



**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](http://www.cascadeuu.org)

Minister: Rev. Cecilia Kingman  
885-2469  
[minister@cascadeuu.org](mailto:minister@cascadeuu.org)

Office Administrator: Rita Salama  
630-3385  
[cuufink@yahoo.com](mailto: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 Exploration (see page 8 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.*

### February 6, 2011, Food Bank Sunday

**10:30am Service: "This I Believe about the First Principle"**

CUUF Speakers: Sharon Page, Verna Zuttermeister and Val Savina

Celebrant: Christina Davitt

Modeled after our popular "This I Believe" Sunday services, three members of CUUF's Seven Principles Discussion group reflect on what the inherent worth and dignity of every human means to them.

### February 13, 2011

**10:30 am Service: "The Joy of Drumming"**

CUUF Speaker: Todd Petit

Celebrants: Christina Davitt and Ed LaPaz

In this dark midwinter time, we look for joy wherever it can be found. Join Todd Petit and make a joyful noise and lift your spirit!

### February 20, 2011, Bring a Friend Sunday

**10:30am Service: "Right Speech: A Spiritual Practice for Everyday Life"**

Guest Speaker: Rev. Genjo Marinello Osho

Celebrant: Sharon Page

Genjo Marinello Osho, abbot of the Seattle Rinzaï Zen temple, Dai Bai Zan Cho Bo Ji, will share his insight regarding Right Speech, a cornerstone of the moral discipline portion of the Buddhist Eightfold Path. It means speaking truthfully and honestly; speaking in a way to promote harmony and good will; using language to reduce anger and ease tensions; using language in a way that is useful and seeing communication as a way to further our understanding of ourselves and others and as a way to develop insight. Come hear Zen's approach to how we practice this most everyday of spiritual paths, speaking the truth with mindful compassion.

### February 27, 2011

**10:30am Service: "Love the Problem, Part II: The Science of Attraction"**

Rev. Cecilia Kingman

Celebrant: Pat Brooke

In this, the second in a series on love and relationships, Rev. Cecilia will share the work of neurobiologists who study the brain chemistry of love and attraction. We'll look at why we fall in love with the people we do, why we too often repeat old patterns, and how we might learn to love in healthy ways.

**And stay for coffee...** During February, 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

—Joe Palmer

The theme of my last column (December newsletter) was the “greatness of spirit” of our congregation and the community we create. In my mind, it’s a dynamic process analogous to the symbiotic relationship we have with trees and plants. As we breathe in the oxygen generated by plant life, we nourish our bodies with the most basic element for our survival. Upon exhalation, we breathe the waste product of our metabolic process, carbon dioxide...the very compound needed to sustain plant life. It’s a beautiful, elegant process.

The same process occurs in our community and is equally necessary for survival of both the individual and the community. As individuals, when we give to the community through our time (committees, cleaning the building, covenant groups and a myriad of other opportunities) and our financial resources, we nourish the community. The community, in turn, nourishes each of us by providing a sense of place, support, and in a word, love. Without this nourishment from the community, individuals will not have the desire to give back to it, and conversely, if people don’t give to the community, it will not be a healthy, vibrant and nourishing environment. Again, an elegant process!

We are so blessed to be a part of such a healthy, vibrant community...and it couldn’t exist without the love, support, and work that we all do. As we move into the spring (and pledge) season and begin thinking about what the community means to each of us, I would encourage each one of us to ask what we mean to the community. There are so many opportunities for involvement; if you’ve been looking for a way to further connect, please take a look at all of the available committees, talk to a board member, greeter or the person sitting next to you the next time you attend a service (chances are, they’re on a committee!). What we all put in, is what we all get out!

Thank you to everyone who makes our community so great!

