

CUUF Link

October 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.

October 3, 2010

10:30am Service: "Swimming Pools and Possibilities"

CUUF Speaker Natalie Palmer

Celebrant: Sharon Page

An impossible task often begins with one step—or a spoonful of dirt. Join Natalie Palmer as she shares the lessons learned when she stopped being practical and remembered how to move mountains.

October 10, 2010, Bring a Friend Sunday!

10:30 am Service: "At What Price?"

Rev. Cecilia Kingman

Celebrant: Sharon Page

Ever betrayed someone? What about a cherished ideal, a value, or even your own soul? In his beloved Narnia series, C. S. Lewis takes us to the heart of the human condition. This Sunday we'll hear the story of Edmund, from *The Lion, the Witch and the Wardrobe*, and consider the meaning of betrayal and the redeeming power of love.

October 17 2010

10:30am Service: "CUUF Memories"

CUUF Speakers

Celebrant: Natalie Palmer

Join us as we begin celebrating our 25th year! Our speakers represent the past, present and hopeful future of our fellowship.

October 24 2010

10:30am Service: "Healing Begins Here—Hope in Times of Grief and Loss"

CUUF Speaker: Christina Davitt

Celebrant: Chris Rader

As the leaves fall and the days get colder, we ask how can we help ourselves and others find hope in times of great loss? How can we make transitions easier through ritual spiritual practice?

October 31, 2010

10:30am Service: "Beyond the Veil"

Intergenerational Service led by Rev. Cecilia

Celebrant: Pat Brooke

From Transylvania to Mexico to the British Isles, these days between October and November are believed to be a holy time when we remember the dead and invite their spirits to be present among us. This Sunday we'll learn about Hallowe'en, Samhain, All Saints Day and Dia de los Muertos, and then we'll decorate altars in memory of those we have lost. Bring a photo or other memento of a loved one now gone.

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





A MESSAGE FROM OUR BOARD PRESIDENT

—Joe Palmer

There are some exciting things that have occurred over the past month and even more exciting things coming in October. First, some very necessary congratulations and recognition are in order. First, the Tuesday Morning Covenant Group consisting of Connie Risley, Deb Miller, Christina Davitt, Dick Murphy, Lori Nitchals, and Madalyn Mincks performed over 90 hours of service to CUUF by doing a massive and needed cleaning/organizing of the Blue House. Many of you know that part of the Covenant group experience is a service project for the fellowship and a project for the community at large, but this, in my opinion, was above and beyond and the Board and I are very, very grateful! Look for the posters chronicling the project hanging in the sanctuary. Secondly, the committee that organized and ran the 1st annual Friendship Festival along with all of the volunteers that worked throughout the day deserve a very large THANK YOU!!! There were many folks involved in making this a great success and I'm afraid if I tried to name everyone, I would leave someone out and I certainly don't want to do that. If you are one of those folks...Thank You!! The festival was a huge success on many fronts and it is exciting to think about next year's possibilities!

I also wanted to mention the Board retreat that occurred on August 29. During the 4 hours we were together, we bonded as a group and had some great presentations by the Personnel Committee and Finance Committee. We also established Board Covenants to make sure that we enter into our meetings with intent, respect and efficiency as well as establishing Board Goals for the coming fiscal year. These are in line with the vision process that we began last year and will help to guide us as forward as a Board and an organization, again with intent and purpose. The goals include: 1) 3 months operating reserve by June 2011; 2) Membership growth greater than or equal to 15 new members; 3) Recruitment and Training for new fellowship leadership; 4) Have a plan to maximize seating by December; 5) Establish a Membership Committee charged with increasing our membership. We are excited about these goals and will obviously need everyone's help to meet them.

Lastly, I'm putting in a plug for everyone to attend the Mission Statement Workshop on October 9. This is the next step in our visioning process and the more participation from everyone in the Fellowship, the better. Please accept this as a personal invitation from me and the Board to attend!

As always, please don't hesitate to call me or any Board member with any questions or concerns that you may have.

Joe



NAILED DOWN—September 9, 2010 Notes from the Board Meeting

EARMARKED FUNDS POLICY

*Accepted Finance Committee's "Designated Gift Policy"

CHECK SIGNATURES

*Authorized signatories for checking and savings accounts

LIAISON ROLES

Liaison roles in process of clarification

BLUE HOUSE UPDATE

Madalyn Mincks/Tuesday Covenant Group—
90 hours & \$200 cleaning/organizing

LAND USE

*Board authorized Finance Committee to budget \$1000 for fencing for lot to keep tax exempt status.

