

CUUF Link

August 2011

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

is to:
seek inspiration and understanding, embrace all on their individual spiritual journeys, and serve our local and world communities.



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

Summer Sunday Services

Join us this summer for our more informal Sunday services. Services begin at 10:30am and end at 11:45am. Religious Exploration for children is suspended until mid-September, but childcare is provided for children 5 years old and younger.

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

August 7, 2011, Food Bank Sunday and Joining Sunday

10:30am Service: "I Would Still Plant Apple Trees"

CUUF Speaker: Natalie Palmer

Martin Luther said "Even if I knew that tomorrow the world would go to pieces, I would still plant my apple trees." What are the things that matter most to you? What would you want to leave as your legacy? Join us as we talk about the 'apple trees' of our lives.

August 14, 2011

10:30am Service: "Blessings from the Animals"

CUUF Speakers: Christina M. Davitt and Lori Nitchals

Bring your well-behaved dogs, cats and hamsters to our annual pet service. We consider the blessings that animals present in our lives and how we can be open to the gifts that they bring.

August 21, 2011

10:30am Service: "Embrace the Mystery: Finding Peace in a Chaotic World"

Guest Speaker: Tom Crum; Celebrant: Chris Rader

Tom is an author and presenter in the fields of conflict resolution, peak performance and stress management. For more than 30 years he has taught Aikido, a graceful martial art which uses energy rather than force to resolve conflicts. His presentations are designed to help people become more centered, appreciative and resourceful. His books are the best-seller The Magic of Conflict, Journey to Center and Three Deep Breaths.

August 28, 2011

10:30am Service: "Living the Questions"

Rev. Cecilia Kingman

Rev. Cecilia will once again take questions on theology, Unitarian Universalist history or beliefs, or any other matters of the heart and spirit. Join us for this lively conversation, and bring your questions!

Looking forward to September 11



As you go through your summer, remember to gather water from any place which is peaceful for you. As you do, please consider the ways that each of us can create peace in our world. On Sept. 11, we will share our thoughts of peace as we mingle the waters, and end with a community prayer for peace among all religions, all nations, all people.

And stay for coffee... During August, if your last name starts M—Z and you are willing and able, please bring a fingerfood to share during coffee and conversation following the Sunday service.





A MESSAGE FROM OUR BOARD PRESIDENT

—John Rundell

During the July Board meeting, the first thing the Board needed to do as the new year began, was to select officers. I was selected as the new Board President, and Jaime Krish, Vice President. Coleen Bose was previously elected as the Church Treasurer. Filling the post of Secretary was postponed until the August meeting due to the vacant Board openings. Board vacancies have opened up with the stepping down of Dan Sconce and Peggy Love, each with one year remaining of their 3 year term. The Board nominated several potential members and they will be contacted to gauge their interest in serving.

Among the items on the top of the Board's agenda this summer are getting new members up to speed, filling vacancies on the Board, strategizing how we might make affordable changes to increase the seating capacity for Sunday services, what facility changes might we consider to enhance the general appearance and comfort of our buildings, and, of course, educating the Board on the finances for our Fellowship.

A special thank you to Ruth Gardner for her many years serving as the Fellowship Historian. Ruth has stepped down and the Board is looking for someone to step up to assume this important role. And another very special thank you to our Facility Committee chairs, Heather and Mark Seman, for their design and construction work on the handsome new fence taking shape on our adjacent property, and their planning expertise for possible capital improvements to our buildings.

I welcome calls and emails anytime, and am humbled and excited to serve this great Fellowship this year! I thank you for your support and look forward to working with everyone.

John



NAILED DOWN—July 14, 2011

Notes from the Board Meeting

ELECTION OF BOARD OFFICERS

*John Rundell elected President.

*Jaime Krish elected Vice-President

Tabled election of Board Secretary

FINANCE REPORT (presented by Don Flick)

Transitioning to new treasurer, Coleen Bose

\$30,983 in reserves for daily operations;

FY 2010-2011: 8% more in pledge income than budgeted;

spent 98% of budget. \$7,700 still out in pledges.