In faith, fellowship, and friendship,  
Joe



## NAILED DOWN—JANUARY 6, 2011

### Notes from the Board Meeting

#### FINANCIAL UPDATE

Income up compared to last year; 2-3 month “cushion”  
\$16,000 raised for “In the Clear”—Mortgage paid off  
Still operating under deficit budget  
Bookstore profits \$500

#### PROPERTY AND VISIONING

Analysis of assets needed

#### STATE OF THE CONGREGATION

Plans for congregational meeting—Jan. 30, after service  
Topics: Mission Statement progress; outcome of offer to purchase lot; custodial process; update on finances; new Membership Committee

‘Mortgage Burning’ luncheonette/party following meeting

#### BLUE HOUSE MOLD UPDATE

Test initiated; results by Jan. 15

#### REPORTS

##### MINISTER’S REPORT

Rev. Cecilia on leave—no report.

##### DRE REPORT

Request for more hours and medical benefits;  
Still need for RE Council and Chair;  
New First Sundays Youth Group;  
Request for training for childcare worker;  
Request for flex time;  
Safety concerns;  
Upcoming Secret Pal.

#### OFFICE ADMINISTRATOR’S REPORT

Schedule for weekly check-in with Rev. Cecilia;  
Donation statements for calendar year to be sent out for tax reporting;  
Minister’s retirement plan set up;  
Ordered for Guest at Your Table;  
Arrangements for snow plowing

#### COMMITTEE REPORTS

Personnel: Peggy Love, liaison (absent):  
Recommended CPR training for DRE and Office Admin  
Board would like more details and costs.  
\*Board adopted holiday schedule for employees proposed by the Personnel Committee

Membership: Dan Sconce, liaison.

New committee—met for first time.

Taking a look at requirements for membership

Plans for New UU classes

Nametag system to track visitors

Sunday Services: Ed LaPaz, liaison.

Lee and Mary Barnhill now organizing forums.

Community Concerns: Suzanne Harper, liaison (absent):  
Bev Press resigned as chair of committee

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Board meetings are usually held the first Thursday of the month, at 6:00pm. 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.

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## A MESSAGE FROM OUR MINISTER

—Rev. Cecilia Kingman



During my leave in January, I watched the tragic events in Tucson unfold, and my heart ached to see the suffering there. That week I happened to come upon a story in “Sojourners” magazine: a tale of some Texan women who decided to reach out across religious divisions and create a women’s group of Christian, Muslim and Jewish women. This group was not based in discussion, but in cooking. The women gathered at each other’s homes to share the food of their traditions and teach recipes and techniques. The goal was very simple: to break bread together.

The women cooked and ate and began to laugh together. Over time—not quickly—these women learned the stories of each other’s lives and came to understand one another. Trust grew amongst them, a trust that can only be built slowly, with the foundations of storytelling and mutual regard. A small circle of peace was created, out of the most modest of hopes: to share meals across religious lines.

So often we think the work of peace must be dramatic. We think it requires large acts, great projects or big sums of money. But the creation of a more peaceful and just world begins with small, daily acts. To make peace, we can invite someone to dinner. We can speak kindly to our neighbor who belongs to a different church, class, ethnicity or viewpoint. And we can respond to anger with a gentle spirit. We can call for change without calling names. We can cry out for the needs of others and for our Earth home while still recognizing the Divine Spark in everyone, regardless of political affiliation or religious commitment.

To live as peacemakers is to treat every moment as an opportunity for peace. Whether I am speaking to a neighbor, a public official, my spouse or even myself, my speech can create either discord or peace. A woman I know is spreading her idea of a “Kindness Project.” A therapist, she got the idea from methods for helping trauma victims heal. First, you must be kind to yourself, trauma survivors are told. Wow, she thought. So many people are suffering from a form of trauma in our culture. We are all traumatized by the violence of our times, by the ongoing wars and the economic situation, by the knowledge of climate change and by all the painful headlines of each day. Perhaps we need to begin by being kind to ourselves. Perhaps we must say to our own psyches, *I know how hard it is. It hurts to face the reality of the world. Rest a moment, right now. Breathe each breath in and out, and simply rest.*

When I am going about my daily routine, my thoughts shape my interactions. Are my thoughts peaceful? Or do my thoughts and words create anxiety, impatience, or negativity? So often, we are speaking to ourselves in harsh language. *Nice one, Cecilia, I think. Boy, that was clumsy (or stupid, or worse).* When I speak this way to myself, I will speak this way to others. The trick is to practice lovingkindness to all beings, beginning first with one’s own self.