MEMBERSHIP COMMITTEE

*Approved formation of committee charged with growing membership, supporting members' continued involvement and spiritual growth.

COFFEE HOUSE

Michael Carlos resigned. Booked for Oct., Nov., & March Committee to follow-up on future of Coffee House

TASK FORCE FOR POLICIES AND PROCEDURES

*Voted to create task force to review policies, and create policy manual by June 30, 2011.

FRIENDSHIP FESTIVAL

Progress report given

REPORTS

MINISTER'S REPORT

Mission Statement Workshop planned
Request for emphasis on 25th Anniversary.

*Board declares this the 25th Anniversary Celebration Year

Plans for celebratory committee

Leadership development workshop planned for Nov. 20;
recruitment needed.

OFFICE ADMINISTRATOR'S REPORT

Website updated.

COMMITTEE REPORTS

Communication: Jaime Krish, liaison.

Promotion of Friendship Festival
Policy for sending out mass emails.

Facilities: Dan Sconce, liaison.

Ideas for fence, gate and signs needed for property.

*Charge to Facilities Committee to bring color choice for building exterior to the Board for approval.

Finance: Sharon Petit, liaison.

Transferring earmarked funds to general fund when appropriate.

A MESSAGE FROM OUR MINISTER

—Rev. Cecilia Kingman



Ever wonder exactly how the world is changed? It is by changing our corner of it, by offering our lives in service to the common good, and by living with joy in spite of our fears.

We live in interesting times, when the old ways of doing things no longer seem sufficient but the new ways do not yet seem clear. There is much uncertainty in the world, and many worrisome facts and trends, and yet there are also signs and portents of good things to come. As a religious community, we are called to seek out those signs and cast our lot with movements toward peace, wholeness and health for all beings. Even in our grief and despair over the status quo, we must proclaim the goodness we seek, and build a new human culture of justice and loving-kindness.

That is the only way that change ever comes, by living as if the realm of justice—heaven on earth—were already realized in our midst. By declaring our own transformation and seeking the transformation of society. And that's the purpose of religious community—to make heaven on earth manifest, right here and now.

This month we will have our Mission Workshop, in which we will draft initial statements of purpose for this fellowship for the next decade and beyond. Missions for religious communities grow out of context: our unique moment in history, the longings of our own souls and spirits, and the needs of our wider community. A mission statement says, "This is who we are and what we are about."

Here are some mission statements from other UU congregations:

First Unitarian Church of Oakland, CA: We, the members of the First Unitarian Church of Oakland, unite to build a beloved community within and beyond our walls. Guided by individual conscience and wisdom from many sources, we gather in worship and service to nourish the spirit, work for justice, and celebrate the divine in all.

Continued on page 7

TIMELINE

Saturday, October 9

1:00pm-5:00pm

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.

NEW MISSION STATEMENT FOR CUUF

This month we will begin the process of creating a new Mission statement for CUUF that will help define who we are and guide where we are going. The creation of a new Mission statement can be likened to a "renewing of vows"; a time to consider the essential meaning of our fellowship life. We are already committed; we simply need to consider those elements of our commitment that give purpose to the current personality of CUUF.

Our fellowship has been experiencing rapid growth and renewed vitality which means that we have the opportunity to focus this energy and enthusiasm in the direction we choose. Theologian Paul Rasor says that Unitarian Universalism is experiencing a turning point: ***as a religious body we can choose to either stand or move.*** At CUUF it is up to us to decide how we will move forward to shape our identity and set our course.

On October 9 members, friends, and newcomers will come together and begin the process of putting our defined purpose into words. This meaningful process will serve to deepen our dedication to CUUF as a fellowship and to each other as individuals. **Please join us in taking this first step toward realizing our dreams for CUUF!**

Your Committee on Ministry

Lois Cole, Leroy Farmer and Angela Morris

Mission Statement Workshop—Saturday, October 9, 1:00pm—5:00pm
Call the CUUF Office to RSVP, 886-4023, or email cuufink@yahoo.com.
Childcare provided. Wine, cheese and chocolate afterward.

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.

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.

