathleen Cullison, 782-3403 or 253-691-1491 (cell), with information regarding any member who may need a helping hand. questionnaire

CUUF COVENANT GROUP QUESTIONNAIRE

Name _____ Phone _____ Email _____

I am interested in: joining a group. moving to a new group. facilitating a group.

I am available to meet regularly on (check as many boxes as possible):

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Morning							
Afternoon							
Evening							

Comments: _____

Please fill this out and drop it in the offertory plate, give it to a Greeter, fax a copy to 886-8693 or mail to: Jeff Lau, 1720 10th Street NE, E. Wenatchee, WA 98802

Questions? Contact Jeff Lau (886-8583, jrlau@earthlink.net) or Dick Murphy (884-9514, dickpearl@msn.com).

BUDDHISM CUUF



STONE BLOSSOM SANGHA — THE CUUF ZEN BUDDHIST GROUP
ZEN MEDITATION, Wednesday evenings, 7:30pm—9:00pm

This meditation group has roots in Zen Buddhism. All are welcome! For more information about this group, contact Sharon Petit (shayknight@charter.net), or Todd Petit (mizmar@charter.net), 884-6773.



TIBETAN BUDDHIST GROUP

RED TARA TIBETAN BUDDHIST PRACTICE AND MEDITATION, Wednesday evenings, 6:30pm—7:30pm

For more information about this group contact Anne Crain, 509-429-2025 or Karen Povernly, 687-1911.

NATIONAL UNITARIAN UNIVERSALIST BUDDHIST FELLOWSHIP

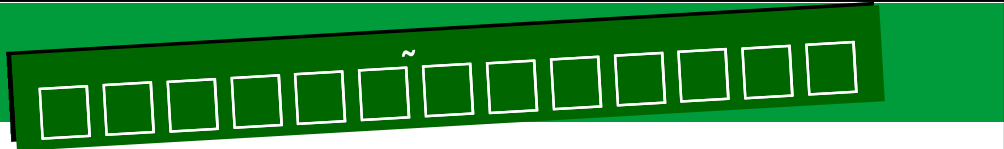
Visit www.uua.org/uubf to find out more about this mutually beneficial relationship.

VISIT OUR PARTNER CHURCH IN TRANSYLVANIA

June 8 – 16, 2011

Visit our partner church in the Unitarian homelands of Transylvania! Led by the Rev. Cecilia Kingman, this trip will take you into the heart of our free faith. Visit the birthplace of Unitarianism and stay in the remote village of Firtos-váralja, home to our partner church. This visit will coincide with the Pentecost holiday, one of four high holidays for the Transylvanian Unitarians. We'll stay in village homes, enjoy the holiday's folk traditions, witness ancient practices of sustainable living, and deepen our understanding of religious history. We'll visit the historic sites in the struggle for religious freedom, worship in the oldest Unitarian churches in the world, and dance, eat and sing! Deepen your own spiritual journey by joining this pilgrimage.

For a trip brochure and application, or for more information, e-mail pilgrimage.registrar@yahoo.com or call Rev. Cecilia at 509-885-2469.



The CUUF Social/Environmental Action Team values political diversity and doesn't espouse any one political ideology. We serve to inform the Fellowship of issues and events reflecting the Seven Principles and supported by the national UUA. We strive to continue UU's proud legacy of social and environmental activism.

LOCAL ACTION

FOOD BANK SUNDAY, NOVEMBER 7

The Social Action Team has established the first Sunday of each month as FOOD BANK SUNDAY.

Please bring canned goods or other nonperishable items with you every first Sunday. Of course you are welcome to bring things in on other Sundays, too. There is a box in the entryway marked "Food Bank". Donations will be delivered to the Women's Resource Center's Food Bank. Thanks to all who have been contributing. Your neighbors appreciate it!

COMMUNITY PEACE VIGILS

Every Wednesday

Cashmere, 2:00pm—4:00pm

corner of Cottage and Division

Wenatchee, 5:15pm—6:15pm

corner of Chelan and Orondo

Dress for the weather.