The path to peace begins in our own hearts. In this era of vitriolic language and outright acts of violence, perhaps the most important thing each of us can do is practice peace in each moment. We can stop and ask ourselves: Do my thoughts/words/actions in this moment bring in more peace and lovingkindness, more justice and mercy, into our world? To live this way is to live against the grain of a bombastic and antagonistic culture. But the path is its own reward, and its fruits beyond measure.

Let us make peace, one moment at a time. *Breathe in, breathe out.*

In faith,  
Cecilia

*Thank You! From the Board to*

*Bev Press*

For years of service on the Community Concerns Committee

*Natalie Palmer*

For her gift of music to CUUF

*John Crew and Suzanne Harper*

For their dedication and countless volunteer hours at CUUF

## 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.*

### **February 6, 9:00am: “Immigration and Inherent Worth and Dignity”—Covenant Group Style ....CUUF Leader: Jeff Lau**

The topic is immigration and the first principle of Unitarian Universalism, 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.

Each month one of the forums will be presented in the Covenant Group format so if you miss this one, you can catch the one next month.

For more information, or to find out how to visit or join a Covenant Group, contact Dick Murphy, 884-9514.

### **February 20, 9:00am: “Faith Without God”.....Guest Leader: Genjo Marinello**

The discussion will center around how Buddhists, a religion without a god, view faith. What does the word faith mean? In what is faith placed? How does this correlate with what UUs believe or don't believe. Genjo brings credentials not only as Zen priest, but as a practicing Quaker and a certificated spiritual director. As a spiritual director, he works with ministers, priests and others who want to deepen and explore their own spiritual journey. Rev. Marinello is also a practicing psychologist.

### **February 27, 9:00am: “Is War Ever Justified?” .....CUUF Leader: Lee Barnhill**

Come and join in the discussion.

*Do you have a topic you're burning to discuss? Is there a question you're pondering that you'd like to mull over with others? Do you have specialized information that would benefit those at a forum circle? Contact Lee Barnhill, 662-3185, about leading a forum or to submit your ideas for a topic.*

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

### **THE NEWCOMERS' BREAKFAST Sunday, February 13, 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, February 26, 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.

### **BAHA'I STUDY GROUP, Sundays, February 13 & 27, 3:00pm**

**“A Course in Miracles” STUDY GROUP,**  
1st & 3rd Mondays, February 7, 1:30pm, (cancelled February 21)  
2nd & 4th Sundays, February 13 & 27, 1:30pm

### **LIKE TO SING? Join the CUUF Choir**

For more info, contact Larry Tobiska, 662-3209, [ltobiska@nwi.net](mailto:ltobiska@nwi.net).

### **SNOWSHOE/WINTER ACTIVITIES**

For general information, current plans, or to be added to a contact list for activities, contact Vikki Williams, 884-2126, [viks-view@yahoo.com](mailto:viks-view@yahoo.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, February 9, 1:30pm**

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

#### **EVENING—weekly—Mondays, 7:00pm**

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.

**SMALL DINNERS (& CIRCLE SUPPERS)**

**Small Dinners** are held in place of regular circle suppers when no host has signed up for a large circle supper.

These dinners are a great way to get to know one another in a small setting. They are arranged dinners where hosts and attendees sign up in advance. This allows time for the hosts to know who to call to invite to their table.



**Saturday, February 19, 6:00pm**

4X8 Small Dinners

Please sign up on the poster at the back of church by February 13 or contact Pearl 884-9514, [dickpearl@msn.com](mailto:dickpearl@msn.com) or Jackie 664-7032, [sandchaser@yahoo.com](mailto:sandchaser@yahoo.com).

**Hosts Are Needed**

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

**NEW UU CLASSES—*Save the Dates***

**Tuesday evenings, March 8, 15, 22, 7:00—9:00pm, at CUUF**

The New UU is an orientation program for new and prospective members of our church. Over the course of 3 evenings, we share our personal religious odysseys, learn about Unitarian Universalism, acquire a better understanding of how our own fellowship functions and discuss ways for you to get involved. All are welcome to attend whether you are a newcomer, a recent member or even a long standing member who wants to share in the discussions.