FACILITY UPDATE (by Mark and Heather Seman)

Fencing—Project is in process.

*Board expressed gratitude for the Semans' work and appreciation for the design.

Space Use—held two meetings to gather ideas.

*Board set priorities:

1) Increase seating; 2) Paint exterior; 3) Improve entrance.

BOARD MEMBER REPLACEMENTS

Dan Sconce and Peggy Love resigned (1 year left in terms)

*John Rundell will contact nominees for appointment.

COMMITTEE LIAISON ASSIGNMENTS

Adult RE—unfilled

Communications—Jaime Krish

Facilities—Connie Risley

Fellowship Care—unfilled

Finances—Jaime Krish

Membership—unfilled

Personnel—Barb Flick

Religious Education—Val Savina

Worship—Ed LaPaz

Social/Environmental Action—Autumn Carlson

Note: Unfilled assignments to be covered by new appointees.

CHECK SIGNATORIES

Cashmere Valley: John Rundell, Coleen Bose, Barbara Flick, Autumn Carlson

Vanguard: John Rundell, Jaime Krish, Valerie Savina

DRE HIRING PROCESS UPDATE

Process started

*Barb Flick—Board representative

PERSONNEL

Personnel Committee submitted hiring policy and procedure of non-exempt employees

PANCAKE BREAKFAST REVIEW

Success! About 50 attended!

BOARD MEETING DAY AND TIME

New date for Board meetings—1st Tuesday of month

BOARD MEMBER RETREAT

New tentative date—October 1

CHURCH HISTORIAN

Ruth Gardner resigned; Looking for replacement

REPORTS

MINISTER'S REPORT—No report; on leave

DRE REPORT—No report; position open

OFFICE ADMINISTRATOR'S REPORT

Met with Facilities co-chairs and others; sent in PNWD & UUA pledges; transitioning from one fiscal year to the next, and from regular services to summer services; updating documents; processed hiring of 2 new childcare employees; worked out new phone plan.

*Board requested cuufboard@cascadeuu.org be updated.

Complete minutes of the meetings are posted in the sanctuary after the following Board meeting. The next Board meeting will be held the first Tuesday, August 2, at 6:00pm. Members of the Fellowship are always welcome as observers. If you would like to speak to the Board, please contact Board President, John Rundell, beforehand so you can be included on the agenda.

OUR MINISTER
—Rev. Cecilia Kingman

Rev. Cecilia is currently on vacation, followed by study leave to prepare for the coming church year. She will not be responding to email or phone calls during this time. If you have a pastoral emergency, or there is an event of a serious nature affecting the congregation, please contact office administrator, Rita Salama, at 630-3385.

Rev. Cecilia will return to work August 15. Her first Sunday in the pulpit will be August 28.



MEET THE NEW MEMBERS OF THE CUUF BOARD OF TRUSTEES



Autumn Carlson

I've been attending CUUF for about five years now. I have two kids, Caden who is 8 and Kyla who is 2 1/2 going on 13. I recently graduated Central Washington University, I earned my degree while being a single mom and having two back surgeries. I have a Bachelor's Degree in Social Sciences with a Minor in Psychology and a Minor in Social Services. I'm looking forward to becoming more involved with CUUF and am honored to be a board member.

Barbara Flick is a retired secondary school teacher who moved to Wenatchee from western New York, 3 1/2 years ago. The Flicks started attending CUUF shortly after. Barbara is also on the Boards of the Community Farm Association and Forest Ridge Wildfire Coalition. She enjoys hiking and traveling.



Connie Risley

I grew up in a suburb of St. Louis, Missouri, raised by devout Methodists from the east coast. Began heading west, to the Rockies, on family vacations, ultimately migrating to the Pacific Northwest in 1972 with two small children. A period of exploration, working in orchards, living communally, then a career in engineering and hydrology with the US Forest Service and a journey on the spiritual path of Mevlevi Sufism. Retired in 2003, moved first to Puget Sound to be near kids and grandkids, then to less-urban Wenatchee in 2007. Found CUUF in 2008, through the many friendly and philosophically companionable people I kept meeting in other aspects of life here.