Bring a sign or candle (or borrow one).

STATE ACTION

WA STATE UU VOICES FOR JUSTICE 5TH ANNUAL LEGISLATIVE CONFERENCE

Saturday, November 6, 10:00am—3:00pm, at the Olympia UU Congregation.

Economic justice will headline this year's agenda, focusing on the need to provide critical state services through equitable tax policies. Speakers will also address important social and environmental justice issues that will come before the 2011 Legislature. A conference packet will provide ideas for ways you can effectively bring UU values of justice and equity to our legislators.

Receive updates on the Legislative Conference at www.uuvoiceswa.org, or contact UU Voices Coordinator Carol McKinley at coordinator@uuvoiceswa.org to register or for more information.

SPECIAL ANNOUNCEMENT ABOUT CUUF PROPERTY

Our Board of Trustees has received a letter expressing interest in discussing purchase of the property of CUUF. The Board has put together a committee to consider the idea. The committee has begun meeting and you may wish to comment or ask questions about the idea. This is very preliminary; and a full fellowship meeting and vote would be conducted before any action were taken.

Please feel free to contact any of the committee members: Larry Tobiska—Chair, Dan Sconce, Sharon Petit, Christina Davitt, LeRoy Farmer, and Geordie Romer—CUUF's Real Estate Agent.

CONGREGATIONAL FINANCE MEETING

Sunday, November 14, after the service and coffee

Fascinating financial times at CUUF! Seeking Your Intelligent Insights and Ideas!

Have questions about the land sale, our budget, our UUA mortgage, our offertory, our savings? Important decisions are in the works. Please join this discussion with CUUF Board members, Property Planning Committee and informed leaders.

All are welcome - members, friends, and curious folks.

Be curious and be informed!

In the Clear in Our 25th Year!

We're getting closer to paying off our UUA Mortgage—only \$7500 to go! Donate today and help us burn the mortgage! To donate to ***CUUF In the Clear***, fill out the form below and return to: CUUF, 1550 Sunset Hwy N, E. Wenatchee 98802.

"IN THE CLEAR IN OUR 25TH YEAR"

Yes, I can help with a gift of: \$1000 \$500 \$100 Other \$
Please make your check payable to ***CUUF—In the Clear***. Your gift is tax deductible.

Name/s: _____

Address _____

May we include your name on our recognition poster? Yes No

May we include the amount of your gift? Yes No

Many thanks for your help and generosity.

MISSION STATEMENT TIMELINE

October

All Fellowship
Mission Statement Workshop

October-November

Mission Statement refining team is appointed and goes to work.

Middle 2 Weeks of November

Small Group Meetings to discuss initial draft of Mission Statement.

January and February

Congregational Feedback Meeting to review second draft of Mission Statement.

Late March/Early April

Congregational Vote and Adoption of new Mission Statement.



SUNDAY SERVICES SAYS..... —Sunday Services Committee Chair, Christina M. Davitt

Welcome to Fall where we are enjoying fabulous weather and the changing of the leaves. As we move to the winter, it's time to plan for our upcoming services.

Plan to attend the Sunday Services and Celebrants Meeting/Training

Saturday, November 6, CUUF Sanctuary

Brown Bag Lunch at 12:30pm; Meeting from 1:00pm—4:00pm.

Agenda Topic: Service Planning for January—March 2011

Bring ideas for services you'd like to be a part of. We're also starting to plan for our two Christmas Eve services, (the 5:30 pm service is geared towards families with young children and the 8:00 pm service is a contemplative, adult service) so be thinking of terrific ideas for these joyous celebrations. What Christmas memories do we want to bring back or make anew?

Do you know any speakers we should invite in 2011? Please let us know. Contact Christina Davitt, 393-9467 or christina@davittlaw.com.