This is the first time this year that these classes will be held. **It is recommended that you attend the “New UU” classes before becoming a member.** If you are interested in attending the classes, please contact Chris Rader, [crader@nwi.net](mailto:crader@nwi.net), 888-0181, Allyson Zacharko, [Allyson@windermere.com](mailto:Allyson@windermere.com), 630-9898 or LeRoy Farmer, [leroyf@nwi.net](mailto:leroyf@nwi.net), 669-3941 to sign up.

**SEVEN PRINCIPLES DISCUSSION GROUP—*continues***

**Thursday evenings, February 10 (3rd Principle) and 17 (4th Principle), and March 10, 17 and 24, 7:00-8:30pm**

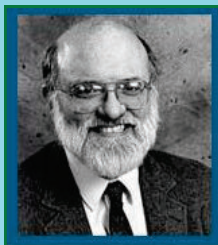
Are you looking for more in-depth discussion of the seven principles of Unitarian Universalism? The Sunday Services Committee is sponsoring a seven week, adult discussion group. Each session focuses on one of our seven UU principles and is self-contained—so come to one or as many as you would like.

For more information, or if you would like to attend, please contact Christina Davitt, Chair of Sunday Services at 393-9467, [christina@davittlaw.com](mailto:christina@davittlaw.com).

*Join members of CUUF's Dream Group at this workshop in Seattle.*

## *“Understand Your Dreams”* WORKSHOP with JEREMY TAYLOR

**February 25—27 at Northlake Unitarian Universalist Church  
308 4th Avenue South, Kirkland, WA**



**Friday, February 25, 7:00pm--9:30pm, Introduction (Free!)**

This lecture introduces dream work and explains why dreams matter and how we can decode them.

**Saturday, February 26, 9:00am—4:30pm, \$60 pre-register by 2/14, \$75 at door**

An all-day experiential workshop, putting theory into practice. Working with your own and the dreams of others in a group can have life-changing results

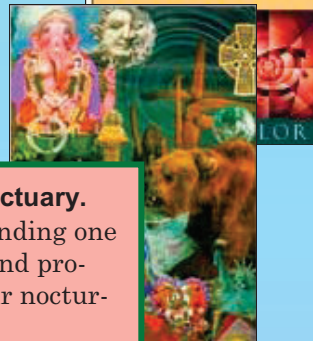
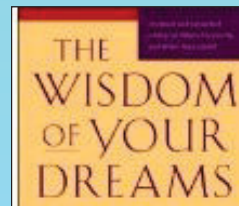
**Sunday, February 27, 10:30 am**

Hear Jeremy Taylor speak during the Northlake UU Worship Service

**Limited Space. Register Early! 425-822-0171 • [www.northlakeuu.org](http://www.northlakeuu.org)**

Jeremy Taylor, an ordained UU minister, has worked with dreams for over thirty years; he blends the values of spirituality with an active social conscience and a Jungian perspective. He has written four books integrating dream symbolism, mythology, and archetypal energy, and appears regularly on local, regional, and national radio and TV, and leads workshops internationally and throughout the United States.

[www.jeremytaylor.com](http://www.jeremytaylor.com)

**CUUF'S DREAM GROUP, every other Sunday evening, at 7:00pm in the church sanctuary.**

CUUF founding member, LeRoy Farmer, started the dream group 17 years ago after attending one of Jeremy Taylor's workshops and the group is still going strong. Meetings are open to all and provide a safe, supportive, and confidential environment in which to explore the meaning of our nocturnal dreams. The group will meet on February 13 & 27.

For more information, contact LeRoy Farmer, 669-3941, [leroyf@nwi.net](mailto:leroyf@nwi.net).

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## STONE BLOSSOM SANGHA — THE CUUF ZEN BUDDHIST GROUP

ZEN MEDITATION, Wednesday evenings, 7:45pm—9:00pm

All are welcome! Please arrive between 7:30pm and 7:40pm to set up. We sit promptly at 7:45pm. If you arrive earlier please be respectful of the Tibetan meditation group which ends at 7:30pm.