October 3, 9:00am: “The Power of Mediation” **Guest leader Concie Luna**
Join Concie Luna, a mediator for the Wenatchee Valley Dispute Resolution Center, in this discussion about an alternative means for resolving conflict.

October 17, 9:00am: “CUUF Memories” **CUUF leader Diane McKenzie**
Join Diane and other members and friends of CUUF for a lively discussion of the history of CUUF. How did we get started? What were the dreams and hopes of our founders?

October 24, 9:00am: “Life After Death?” **CUUF leader Chris Rader**
Our service topic is grief and loss so let's start out the morning with some hope - maybe there is life after death. Join Chris and bring your thoughts, experiences and beliefs about whether there is life after death and what it might be like.

October 31, 9:00am: “Lay Leadership as a Spiritual Practice” **CUUF Leader Rocci Hildum**
CUUF depends on members of the congregation for almost anything, from Sunday Services to spring clean up, to happen. When we decide to share our time and talent with in support of our community it can be much more than just a job ... it can, and perhaps should, be a spiritual discipline. And as a spiritual discipline, it is less of a task and more of a journey of personal and spiritual exploration and growth. Who knew that folding orders of service could be so rewarding?

NEW TO CUUF? *You're invited to . . .*

THE NEWCOMERS' BREAKFAST Sunday, October 10, 9:00am, in the Blue House

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, October 30, 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.

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 Firtosvávalja, 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.

See page 9 for a letter and pictures from Firtosvávalja.



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.

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.



Saturday, October 16, 6:00pm

Hosts: Louise Buchanan and Angela Morris
2741 NW Cascade, East Wenatchee
Children welcome! Please RSVP: 884-5805

Please RSVP at least a day in advance
so hosts can be sure to have enough

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, October 13, 1:30pm

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

EVENING—weekly—Tuesdays, 7:00pm beginning September 28

Dick Murphy & Pearl Wolfe's home, 1380 Eastmont Ave., #1406, E. Wenatchee
This group discusses a portion of a book, usually nonfiction, each week. For the name of the current book and the chapters being discussed call Dick or Pearl, 884-9514. Copies of the book are available at the Wenatchee Public Library.

BAHA'I STUDY GROUP

Sundays, October 3, 17, 31, 3:00pm

Please join us every other Sunday to learn more about the Baha'i Faith and study how it fits into today's world. Come with your questions, thoughts and curiosity.

Contact Verna Zuttermeister, 884-7797, vjk_zconnect@charter.net for more information.

LIKE TO HIKE?

Celebrate the 7th UU principle, *Respect for the interdependent web of all existence of which we are a part*, with like-minded people. For those who enjoy hiking, our group attempts to schedule at least one hike each week. If you're interested, please contact Vikki Williams at viksview@yahoo.com or 884-2126 to get on an email list to obtain the most current information on upcoming hikes.

"A Course in Miracles" STUDY GROUP, 1st & 3rd Mondays, October 4 & 18, 1:30pm

DREAM GROUP, Sundays, October 10 & 24, 7:00pm

TAI CHI Future classes to be announced.

MUSICIANS WANTED!

Do you have a musical gift to share? We are seeking musicians to contribute their talents to our Sunday services:

*Pianists - as accompanists and musicians *Instrumentalists - soloists or small groups to perform during the service

*Vocalists - Would you like to sing a solo? Or join the choir?

No accompanist? No song to sing? Don't let that stop you! We'll find a way to let your gifts shine!

Please contact Natalie Palmer for more information. 665-3119 or JoeNatPalmer@yahoo.com

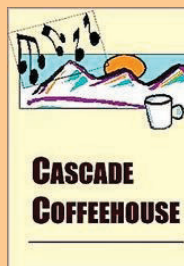
Cascade Coffeehouse presents

Michael Guthrie

Performing live! 7:00pm, open mic 6:30pm
Saturday, October 9, 2010

"Michael Guthrie is a wonderful blend of bluesman, folksinger, storyteller, singer-songwriter,..." —Portland Folk Music Society. Besides playing acoustic lap steel guitar he also plays electric blues lap steel, guit-jo (guitar-banjo), banjolin (mandolin-banjo), rebab, and acoustic steel string guitars. Michael moved to Seattle in 1989 and he's been there ever since, performing at the Tumbleweed Music Festival, Northwest Folklife, and many other venues.