See you at the Fellowship—

In faith,
Christina Davitt

To submit information for the CUUF Link
contact Office Administrator, Rita Salama
Phone: 630-3385 or 886-4023
Email: cuuflink@yahoo.com
Mail: CUUF, 1550 Sunset Highway N,
E. Wenatchee, WA 98802
**The deadline for the CUUF Link
is the 15th of each month.**

Pick up a printed calendar of events
at the church's Greeters' table
or go to the CUUF website,
www.cascadeuu.org
and click on the calendar link
for a printable version.



CUUF is on Facebook!

**Find us at
"Cascade UU Fellowship"
and join
the conversation.**

Unitarian Universalism

Our Principles

There are seven principles which Unitarian Universalist congregations affirm and promote:

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

Unitarian Universalism draws from many sources:

- *Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- *Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- *Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- *Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- *Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.
- *Spiritual teachings of earth-centered traditions



CASCADE UNITARIAN UNIVERSALIST FELLOWSHIP

1550 Sunset Highway N.
E. Wenatchee, WA 98802



Programs, Board & Committees

Baha'i Study Group, Every other Sunday, 3:00pm, CUUF sanctuary
Learn about the Baha'i Faith and study how it fits into today's world.
Contact Verna Zuttermeister, 884-7797, vjk_zconnect@charter.net.

Book Group, Afternoon —2nd Wednesday of each month, 1:30pm, at the home of Louise Buchanan. You are welcome to join in the discussion of the book of the month.
Contact Louise Buchanan, 884-5805, louiseb@nwi.net.

Book Group, Evening —Tuesday evenings, 7:00pm, late Sept. through June, at the home of Dick Murphy & Pearl Wolfe. Open to all, this group discusses a portion of the current nonfiction book selected by consensus and available through the Wenatchee Public Library.
Contact Dick Murphy, 884-9514, dickpearl@msn.com.

Buddhist Meditation Group, Tibetan —Wednesday evenings, 6:30pm-7:30pm, CUUF sanctuary. Meditation and Red Tara teachings. All are welcome.
Contact Anne Crain, 509-429-2025 or Karen Povernly, 687-1911.

Buddhist Meditation Group, Zen—Wednesday evenings, 7:30pm-9:00pm, CUUF Sanctuary. Meditation in a group setting is powerful and enriching. This group has its roots in Zen Buddhism. All are welcome.
Contact Sharon Petit, shayknight@charter.net, or Todd Petit, mizmar@charter.net, 884-6773.

Circle Suppers and Small Dinners—Two Saturday evenings a month, Sept. through June; July and August as scheduled; 6:00pm, at homes of CUUF members or at CUUF. CUUF members and friends are invited to bring a dish to share, and, if desired, a bottle of wine. A great chance to get to know one another better while savoring good food.
Contact Pearl Wolfe, 884-9514 or Jackie Halter, 664-7032.

“A Course in Miracles” Study Group—1st & 3rd Mondays, 2nd & 4th Sundays, 1:30pm, CUUF office. All who are interested in an in-depth study of The Course are welcome. To participate you need to have a copy of “A Course in Miracles”.
Contact Rita Salama 630-3385, salamatoyou@yahoo.com

Covenant Groups—Various days, times and meeting places. Small, supportive groups meet twice a month to reflect and share with each other. CUUF's Covenant Group mission: “To add depth and breadth to our spiritual experience through creating deeper, more meaningful relationships with individuals and building broader, more caring connections to church and community”.
If you would like to join a group or need more information, see below.
Contact Jeff Lau, 886-8583, jrlau@earthlink.net, or Dick Murphy, 884-9514, dickpearl@msn.com.

CUUF Choir—Practice times vary, CUUF sanctuary or Blue House. The choir sings on special occasions and at least once a month during Sunday services.
Contact Larry Tobiska, 662-3209, ltobiska@nwi.net.

Dream Group—Every other Sunday evening, 7:00pm, CUUF sanctuary. A supportive, confidential environment in which to explore the meaning of nocturnal dreams.
Contact LeRoy Farmer, 669-3941, lerovf@nwi.net.