For more information contact Sharon Petit ([shayknight@charter.net](mailto:shayknight@charter.net)), or Todd Petit ([mizmar@charter.net](mailto:mizmar@charter.net)), 884-6773.

### PUBLIC TALK

## *"Don't Ignore the Laws of Causation"*

by Genjo Marinello Osho

Friday, February 18, 7:00pm, at CUUF

Everyone is invited to come hear Rev. Marinello, abbot of the Seattle Rinzai Zen temple, Dai Bai Zan Cho Bo Ji, Quaker and psychologist give a public dharma talk on the laws of causation. Genjo Marinello has been a Zen priest since 1980 and is dharma heir to Eido Shimano Roshi.



Rev. Genjo Marinello Osho

### HALF-DAY ZEN RETREAT

led by Genjo Marinello Osho

Saturday, February 19, 9:00am—3:00pm, at the Farm House

Genjo Marinello Osho, abbot of the Seattle Rinzai Zen temple, Dai Bai Zan Cho Bo Ji, will lead CUUF's Zen group, Stone Blossom Sangha, in a traditional half-day Zen retreat. There will be silent meditation, walking meditation, a dharma talk by Rev. Marinello. A traditional Zen meal will be provided by the sangha.

Please contact Sharon Petit, 670-0883, [shayknight@charter.net](mailto:shayknight@charter.net), or Lois Cole, 886-7836, [lois-anncole@mac.com](mailto:lois-anncole@mac.com), for directions and information about the retreat.

### 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 Poverny, 687-1911.

### NATIONAL UU BUDDHIST FELLOWSHIP

Visit [www.uua.org/uubf](http://www.uua.org/uubf) to find out more about this mutually beneficial relationship.

### NOW ANNOUNCING...

Have a church, community or personal \*announcement you'd like printed? Fill out an announcement form, give it to a Greeter, or contact Rita Salama, office administrator, by 11:00pm, Wednesday (630-3385, [cuufink@yahoo.com](mailto:cuufink@yahoo.com) or CUUF, 1550 Sunset Highway, E. Wenatchee 98802).



Please use the following format:

WHAT: (the name of your event, or announcement)

DATE, TIME, PLACE:

INFO: (please be brief) COST: (if applicable)

EVENT CONTACT: (if non-CUUF event)

CONTACT: (your name, number, email)

Have information you'd like announced? Please arrive early, fill out an announcement form, and speak to the Board member listed in the order of service. The Board member chooses 3 to 4 verbal announcements that are *most relevant* to the mission of CUUF.

Have a flier, poster or announcement you'd like to \*post? The back wall of the sanctuary is a great place to display your information and keep everyone informed.

*\*with the exception of political party or candidate endorsements*

### GUEST AT YOUR TABLE

The recent Guest at Your Table campaign at CUUF brought in \$980.37 to champion human rights around the world. The money will be used by the Unitarian Universalist Service Committee to further their work. To find out more go to [www.uusc.org](http://www.uusc.org).

THANK YOU for your generosity!



## WELCOME to our newest members of CUUF

Teri L Woods Sunny Hughes Heather Seman Mark Seman

### Are you considering becoming a member of CUUF?

How does one become a member of CUUF? According to our bylaws the qualifications are as follows: "Any person may become a voting member of this Fellowship who is in sympathy with its purpose and program, has signed the membership register indicating his or her commitment as a member, and makes an annual contribution of record. It is generally understood that all members should have an understanding of the history and the current situation of the Unitarian Universalist movement. It is specifically understood that membership is open to all qualified persons regardless of race, color, sex, affectional or sexual orientation, age, or national origin. Persons otherwise qualified for membership who have not yet attained the age of 16 may be non-voting members."

If you have been attending CUUF for a while and are interested in becoming a member, speak to Rev. Cecilia; Geordie Romer, 679-8958; LeRoy Farmer, 662-6344; a Board member; or the office administrator.