Don't miss this evening of entertainment! Invite your friends and neighbors. Enjoy fair trade coffee, various teas, yummy cookies and other treats. Admission is free but we pass the REALLY BIG HAT to show the musician how much we appreciate his show!



**CASCADE
COFFEEHOUSE**

LIKE TO SING?

Join the CUUF Choir
CUUF Choir practices:

Thursday,
October 7, 7:30pm

Sunday,
October 10, 9:30am

Performance:
Sunday, October 10

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

ltobiska@nwi.net.

CUUF Religious Education Program,

A Cooperative Endeavor, An Enriching Opportunity for Young and Old Alike

—Sarah Cavanaugh, the Director of Child/Youth Religious Education



We have had a beautiful beginning to our RE year. Our volunteer teachers are working to provide lessons filled with meaning, creativity, and discovery. We have explored how the 7 principals allow room for different kinds of people with different beliefs to be together in peace and that the 7 principals are like the north star for Unitarians because they are our mainstay and can help lead us to do what is right and fair. We have also explored the intangible gift of love, that forgiveness is important and healing, that our Unitarian Universalist faith has a rich heritage, and that the way for our free faith has been paved by many amazingly brave people like John Adams, Alexander Bell, Charles Dickens, Benjamin Franklin, and Beatrix Potter.

As we move forward into the year, we have many new and wonderful lessons that will assist us integrating peace, love, and justice deeper into our lives. May we continue to have many meaningful times together at CUUF, in our home, and in the community.



Adventures in the Blue House

Religious Education for Youth

Sunday Lessons

Our curriculum is from Tapestry of Faith found on the UUA website.

Pre-school & Kindergarten: Lessons will be simplified from the elementary curriculum

Elementary Lessons: To explore lesson material for ages 3-5 and 6-9, go to *“Love Will Guide Us”* found here:
<http://www.uua.org/religiouseducation/curricula/tapestryfaith/lovewill/index.shtml>

Pre-Teen Lessons: To explore lesson material for ages 10-13, see *“Love Connects Us”* found here:
<http://www.uua.org/religiouseducation/curricula/tapestryfaith/loveconnects/index.shtml>

High School Lessons: For ages 14-18. This curriculum can be provided upon request with 2 weeks notice. To explore curriculum, go to *“A Place of Wholeness”* at:
<http://www.uua.org/religiouseducation/curricula/tapestryfaith/108182.shtml>

October 3

Ages 5-9: “We Love to Discover”

Elementary Teacher-Sarah Cavanaugh, Assistant/Snack-Rebecca Baervaldt

Ages 10 & Up: “Love Is the Spirit of This Church”

Pre-teen/Teen Teacher-Chris Rader, Assistant/Snack-Wendy/Ian Crossland

October 10

Ages 5-9: “Love in Our Congregation”

Elementary Teacher-Madalyn Mincks, Assistant- Deb & Jim Bryant, Snack-Autumn Carlson

Pre-Teens & Teens: Youth Friendly Worship Service inspired by “The Lion, The Witch, & The Wardrobe”

October 17

Ages 5-9: “We Are Loved, Flaws & All”

Elementary Teacher- Sarah Cavanaugh, Assistant-Melody Kreimes, Snack-Teresa Gelb

Ages 10 & Up: “Meet People Where They Live”

Pre-teen/Teen Teacher- Emilie Fogle, Assistant-Eric Dilling, Snack- Melisa Hawley

October 24

Ages 5-9: “Love is Eternal”

Elementary Teacher-Sarah Cavanaugh, Assistant-Leslie Marshall, Snack- Kerry Logan

Ages 10 & Up” Love Your Neighbor As Yourself”

Pre-teen/Teen Teacher-Emilie Fogle, Assistant-Angela Morris, Snack-Natalie Palmer

October 31

Intergenerational Service: “Beyond the Veil”



Additional Opportunities

CUUF Child/Youth Choir- Meets First and Third Sundays after the service in October. 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

RE Minute- Children and Youth are invited to sign-up for an RE minute. This is an opportunity to share in front of the fellowship and speak into the microphone. This year, our kids will have the opportunity to share interesting information about Unitarian Universalism, a famous UU, or about an RE event. Sign-up sheet available on the RE Board in the sanctuary or email the Director of Religious Education at sarahwindwoman@yahoo.com.

RE Council

Here is an opportunity for individuals interested in the well-being of the CUUF Religious Education Program for Children & Youth. Meetings are held once a month.