Forum—Sunday mornings, 9:00am-10:00am (except 2nd Sunday of each month), Sept. through June, CUUF sanctuary. This adult discussion group is open to anyone who would like to join in. Participants sit in a circle and engage in lively discussion on a topic introduced by the facilitator of the day.
Contact Christina Davitt, 393-9467, christinadavitt@yahoo.com

Hiking/Snowshoeing Group—As scheduled. If you like to hike/snowshoe with like-minded people, check the newsletter and calendar for the next hike.
Contact Vikki Williams, 884-2126, viksview@yahoo.com.

Newcomer Breakfast—2nd Sunday of each month, Oct. through May, 9:00am-10:00am, CUUF sanctuary. A wonderful opportunity for those who are new to the Fellowship to meet others, and find out more about CUUF over coffee and breakfast goodies.
Contact LeRoy Farmer, 669-3941, lerovf@nwi.net or Dick Murphy, 884-9514, dickpearl@msn.com

UU & You—Last Saturday, Sept. through May, 10:00am-11:30am, Blue House. An additional opportunity to meet with others who have recently begun attending CUUF.
Contact Dan Sconce, 664-7032.

CUUF MINISTER

Rev. Cecilia Kingman—885-2469 (CUUF Cell)
minister@cascadeuu.org

CUUF BOARD OF TRUSTEES—2010

Joe Palmer, President—665-3119, 393-8666
Dan Sconce, Vice President—664-7032
Sharon Petit, Sec./Treasurer—884-6773
Peggy Love—884-8886
Suzanne Harper—665-5977
Ed LaPaz—679-6448
Jaime Krish—832-330-6520
John Rundell—782-0366
Valerie Savina—616-648-5872

CUUF COMMITTEES

COMMITTEE ON MINISTRY

Angela Morris—667-1345
LeRoy Farmer—669-3941
Lois Cole—886-7836

COMMUNICATIONS

Chris Rader, Chair—888-0181
Jaime Krish, Board Liaison
Gary Piscopo, Web Facilitator—663-2216
Dave O'Conner, Webmaster
Ruth Gardner, Historian—662-8906

COMMUNITY CONCERNS

Bev Press, Chair—663-2248
Suzanne Harper, Board Liaison

FACILITIES

Dan Sconce, Board Liaison

FELLOWSHIP CARE

LeRoy Farmer, Chair—662-6344
Sandie Farmer, Care Coordinator—679-4447
Kathleen Cullison, Care Coordinator—
782-3403 or 253-691-1491 (cell)

John Rundell, Board Liaison

FINANCE

Lois Cole, Chair—886-7836
Sharon Petit, Board Liaison

LONG-RANGE PLANNING

Larry Tobiska, Chair—662-3209

PERSONNEL

Pat Brooke, Chair—886-0173
Peggy Love, Board Liaison

RELIGIOUS EDUCATION

(FOR CHILDREN)

Sarah Cavanaugh, RE Director—860-9189
Erik Dilling, Interim Chair—881-7324
Peggy Love & Val Savina, Board Co-Liaisons

SOCIAL/ENVIRONMENTAL ACTION

Suzanne Harper, Board Liaison

SUNDAY SERVICES

Christina Davitt, Chair—393-9467
Ed LaPaz, Board Liaison

CUUF November 2010

For details of Sunday mornings and special events, see the newsletter.