**Looking for a way to feel more connected? To form closer, more meaningful relationships?  
To nurture your spirit? To be heard?**

### TRY 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. You don't have to be a member of, or attend, CUUF. There's room for all!

#### When can I join?

Anytime! Groups are ongoing and welcoming.

#### When and where do they meet?

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!

#### How do I join?

Fill out the form below or contact Dick Murphy (884-9514, [dickpearl@msn.com](mailto:dickpearl@msn.com)).

#### Still not sure you want to join?

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

### 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, or mail to:

CUUF, 1550 Sunset Highway, E. Wenatchee, WA 98802

Questions? Contact Dick Murphy (884-9514, [dickpearl@msn.com](mailto:dickpearl@msn.com)).

# RELIGIOUS EXPLORATION FOR CHILDREN AND YOUTH

## A MESSAGE FROM THE DIRECTOR OF RELIGIOUS EXPLORATION



This month, not just as your DRE, but also as one of the RE teachers, I would like to lift up and honor this year's UUA curriculum, *Love Will Guide Us & Love Connects Us*. It is filled with wonderfully inspiring messages and diverse activities that can meet the needs of many different personalities and learning styles, while providing many opportunities for growth for teachers and assistants. Every lesson includes art, sharing, exciting co-operative games, meditations, body awareness activities, inspirational readings, intergenerational and service project ideas, and true stories of real UUs who have lived amazing lives that have made the world a better place. There seems to be something for everyone! It is truly an honor to assist our children and youth in exploring such meaningful lessons and a great blessing to have CUUF in such a conservative valley. Thank you to all for making CUUF a wonderful place for our children and youth!

### QUOTES FROM THIS MONTH'S LESSONS

\* *Love is the strongest force the world possesses, and yet it is the humblest imaginable.* — Mahatma Gandhi

\* *The sun never says to the earth, "You owe me." Look what happens with a love like that.*

*It lights up the whole sky.* — Hafiz, Sufi poet

UPDATES: First Sunday Youth Group was well received in January. We had 10 youth who attended and hope that the rest of our wonderful youth will join the fun! On all other Sundays, we will enjoy a "one-room school house" RE lesson, which will be appropriate for all ages, with 2 teachers available in case we need to split up into 2 classes.

Sincerely, Sarah Cavanaugh

## 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.

- **Host an All Ages Star Gazing Night**  
Ideas available
- **Join the RE Council**  
This council works for the well being of the RE program.
- **Donate time or supplies to the RE Wish List**  
Located on the RE board in the sanctuary.

## 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 UU identity.

**New!** First Sunday Youth Group (scheduled for the second Sunday if the first is a holiday weekend), 10:15am—12:15am

This is a special 2-hour session for youth ages 9-13, and a time to enjoy an interactive lesson, play co-operative games, sing songs to guitar, play instruments, make cool plans, build friendships, and eat pizza for lunch. \$20 supply/snack fee. Scholarships available.

**ATTENTION PARENTS**—Our growing, hungry kids have gobbled up our RE snack funds. Please bring a suggested donation of \$5, or healthy low-or-no-sugar snacks (boxes of granola bars, juice, string cheese, etc.). One item per child is appreciated! Please bring ASAP; drop off in the Blue House by February 13.

### SUNDAY LESSONS

**February 6, First Sunday Youth Group**, (childcare for ages 8 & younger)

**February 13 & 20, Lesson for All Ages**

*Love Will Guide Us*, Session 13: **"Responding With Love"**

Participants learn from the third Source of Unitarian Universalism, "wisdom from the world's religions which inspires us in our ethical and spiritual life." A story from Sufism, a mystical facet of Islam, demonstrates responding to negativity with gentleness and love. The Sufi faith encourages a personal relationship with the divine, exemplified by the dancing of Whirling Dervishes. The children experience a dancing meditation—not in imitation of the Whirling Dervishes, but to find movement of their own.