For more information contact RE Council Chair, Eric Dilling, 881-7324.

PARENT/GUARDIAN EXPECTATIONS

- *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
- *To pick up children from the Blue House by 12:15
- *To be included in a family contact list and phone tree unless otherwise specified

A Special Thank You

to the following businesses for donating to the CUUF RE Program for Children and Youth
Chandra Villano with Therapeutic Touch of Leavenworth
Bath & Body Works of East Wenatchee
Starbucks of East Wenatchee
 and to
the Tuesday Morning Covenant Group:
Connie Risley, Deb Miller, Christina Davitt, Dick Murphy,
Lori Nitchals, and Madalyn Mincks
 for making the Blue House a better place for all of us!

Continued from page 3

... A MESSAGE FROM OUR MINISTER—Rev. Cecilia Kingman

UU Church of Davis, CA: The mission of the Unitarian Universalist Church of Davis is to welcome each and all, cultivating the spirit, serving others in our quest for justice.

Unity Church-Unitarian in St. Paul, MN: The mission of Unity Church is to engage people in a free and inclusive religious community that encourages lives of integrity, service and joy.

Each of these churches have longer statements which detail the ways in which their missions are lived out within and beyond their walls, and every action and decision flows from these clear statements of purpose. Each of these congregations helps people to find meaning and purpose, week after week, and provides programs in the wider community to address the social needs of our time. These UUs are bringing hope to others, and thereby finding it themselves.

In these uncertain times, we can turn toward despair or we can turn towards community. Please come to the Mission Workshop on October 9 to share your ideas about the purpose of this fellowship, that we might find our common hopes.

In faith,
 Rev. Cecilia

P.S. Don't forget Bring a Friend Sunday on October 10. Someone you know might be longing for a loving community like this one!

GROWING LEADERSHIP, GROWING CUUF!

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?

Mark your calendar for this Leadership Training on November 20, 2010, from 1:00pm—4:00pm. Included will be a presentation on the concept of adaptive leadership by Ronald Heifetz. All CUUF members and friends are welcome to attend this free training, whether you are currently serving in leadership or simply want to learn new skills.

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.

Social/Environmental Action



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, OCTOBER 3

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.

In the Clear in Our 25th Year!

WOW, We Have Hit the Halfway Mark towards paying off our UUA Mortgage. \$9000 donated, \$9000 to go. You can help us burn the mortgage! Donate today!

To donate to **CUUF In the Clear**, please tear off 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.



**CUUF
is on Facebook!**

Find us at

"Cascade

UU

Fellowship"

and join

the conversation.

BUDDHISM AT 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.

A LETTER FROM OUR PARTNER CHURCH IN TRANSYLVANIA, ROMANIA, THE UNITARIAN CHURCH OF FIRTOSVÁRALJA

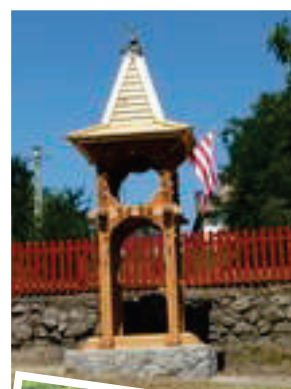
Monday, Aug 23, 2010

Greetings from Varalja

Yesterday (Sunday) we had a fantastic celebration. We inaugurated the new schol bell, and the schol bell pole.

I am sending now for you a few picture about the preparing and about the celebration. God bless you!

*Sincerelly yours,
Laszlo*



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

Our new church year - our 25th year is in full swing! We are grateful for our new Order of Service and all the hard work and training by your Sunday Services Committee, celebrants, storytellers, musicians, and tech people. We are thrilled with the results! We are looking for children who wish to light the chalice on Sunday and for storytellers - adults who feel comfortable telling stories - and sharing lessons with our children of all ages. October 10th is our monthly 'Bring a Friend Sunday'. Look around and see if you know anyone who might be interested in our message of liberal religious freedom here in the Valley and bring them along with you to services.

Contact Committee Chair Christina Davitt at christina@davittlaw.com or (509) 393-9467 for more information.

See you at the Fellowship—

In faith,
Christina Davitt

Thank You!