Thank You!

*From the Board
to Gwyneth Thorsen*

for volunteer work in the CUUF office
and serving on Personnel Committee

to Ruth Gardner

for her years of service as CUUF Historian

and to Rev. Cecilia Kingman

for serving the congregation

A NOTE OF GRATITUDE TO CUUF

"I was honored to be invited as a speaker on June 19, 2011. I received so much from all of you that I have been rewarded a thousand times since that day.

I'm returning your much appreciated gesture as a donation to be used as you wish.

It is 7:30pm Sunday and continuing to feel the warmth and the blessing I received during and after the Sunday service.

Thank you and warm blessings."

—Jorge Chacon

Sunday Services—beginning of September

September 4, 2011, Food Bank Sunday and Joining Sunday

10:30am Service: "Joy of Drumming"

CUUF Speaker: Todd Petit

Join Todd and discover how spiritual and joyful drumming in community with others really can be!

September 11, 2011

10:30am Service: Peace Commemoration and Water Communion

Rev. Cecilia Kingman

For many years we have celebrated a ritual known as Water Communion on the Sunday after Labor Day. This is our Ingathering Service, which kicks off the regular church year. This year our Ingathering will fall on the tenth anniversary of the 9/11 tragedy. To commemorate that occasion, we are joining other Unitarian Universalist churches and fellowships in using our Water Communion as an opportunity to proclaim our values of peace and loving-kindness. Therefore, our service will have a slightly different approach to years past.

This year, as you go through your summer, we invite you to gather water from any place which is peaceful for you—a river, lake or pond, a local creek, your garden, or the tap in your kitchen where your family gathers. As you do, please consider the ways that each of us can create peace in our world.

When we come together on September 11, we will share our thoughts of peace as we mingle the waters, and end with a community prayer for peace among all religions, all nations, all people.



If you have been attending CUUF for a while— FIRST SUNDAYS ARE JOINING SUNDAYS!

August 7, after the service

If you are ready to become a member of our fellowship, you may join on the first Sunday of each month. Prior to joining, we ask that new members take our membership class or have a conversation with Rev. Cecilia, and make a financial commitment. If you have decided that CUUF is your spiritual home and are ready to join CUUF, simply come to the front of the sanctuary right after the service on June 5, and we will gladly welcome you into membership!

Still have questions? Contact the church office to receive information about our newcomer welcoming events or to schedule a conversation with Rev. Cecilia.

SPIRITUAL EXPLORATION OPPORTUNITY!

Do you have a curious mind? Would you like to learn more about Unitarian Universalism? Do you believe that our children are precious and important and that passing on our values to them is an exciting enterprise? Then we have a place for you in our Religious Exploration program this fall!

We are seeking volunteers for all aspects of our children's program:

Teachers: Enjoy an easy to use lesson plan that helps our young people form friendships, explore the world and learn our Unitarian Universalist story. Teachers are asked to give two Sundays per month September 18 through December 18, and a Teacher Training on Sunday, Sept. 11, from 1 -4 p.m. Training and support provided.

Pre-K to K group (ages 3-5): "Chalice Children" introduces small children to religious community and spirituality through simple games, stories and songs.

1st – 3rd graders: "Around the World's Religions!" Experience the many ways humans ask the big questions, understand the world, pray, feast and celebrate life.

Tweens (ages 10 through 13): Our Tweens will continue to explore their own beliefs and spirituality with activities and adventures.

Classroom Assistants: Parents and other volunteers to assist the teachers each Sunday. This includes help with crafts, activities, and snack time. Time commitment: two Sundays during the fall term.

R.E. Committee Members: Be part of our welcoming ministry for new families, and assist our new R.E. Director. We are seeking volunteers who are committed to our children, excited about CUUF's future, and willing to offer 4-6 hours a month, August through June.

To volunteer for any of these positions, please contact Val Savina, Board Member and R.E. Committee Liaison, at valsavina@gmail.com or 616-648-5872.