*Continued on next page*

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

### SUNDAY LESSONS *Continued from previous page*

#### February 27, Lesson for All Ages

#### Love Will Guide Us, Session 14, "Love Builds Trust"

The Reverend Margaret Barr's work to provide a non-denominational school for children in India exemplifies the seventh Unitarian Universalist Source: "Our Unitarian Universalist beliefs come from faithful words and actions that shape our Unitarian and Universalist heritage."

The children explore diversity within the group by getting to know one another better; they strengthen their community as they build trust. Diversity alone is not the goal here, rather understanding that to truly include someone, we need to know who they are and where they come from.

*This lesson will be continued March 13.*



### CUUF CHILD/YOUTH CHOIR SESSIONS

#### NEXT SESSION MARCH-JUNE



Join us in one or all sessions in the joy of singing meaningful songs with messages of empowerment, love, peace, and justice. This year we will be performing bi-monthly.

Co-facilitated by Sharon Page-888-0969 and Sarah Cavanaugh 860-9189

### *A Special Thank You to Emilie Fogle*

For your dedication to CUUF youth and facilitating the First Sunday Youth Group

### *to Andy Stubblefield*

For donating a new, high-quality, color printer and laminator to the RE Program

### 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), if you need assistance or with information regarding any member who may need a helping hand.



## 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, FEBRUARY 6

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

#### WASHINGTON STATE UU VOICES FOR JUSTICE

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](mailto:coordinator@uuvoiceswa.org).

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](mailto: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](mailto:cuuflink@yahoo.com)

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

**The deadline for  
CUUF Link submissions  
is the 15<sup>th</sup> 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, 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](mailto: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](mailto: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](mailto: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](mailto:shayknight@charter.net), or Todd Petit, [mizmar@charter.net](mailto: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](mailto: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 Dick Murphy, 884-9514, [dickpearl@msn.com](mailto: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](mailto: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](mailto: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.

## **Hiking/Snowshoeing Group—As scheduled.**

If you like to hike/snowshoe with like-minded people, check the weekly announcements or call Vikki for current plans or to be added to the contact list.

Contact Vikki Williams, 884-2126, [viksview@yahoo.com](mailto: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, [leroyf@nwi.net](mailto:leroyf@nwi.net) or Dick Murphy, 884-9514, [dickpearl@msn.com](mailto: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](mailto:minister@cascadeuu.org)