From the Board to

Michael Carlos

for managing the Coffeehouse

Jeff Lau for installation of
the changing table in the bathroom

Madalyn Minch's /

Tuesday Morning Covenant Group
for cleaning and organizing the Blue House

Bonnie Orr and Suzanne Harper
for the decorative drapery in the sanctuary

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 which celebrate the sacred circle of life and instruct



CASCADE UNITARIAN UNIVERSALIST FELLOWSHIP

1550 Sunset Highway N.
E. Wenatchee, WA 98802



Programs, Board & Committees

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 Poverny, 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, miz-mar@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, 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 though 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, 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, leroyf@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, viks-view@yahoo.com.

Newcomer Breakfast—*2nd Sunday of each month, Oct. through May, 9:00am-10:00am, Blue House.* 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, leroyf@nwi.net or Dick Murphy, 884-9514, dickpearl@msn.com.

UU Christian Study Group—*Sundays, as scheduled, 3:30pm, at homes of members.* Exploring what it means to be UU and Christian. Contact Gloria Kupferman, 663-2668.

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

Vern Smith, Chair—667-2199
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, 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/ADULT RE

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



October 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
If you attend a service during October 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.			RSVP for the Mission Statement Workshop 886-4023 or cuufink@yahoo.com		1	2
3 FOOD BANK SUNDAY M–Z BRING TREATS 9:00am Forum: “ <i>The Power of Mediation</i> ”—Guest leader Concie Luna 10:30am Service: “ <i>Swimming Pools and Possibilities</i> ”—CUUF Speaker Natalie Palmer 12:00pm Youth Choir Practice (Blue House) 3:00pm Baha’i Study Group	4 10:00am Covenant Group—Dan 1:30pm A Course in Miracles Study Group—Office	5 7:00pm Book Group (off site)	6 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	7 RSVP for the Mission Statement Workshop 886-4023 or cuufink@yahoo.com 7:00pm Board Meeting 7:30 Choir Practice	8 3:00pm Personnel Committee	9 INVITE A FRIEND TO TOMORROW’S SERVICE 1:00pm—5:00pm Mission Statement Workshop Cascade Coffeehouse 6:30 Open Mic 7:00 ☼ <i>Michael Guthrie</i>
10 BRING A FRIEND SUNDAY M–Z BRING TREATS 9:00am Newcomers’ Breakfast (Blue House) 9:30am Choir Practice (Blue House) 9:30am Community Concerns Committee 10:30am Service: “ <i>At What Price?</i> ”—Rev. Cecilia Kingman 7:00pm Dream Group	11 COLUMBUS DAY	12 7:00pm Book Group (off site)	13 10:00am Covenant Gr.—Pearl 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	14 Please RSVP for the Circle Supper—884-5805	15 NEWSLETTER DEADLINE 	16 NATIONAL BOSS DAY [10:00am—10:00pm Sabah] 6:00pm Circle Supper Hosts: Louise Buchanan and Angela Morris 2741 NW Cascade, East Wenatchee Children welcome!
17 M–Z BRING TREATS 9:00am Forum: “ <i>CUUF Memories</i> ”—CUUF leader Diane McKenzie 10:30am Service: “ <i>CUUF Memories</i> ”—CUUF Speakers 12:00pm Youth Choir Practice (Blue House) 3:00pm Baha’i Study Group	18 10:00am Covenant Group—Dan 1:30pm A Course in Miracles Study Group—Office	19 7:00pm Book Group (off site)	20 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	21	22	23
24 M–Z BRING TREATS UNITED NATIONS DAY 9:00am Forum: “ <i>Life After Death?</i> ”—CUUF leader Chris Rader 10:30am Service: “ <i>Healing Begins Here—Hope in Times of Grief and Loss</i> ”—CUUF Speaker Christina Davitt 7:00pm Dream Group	25	26 7:00pm Book Group (off site)	27 10:00am Covenant Gr.—Pearl 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	28	29	30 10:00am UU & You (Blue House)
31 M–Z BRING TREATS HALLOWEEN 9:00am Forum: “ <i>Lay Leadership as a Spiritual Practice</i> ”—CUUF Leader Rocci Hildum 10:30am Service: “ <i>Beyond the Veil</i> ”—Intergenerational Service led by Rev. Cecilia 12:15pm Social/Environ. Action Team Meeting 3:00pm Baha’i Study Group			Save the Date 11/20/10 1:00pm—4:00pm Leadership Training	<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. ► Indicates location other than CUUF. ☼ Marks special events (see the newsletter for details). [] designates use by nonmembers of CUUF.</p>		