CUUF HIKING GROUP

Beginning in August, the CUUF hikes will be planned on a weekly basis to allow more flexibility in scheduling.

Also, we are seeking more volunteer hike leaders! If you have a favorite hike you would like to lead, please contact Lori Nitchals. Each week the volunteer hike leader will choose the day, the hike, the time to meet, whether the hike is dog-friendly or not, etc. and notify Lori by Saturday, who will send the email out to the hiking group on Sunday with the hike information for that week.

If you would like to be added to the hiking group email list or have any questions please contact Lori Nitchals, 667-8895, cell 264-0504, lornitch@nwi.net.

BAHA'I STUDY GROUP

The study group is taking a break for the rest of the summer with plans to resume meeting mid-September.

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

"A Course in Miracles" STUDY GROUP

The study group is taking a break this summer. Watch upcoming newsletters for more information.

Contact Rita Salama, 630-3385, salamatoyou@yahoo.com

CUUF'S DREAM GROUP, Sundays, August 7 & 21, 7:00pm

A supportive, confidential environment in which to explore the meaning of nocturnal dreams.

Contact LeRoy Farmer, 669-3941, leroyf@nwi.net.



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, August 10, 1:30pm**

Louise Buchanan's home
2741 NW Cascade, E. Wenatchee

Call Louise for more info, 884-5805.

EVENING—weekly

On break for the summer; will resume meeting in the fall.

COVENANT GROUPS

Meet various days and times, in members homes or at CUUF

Each group meets in group members' homes or CUUF, at least twice a month, at one of the following times: Mondays, 10:00am; Tuesdays, 9:00am; Tuesdays, 7:00pm (Upper Valley); Wednesdays 10:00am; Wednesdays 7:00pm, 7:15pm; Thursdays 7:00pm. New groups are forming!

If you would like to join one of these small, supportive groups to form deeper more meaningful relationships and add richness to your life, contact Rita Salama, 630-3385, salamatoyou@yahoo.com.

MEANINGFUL MOVIE NIGHT

"The End of Suburbia"

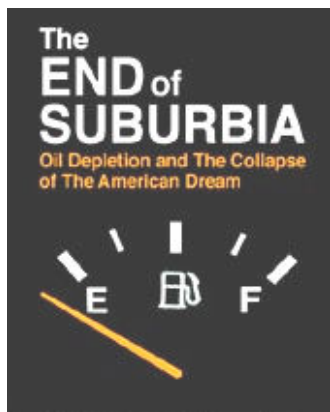
Friday, August 12, 7:00pm

When the film came out in 2004 the price of gasoline was around \$2/gallon or less. Today it's around \$4/gallon.

"What does Oil Peak mean for North America? As energy prices skyrocket in the coming years, how will the populations of suburbia react to the collapse of their dream? Are today's suburbs destined to become the slums of tomorrow? And what can be done NOW, individually and collectively, to avoid The End of Suburbia?" (52 minutes.)

This is a free event cosponsored by Meaningful Movie Nights—Wenatchee and CUUF.

For more information contact Peggy Love, 669-8888, jlschlaman@charter.net.



"We're literally stuck up a cul-de-sac in a cement SUV without a fill-up." - James Howard Kunstler

UPDATING CONTACT INFORMATION

It's time to update CUUF's contact information. If you have had changes, please contact the office administrator at 630-3385, or cuufink@yahoo.com.

If you would like to be included in the CUUF printed directory, please use the form below. Print your information EXACTLY as you would like it to appear. Leave lines blank (ex. Partner's Name) if you don't want the information to be listed.

Date _____

Your Name _____
I am a member of CUUF. Yes No

Address _____

City _____ Zip _____

Cell Phone _____ Home Phone _____

E-Mail _____

Partner's Name _____
I am a member of CUUF. Yes No

Cell Phone _____ E-Mail _____

Child _____ Year of Birth _____

Child _____ Year of Birth _____

WEDNESDAY
EVENING



STONE BLOSSOM SANGHA – THE CUUF ZEN BUDDHIST GROUP NEW TIME AND FORMAT FOR ZEN MEDITATION, Wednesday evenings, 5:30pm—6:30pm

CUUF's Zen meditation group has a new meeting time beginning Wednesday, August 3. The earlier time will make it easier for meditators who work to come directly from work and still be able to have the evening for other activities. The group has been meeting at 7:45pm on Wednesday evenings.