## CUUF BOARD OF TRUSTEES—2011

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**

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

Dan Sconce, Board Liaison

### **FELLOWSHIP CARE**

LeRoy Farmer, Chair—669-3941

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

### **MEMBERSHIP**

Geordie Romer, Chair—679-8958

Dan Sconce, Board Liaison

### **PERSONNEL**

Pat Brooke, Chair—886-0173

Peggy Love, Board Liaison

### **RELIGIOUS EXPLORATION**

#### **(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



# February 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat																				
<p>If you attend a service during February 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.</p>	<p>ALL EVENTS ARE HELD IN THE SANCTUARY UNLESS OTHERWISE NOTED.</p>	<p><b>1</b> 7:00pm Janitors' Meeting</p>	<p><b>2</b> 10:00am Covenant Gr.—Pearl Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:45pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>3</b> 6:00pm Board Meeting</p>	<p><b>4</b></p>	<p><b>5</b> 12:30pm Sunday Services and Celebrants Lunch 1:00pm Meeting</p>																				
<p><b>6</b> FOOD BANK SUNDAY M-Z BRING TREATS 9:00am Forum: <i>"Immigration and Inherent Worth and Dignity"</i>—Covenant Group Style—CUUF Leader: Jeff Lau 10:15am-12:15am First Sunday Youth Group 10:30am Service: <i>"This I Believe about the First Principle"</i>—CUUF Speakers</p>	<p><b>7</b> 10:00am Covenant Group—Dan 1:30pm A Course in Miracles Study Group—Office 7:00pm Book Group (off site)</p>	<p><b>8</b></p>	<p><b>9</b> 1:30pm Afternoon Book Group (off site) Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:45pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>10</b> 7:00-8:30pm Seven Principles Discussion Group</p>	<p><b>11</b></p>	<p><b>12</b></p>																				
<p><b>13</b> M-Z BRING TREATS Deadline to sign up for Small Dinners 9:00am Newcomers' Breakfast 9:30am Community Concerns Committee 10:30am Service: <i>"The Joy of Drumming"</i>—CUUF Speaker: Todd Petit 12:00—12:30pm Mission Statement Open Session 1:30pm A Course in Miracles Study Group—Office 3:00pm Baha'i Study Group 7:00pm Dream Group</p>	<p><b>14</b> VALENTINES DAY  7:00pm Book Group (off site)</p>	<p><b>15</b> NEWSLETTER DEADLINE </p>	<p><b>16</b> 10:00am Covenant Gr.—Pearl Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:45pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>17</b> 7:00-8:30pm Seven Principles Discussion Group</p>	<p><b>18</b> 7:00pm Public Talk <i>"Don't Ignore the Laws of Causation"</i> by Genjo Marinello Osho</p>	<p><b>19</b> 9:00am—3:00pm Half-Day Zen Retreat—led by Genjo Marinello Osho (Farm House) 6:00pm 4X8 Small Dinners</p>																				
<p><b>20</b> BRING A FRIEND SUNDAY M-Z BRING TREATS 9:00am Forum: <i>"Faith Without God"</i>—Guest Leader: Genjo Marinello 10:30am Service: <i>"Right Speech: A Spiritual Practice for Everyday Life"</i>—Guest Speaker: Rev. Genjo Marinello Osho 12:00—12:30pm Mission Statement Open Session</p>	<p><b>21</b> PRESIDENTS' DAY 10:00am Covenant Group—Dan 7:00pm Book Group (off site)</p>	<p><b>22</b></p>	<p><b>23</b> Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:45pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>24</b></p>	<p><b>25</b> 2:00pm Personnel Committee 7:00pm <i>"Understand Your Dreams"</i> Workshop (Kirkland)</p>	<p><b>26</b> 9:00am—4:30pm <i>"Understand Your Dreams"</i> Workshop (Kirkland) 10:00am UU &amp; You (Blue House)</p>																				
<p><b>27</b> M-Z BRING TREATS 9:00am Forum: <i>"Is War Every Justified"</i>—CUUF Leader: Lee Barnhill 10:30am Service: <i>"Love the Problem, Part II: The Science of Attraction"</i>—Rev. Cecilia Kingman 12:15 Social/Environ. Action Team Meeting 1:30pm A Course in Miracles Study Group—Office 3:00pm Baha'i Study Group 7:00pm Dream Group</p>	<p><b>28</b> 7:00pm Book Group (off site)</p>	<p><b>CUUF Scheduled Office Hours (others by appointment):</b></p> <table border="0"> <tr> <td>Mondays</td> <td>6:00pm—8:00pm</td> <td>Treasurer (meetings by appointment)</td> </tr> <tr> <td>Tuesdays</td> <td>2:00pm—6:00pm</td> <td>Office Administrator</td> </tr> <tr> <td>Wednesdays</td> <td>2:00pm—6:00pm</td> <td>Office Administrator</td> </tr> <tr> <td>Thursdays</td> <td>2:00pm—6:00pm</td> <td>Office Administrator</td> </tr> <tr> <td>Fridays</td> <td>10:00am—12:00pm</td> <td>Treasurer (meetings by appointment)</td> </tr> <tr> <td>Fridays</td> <td>3:00pm—6:00pm</td> <td>Office Administrator</td> </tr> <tr> <td>Sundays</td> <td>8:00am—12:30pm</td> <td>Office Admin./CUUF Business</td> </tr> </table>				Mondays	6:00pm—8:00pm	Treasurer (meetings by appointment)	Tuesdays	2:00pm—6:00pm	Office Administrator	Wednesdays	2:00pm—6:00pm	Office Administrator	Thursdays	2:00pm—6:00pm	Office Administrator	Fridays	10:00am—12:00pm	Treasurer (meetings by appointment)	Fridays	3:00pm—6:00pm	Office Administrator	Sundays	8:00am—12:30pm	Office Admin./CUUF Business
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For details of Sunday mornings and special events, see the newsletter. See the back of the calendar for info 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.