



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 Exploration (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.

January 2, 2011, Food Bank Sunday

10:30am Service: "The Crucible of Creation" Fire Communion

CUUF Speaker: Rita Salama

Celebrant: Rocci Hildum

Make way for your heart's true desire as we herald the new year in this annual ritual of transformation.

January 9, 2011

10:30 am Service: "The Biology of Belief"

Guest Speaker: Dr. Steven Stroud

Celebrant: Chris Rader

Our bodies reflect what's in our consciousness, and change according to what we believe. Mind energy affects how we are in relation to ourselves and also to others. Hear more about the powerful mind-body connection from local naturopath and acupuncturist Dr. Steven Stroud.

January 16, 2011

10:30am Service: "The Power Of The Spoken Word"

CUUF Speaker: Rocci Hildum

Celebrant: Connie Risley

When we pause at this time of year to remember Martin Luther King, Jr., it is most often his words that we remember. But why do we remember his words any more than the daily stream of words we incessantly hear? What made Dr. King's words so powerful? It is no accident or sentimentality that we remember his words. There is a power to those words and we will think about the source of that power.

January 23, 2011

10:30am Service: "You've Got To Say Goodbye Before You Can Say Hello"

Guest Speaker: Rev. John Braun

Celebrant: Diane McKenzie

We say we are open to growth and change. However we might welcome growth and change, we make the growing pains make harder still by not celebrating our past accomplishments and acknowledging our past failures. As we look forward in this New Year, let's reflect on our past as we prepare to welcome new experiences.

January 30, 2011, Bring a Friend Sunday

10:30am Service: "Love the Problem, Part I: Disney's Romance"

Rev. Cecilia Kingman

Celebrant: Christina Davitt

Ever wonder why it seems so hard to find and keep the love you want? In this, the first of a two part sermon series, Rev. Cecilia will examine the ideal of romantic love and examine how we might build lasting relationships that nurture both partners. This is a Bring a Friend Sunday!

And stay for coffee... During January, if your last name starts A—L 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

Happy New Year everyone!

No column this month but look for a congregational conversation with the Board later this month. More information will be provided in the upcoming weeks.

As always I value your comments and invite you to call me or another Board member with any questions or concerns you may have.

In faith, fellowship, and friendship,
Joe



NAILED DOWN—December 2, 2011 **Notes from the Board Meeting**

PERSONNEL COMMITTEE/MINISTER'S CONTRACT

Presentation by Pat Brooke about contract
Clarification of contract obligations
Rev. Kingman to take January off
Sunday Services Committee contingency plans

FINANCIAL UPDATE

Still under budgeted amount for discretionary income.

BOARD COVENANTS

Reviewed

CHURCH USE BY YOUTH GROUP

*Approved Cedars UU teen group stay at CUUF

LOT USE PROPOSAL

Entertaining suggestions for property use
Goal to have plan in place by February
Following up on garden proposal.

ART PROPOSAL

Tabled proposal to use walls of CUUF for gallery to sell art

MOLD TESTING

In process

LIAISONS/COMMITTEES

Membership—Dan Sconce, liaison
RE—Val Savina, liaison. Remove Peggy Love
In progress—Combining Community Concerns with Social/
Environmental Action
Adult RE—no chair. Immediate need—Forum coordinator

LEADERSHIP WORKSHOP

Valuable information.

BOARD EMAIL

Rev. Cecilia will be added to CUUFBoard@cascadeuu.org.
Office administrator will not be included—use cc.

REPORTS

MINISTER'S REPORT

Health and workflow concerns, update on the mission process, leadership retreat, development of Membership Committee, pastoral care.
Request to add railing to podium
Training needed for pastoral care associates. Could be done by UU colleague.

DRE REPORT

Volunteers helping with work load, RE wish list created, creating welcoming station for new families, intergenerational “mitten Christmas tree” activity, elementary class thriving, 2 childcare persons hired, brainstormed solutions for low/inconsistent attendance at listening circles

OFFICE ADMINISTRATOR'S REPORT

Addressed concerns about space, leave, holidays, backup help, communication, the newsletter.

Request for locking file cabinet. Will put Wish List in weekly announcements.

Average attendance in November: 80 adults, 16 children.

COMMITTEE REPORTS

Sunday Services: Ed LaPaz, liaison.

1st quarter planned

Facilities: Dan Sconce, liaison.

Will be meeting under leadership of new chairs, Mark & Heather Seman.

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.

Thank You!

From the Board to

Mark and Heather Seman

For co-chairing Facilities Committee

Christina Davitt, Mary Timiras,

Joe and Natalie Palmer, Rita Salama

For care and support provided
to the Nitchals family

OUR MINISTER
—Rev. Cecilia Kingman

Rev. Cecilia will be on leave from December 25 until January 25 and will be back in the pulpit January 30. Rev. Cecilia will not be answering phone calls or e-mail during that time—if you have an emergency requiring pastoral care, need assistance, or have a question, please contact either Rita Salama in the church office, 886-4023, or Joe Palmer, Board President.



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.



In The Clear – In Our 25th Year
Yes! We did it!

\$18,000 of our remaining mortgage paid off!

Lois Cole & Ben Knecht, co-chairs of “the committee” thank all of you who made this happen!
The Mortgage-Burning Party is being planned. Look for the announcement and come join the celebration!