An additional change will be that the first Wednesday of each month will be formatted for beginning meditators with shorter meditation periods, and time for questions and answers on meditation technique, Buddhism in general, and Zen in particular. All are welcome to come and sit any Wednesday, however, those new to group meditation may want to attend a "first Wednesday" before committing to a longer meditation period.

The Zen group is led by Sharon Meho Petit, (who has been given permission to teach beginning Zen meditation by her Zen teacher, Genjo Marinello Osho), and Todd Daiko Petit.

For more information contact Sharon Petit, 670-0883, shayknight@charter.net.

TIBETAN BUDDHIST GROUP

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

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

NATIONAL UU BUDDHIST FELLOWSHIP

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



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 1st Sunday of the month

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

WASHINGTON STATE UU VOICES FOR JUSTICE
to bring our Unitarian Universalist values and voices to the public square

Join an issues action group by volunteering at the UU Voices website; help bring our Unitarian Universalist values of justice, equity, and compassion to the state legislature! Need more information on how you can be part of our legislative advocacy? Contact us at coordinator@uuvoiceswa.org.

RELIGIOUS EXPLORATION FOR CHILDREN AND YOUTH

June 12 through September 11—Summer Break

There will be no RE lessons until mid-September. Childcare will be available for children who are 5 years old and younger. Activity packets will be available for older children.

Parents with little ones are welcome to use the library as a quiet room; it's equipped with speakers so you can continue to enjoy the service.



TIME TO PAINT THE EXTERIOR!

Saturday, August 13, 9:00am to Done

The Fellowship Hall, or at least parts of it, is looking ratty and needs some TLC! The process involves scraping, priming and painting to match the existing color. We will be prioritizing the south facing walls and the entrance door wall and trims due to budget constraints.

Bring ladders, extra rollers and extension poles, scrapers, drop cloths, etc., if you have them. Paint provided. If you can prep and prime before the 13th, please do so.

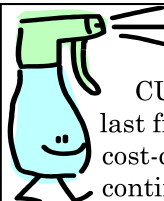
Contact Mark or Heather Seman with questions, 928 925-7616, Heather@HMSarchitectures.com.

**FACILITIES COMMITTEE MEETING**

Monday, August 1, 3:00pm–4:30pm at CUUF

Come join us to discuss and plan facilities projects and needs.

Contact: Heather Seman with any questions: Heather@HMSarchitectures.com, 928 925-7616.



**KEEPING CUUF CLEAN—
We need YOU!**

CUUF has had a very tight budget during the last fiscal year. Although the outlook has improved, cost-cutting measures are still in effect including continuing with volunteer janitors instead of paid staff, with at least two people working together each time (this is a change from last year).

Your help would be appreciated! If you are able and willing, please contact volunteer coordinator, Gary Pape, 670-2865, gary.pape2@frontier.com.

GREAT GABIONS!**THE FENCING PROJECT IS ALMOST COMPLETE!**

Volunteers have been creating the “gabions”—wire baskets filled with rock—on our north lot. If you can assist with this project, let Heather or Mark know.

PLEASE READ THE INSTRUCTIONS before assembling a gabion. (Instructions are in the bucket in the entry of the Blue House.) If you have any questions, give Heather or Mark a call.

Contact: Heather Seman, 928-925-7616; Mark Seman, 928-925-7617

POSITION OPENING FOR DIRECTOR OF RELIGIOUS EDUCATION

CUUF is seeking a creative, organized individual to fill the position of Director of Religious Education to plan and administer a comprehensive religious education program for children and youth. The position is open to any spiritual background, but applicants must adhere to Unitarian Universalist principles and be able to communicate well with all ages from children through parents and Board members.