See the back of the calendar for info about regular events. For updates, see cascadeuu.org or call 630-3385.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>If you attend a service during November and your last name starts with any of the letters A–L and you are willing and able, please bring a finger food to share.</p>	<p>1 ALL SAINTS DAY</p> <p>10:00am Covenant Group—Dan</p> <p>1:30pm A Course in Miracles Study Group—Office</p>	<p>2 ELECTION DAY</p> <p>7:00pm Book Group (off site)</p>	<p>3 Peace Vigils (off site)</p> <p>2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:30-9pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p>4</p> <p>Please RSVP for Circle Supper 663-2248</p> <p>6:00pm Board Meeting 7:30pm Choir Practice</p>	<p>5 DIWALI</p> <p>3:00pm Per- sonnel Com- mittee Meet- ing</p>	<p>6</p> <p>10:00am Highway Litter Pickup (off site) 12:30/1:00pm—4:00pm Meeting/Training Sun- day Services and Cele- brants 6:00pm Circle Supper Hosts: John & Leslie Marshall, and Bev Press 3620 Westridge Place, Wenatchee Children welcome!</p>
<p>7 DAYLIGHT SAVING TIME ENDS A–L BRING TREATS, FOOD BANK SUNDAY BRING A FRIEND SUNDAY</p> <p>9:00am Forum: “War and Peace”—CUUF leader Ed La- Paz 9:30am Choir Practice (Blue House) 10:30am Service: “Killing the Imposter God”—Rev. Cecilia Kingman 12:00pm Youth Choir Practice (Blue House) 3:00pm Baha’i Study Group 7:00pm Dream Group</p>	<p>8</p>	<p>9</p> <p>7:00pm Book Group (off site)</p>	<p>10</p> <p>10:00am Covenant Gr.— Pearl</p> <p>1:30pm Afternoon Book Group (off site) Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:30-9pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p>11 VETERAN’S DAY</p>	<p>12</p>	<p>13</p> <p>9:30am—11:00am Cove- nant Group Facilitators’ Meeting</p>
<p>14 A–L BRING TREATS</p> <p>9:00am Newcomers’ Breakfast 9:30am Community Concerns Committee 10:30 am Service: “Making Privilege Work—Reflections from a Zimbabwe Decade”— Guest Speaker: Dick Adams 12:00pm Congregational Finance Meeting 1:30pm A Course in Miracles Study Group—Office</p>	<p>15 NEWSLETTER DEADLINE</p>  <p>10:00am Covenant Group—Dan</p> <p>1:30pm A Course in Miracles Study Group—Office</p>	<p>16</p> <p>RSVP for Saturday’s Leadership Training— 886-4023</p> <p>7:00pm Book Group (off site)</p>	<p>17 CUUF’s 25th Anniversary</p> <p>Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:30-9pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p>18</p> <p>Please RSVP for Circle Supper 888-6979</p>	<p>19</p>	<p>20</p> <p>1:00pm—4:00pm Leadership Training</p> <p>6:00pm Circle Supper Host: Ben Knecht 1845 Maple St. #15, Wenatchee Adults only, please.</p>
<p>21 A–L BRING TREATS</p> <p>Sleep In Sunday—No Forum 10:30am Service: “The Welcome Table”—Rev. Cecilia Kingman 12:00pm Annual Christmas Auction 12:00pm Youth Choir Practice (Blue House)</p> <p>3:00pm Baha’i Study Group 7:00pm Dream Group</p>	<p>22</p>	<p>23</p> <p>Please RSVP for Thanksgiving Circle Supper 393-9467</p> <p>7:00pm Book Group (off site)</p>	<p>24</p> <p>10:00am Covenant Gr.— Pearl</p> <p>Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:30-9pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p>25 THANKSGIVING</p> <p>2:00pm Thanksgiving Circle Supper Hosts: Christina Davitt & Mary Timiras 470 George John- son Ave., Wenatchee Children are welcome!</p>	<p>26</p>	<p>27</p> <p>10:00am UU & You (Blue House)</p>
<p>28 A–L BRING TREATS</p> <p>9:00am Forum: “Truth”— Covenant Group Style—CUUF Leader Dick Murphy 10:30am Service: “This I Be- lieve”—CUUF Speakers 12:15 Social/Environ. Action Team Meeting 1:30pm A Course in Miracles Study Group—Office</p>	<p>29</p>	<p>30</p> <p>7:00pm Book Group (off site)</p>		<p>To schedule an event using CUUF facilities or to include your event on the calendar, contact Rita Salama, 630-3385, cuufink@yahoo.com.</p> <p>All events are held in the sanctuary unless otherwise noted.</p> <p>[] designates use by nonmembers of CUUF.</p>		