This is a .33FTE (approximately 57 hours per month) paid position. Please call 630-3385 for a complete job description and application. Deadline for submitting applications is August 8, 2011.

Responsibilities include but are not limited to:

- Provide leadership in implementing UU religious education curricula and programs
- Coordinates weekly RE classes September through June
- Recruit, train and coordinate volunteers
- Work with the Religious Education Committee
- Submit monthly articles to CUUF Newsletter
- Supervises childcare

This position requires an understanding of Unitarian Universalist principles and sources. Applicants need to provide a resume and be willing to submit to a background check. For a full job description and application form, please contact the CUUF Office Administrator at cuufink@yahoo.com or 509-630-3385.

The deadline for submitting applications is Monday, August 8, 2011.

A HISTORY OF SERVING CUUF**Ruth Gardner—CUUF Historian**

For 20 years, Ruth Gardner has served our Fellowship as Historian. She has scrapbooked her way into the hearts of our members, pasting orders of service, clips from the paper, photos of VIPs both young and old, and organized them all into beautiful, bound volumes that may be perused in our library. They tell the story of Cascade Unitarian Universalist Fellowship in such a wonderful and sincere way, I encourage you all to take the time to look through them.

This past month, the Board received a letter from Ruth stating that she was stepping down from the post of Historian. As usual in this type of bittersweet announcement, we are sad to see her step down, and at the same time so happy that she has enjoyed this role for such a long time, and done such a marvelous job!

FELLOWSHIP HISTORIAN NEEDED

If you are interested in assuming this role, please let the Board or the Office Administrator know of your interest. I'm sure Ruth would be happy to discuss how she has been doing the job, how much time it takes, and the glory that accrues as well.

The CUUF Link is published monthly. Newcomers may receive complimentary paper copies for 3 months.

Paper subscriptions are free with your annual contribution of \$15 or more.

Electronic subscriptions are always free! To subscribe, contact the CUUF Office Administrator at 886-4023, cuuflink@yahoo.com, or 1550 Sunset Highway N., E. Wenatchee, WA 98802.

**If you do not have email and need to receive paper copies of the CUUF Link but a subscription doesn't fit in your current budget, we will happily continue to send the newsletter to you at no cost. Just let the office administrator know.*

Pick up a printed calendar of events at the church's Greeters' table

.....
To submit information for the CUUF Link contact Office Administrator, Rita Salama
Phone: 886-4023

Email: cuuflink@yahoo.com

Mail: CUUF, 1550 Sunset Highway N,
E. Wenatchee, WA 98802

**The deadline for
CUUF Link submissions
is the 15th of each month.**

Unitarian Universalism

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 us to live in harmony with the rhythms of nature.



CASCADE UNITARIAN UNIVERSALIST FELLOWSHIP

1550 Sunset Highway N.
E. Wenatchee, WA 98802



Programs, Board & Committees

Baha'i Study Group—*Summer break after July 3. Rescheduling in September.*

Learn about the Baha'i Faith and study how it fits into today's world.
Contact Verna Zuttermeister, 884-7797, vik_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 —*Monday 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, 5:30pm-6:30pm, 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—*Summer break. Rescheduling in September.*

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, see below.

Contact Rita Salama 630-3385, salamatoyou@yahoo.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 Lori Nitchals, 667-8895, lornitch@nwi.net.

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, leroyf@nwi.net or Dick Murphy, 884-9514, dickpearl@msn.com

UU & You—*Last Saturday, Sept. through May, 10:00am-11:30am, CUUF Sanctuary.*

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—2011

John Rundell, President—782-0366
Jaime Krish, Vice-President—832-330-6520
Ed LaPaz—679-6448
Valerie Savina—616-648-5872
Autumn Carlson—421-0296
Barbara Flick—888-4670
Connie Risley—293-2983

CUUF TREASURER

Coleen Bose—713-301-5421

CUUF COMMITTEES

ADULT RELIGIOUS EDUCATION

Sharon Petit, Chair—884-6773

Board Liaison—to be determined

COMMITTEE ON MINISTRY

Angela Morris—667-1345

LeRoy Farmer—669-3941

Lois Cole—886-7836

COMMUNICATIONS

Chair—vacant

Jaime Krish, Board Liaison

Gary Piscopo, Web Facilitator—663-2216

Dave O'Conner, Webmaster

FACILITIES

Mark & Heather Seman, Co-chairs—
928-925-7617

Connie Risley, Board Liaison

FELLOWSHIP CARE

Chair—vacant

Board Liaison—to be determined

FINANCE

Don Flick, Chair—885-6105

Jaime Krish, Board Liaison

MEMBERSHIP

Geordie Romer, Chair—679-8958

Board Liaison—to be determined

PERSONNEL

Pat Brooke, Chair—886-0173

Barbara Flick, Board Liaison

RELIGIOUS EXPLORATION

(FOR CHILDREN)

DRE—hiring for position in process

Erik Dilling, Interim Chair—881-7324

Val Savina, Board Liaison

SOCIAL/ENVIRONMENTAL ACTION

Autumn Carlson, Board Liaison

WORSHIP


Chair—vacant

Ed LaPaz, Board Liaison



August 2011

ALL EVENTS
ARE HELD
IN THE
SANCTUARY
UNLESS
OTHERWISE NOTED.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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.	1 10:00am Covenant Group—Dan 3:00pm Facili- ties Committee Mtg.	2 6:00pm Board Meet- ing	3 Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 5:30pm Beginning Zen Meditation 6:30pm Tibetan Buddhist Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS	4	5 2:00pm Per- sonnel Com- mittee Mtg.	6
7 FOOD BANK SUNDAY, JOINING SUNDAY M–Z BRING TREATS 10:30am Service: “ <i>I Would Still Plant Apple Trees</i> ”—CUUF Speaker: Natalie Palmer 7:00pm Dream Group	8 Deadline to Submit Applica- tions for DRE 5:30pm Finance Committee Mtg.	9	10 10:00am Covenant Gr.—Pearl 1:30pm Book Group (off site) Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 5:30pm Zen Meditation 6:30pm Tibetan Buddhist Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS	11	12 7:00pm Meaningful Movie: “ <i>End of Suburbia</i> ”	13 9:00am Painting Party—paint the Fellowship Hall exterior
14 M–Z BRING TREATS 10:30am Service: “ <i>Blessings from the Animals</i> ”—CUUF Speakers: Christina M. Davitt and Lori Nitchals	15 NEWSLETTER DEADLINE  10:00am Covenant Group—Dan Rev. Cecilia returns to work	16	17 Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 5:30pm Zen Meditation 6:30pm Tibetan Buddhist Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS	18	19	20 All-Day Worship Committee/ Celebrant Meeting
21 M–Z BRING TREATS 10:30am Service: “ <i>Embrace the Mystery: Finding Peace in a Chaotic World</i> ”—Guest Speaker: Tom Crum 7:00pm Dream Group	22	23	24 10:00am Covenant Gr.—Pearl Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 5:30pm Zen Meditation 6:30pm Tibetan Buddhist Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS	25	26	27
28 M–Z BRING TREATS 10:30am Service: “ <i>Living the Questions</i> ”—Rev. Cecilia King- man	29	30	31 Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 5:30pm Zen Meditation 6:30pm Tibetan Buddhist Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS		 Looking forward to Sept. 11 Water Service	During the summer, if you are in a place that is especially peaceful to you, collect some water for this in- gathering cere- mony.

For details of Sunday mornings and special events, see the newsletter.
See the back of the calendar (or previous page)
for information about regular events.

To schedule an event using CUUF facilities or to include your event on
the calendar, contact Rita Salama, 886-4023, cuufink@yahoo.com.

CUUF Scheduled Office Hours (others by appointment):

Mon. 9:00am—1:00pm Office Administrator
Tues. 9:00am—1:00pm Office Administrator
Wed. 2:00pm—6:00pm Office Administrator
Thurs. 2:00pm—6:00pm Office Administrator
Fri. (by appointment) Office Administrator
Sun. 8:00am—12:30pm Office Admin./CUUF Business