2011 DISTRICT ASSEMBLY

In Portland, OR. This will be a one-day only event this year, on Saturday, February 5, at First Unitarian Church of Portland. Dr. Ysaye Barnwell (*Sweet Honey in the Rock*) will be the keynote speaker, on the day's theme of “Embracing Joy! Spirit, Art and Activism.” This Assembly will still include governance and district business, and will still offer learning opportunities for your leaders, but the day will take on more of the feel of spiritual retreat.

**PNWD 2011
DISTRICT ASSEMBLY**

Embracing Joy!
Spirit, Art and Activism



Saturday, Feb. 5, 2011
First Unitarian Church, Portland

Featuring Dr. Ysaye Barnwell!

And start planning for spring 2012:

2012 District Assembly will be in Anchorage, AK! We'll enjoy a full weekend of UU experience, May 18 -20 - a great opportunity to plan extra time before or after, touring a bit of this extraordinary state. Yes, it's going to be more expensive than usual, so start saving now. But we figure the District ought to come to Alaska at least once every 50 years or so -- and indeed, we'll be celebrating our 50th anniversary as a district with our 2012 Assembly.

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.

January 2, 9:00am: “Values”.....CUUF leader Lee Barnhill

Where do our values come from? Bring your thoughts.

January 16, 9:00am: “The Nature of Evil”.....CUUF leader Chris Rader

We revisit this fascinating subject that has produced varied opinions at previous forums.

January 23, 9:00am: “A New Year”—Covenant Group StyleCUUF Leader Vikki Williams

The topic is “A New Year” 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 next one in February.

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

January 30, 9:00am: *To be announced*

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 your ideas for a topic.

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

THE NEWCOMERS’ BREAKFAST Sunday, January 9, 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, January 29, 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.

DREAM GROUP, Sundays, January 2 & 16, 7:00pm

BAHA’I STUDY GROUP, Sundays, January 2, 16 & 30, 3:00pm

“A Course in Miracles” STUDY GROUP,

1st & 3rd Mondays, January 3, (cancelled January 17) 1:30pm

2nd & 4th Sundays, January 9 & 23, 1:30pm

LIKE TO SING? Join the CUUF Choir

For more info, contact Larry Tobiska, 662-3209, ltobiska@nwi.net.

COVENANT GROUPS

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

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 Dick Murphy, 884-9514, dickpearl@msn.com.

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



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, January 12, 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.

CIRCLE SUPPERS & SMALL DINNERS

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

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

Please RSVP at least a day in advance

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

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, January 8, 6:00pm

4X8 Small Dinners

Please sign up on the poster at the back of church or contact Pearl 884-9514, dickpearl@msn.com or Jackie 664-7032, sandchaser@yahoo.com.

Saturday, January 22, 6:00pm

Hosts: Carol and Don Oliver

1640 Harrington, East Wenatchee

RSVP: 884-1867

Adults only, please.

Hosts Needed

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

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

SEVEN PRINCIPLES DISCUSSION GROUP

Thursday evenings, 7:00-8:30pm, January 13 and 20, February 10 and 17, and March 10, 17 and 24

Have you been to the Newcomer's Breakfast and the UU and You? Are you looking for more in-depth discussion of the seven principles of Unitarian Universalism? Based on the book "The Seven Principles in Word and Worship" edited by Ellen Bradenburg, the Sunday Services Committee is sponsoring a seven week, adult discussion group, with each week focusing on one of our seven UU principles. In addition to participating in group discussion, each participant will briefly share their thoughts on one of the seven principles at a subsequent Sunday service – much like a "This I Believe" service, so we can all benefit from the work and discussion that comes out of the Seven Principles group.

For more information, please contact Christina Davitt, Chair of Sunday Services at 393-9467 or christina@davittlaw.com. Please contact the church office, 886-4023 or cuufink@yahoo.com, to sign up so you can receive the materials in advance.

ADAPT-WS



AT UU

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 contact Sharon Petit (shayknight@charter.net), or Todd Petit (mizmar@charter.net), 884-6773.

TIBETAN BUDDHIST GROUP

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

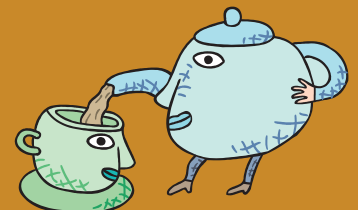
For more information contact Anne Crain, 509-429-2025 or Karen Poverny, 687-1911.

National Unitarian Universalist Buddhist Fellowship

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

Join the hospitality committee!

Do you want a fun and easy way to serve CUUF? Join the hospitality committee! You would be asked to serve two or three times a year, making coffee and cleaning up afterwards. If you have questions or would like to be on the committee please call Mary Ellen Rundell, 782-0366 or 679-2727 or email to marvellen.rundell@frontier.com.



RELIGIOUS EXPLORATION FOR CHILDREN AND YOUTH

A MESSAGE FROM THE DIRECTOR OF RELIGIOUS EXPLORATION

The new year is here. I just love traditions and holidays like New Years that celebrate a new beginning, letting go of the old, and refreshing life with hopes and dreams for the year to come. As your Director of Religious Exploration, I am also using this as an opportunity to refresh our Religious Exploration Program for Children & Youth. It has been 4 months since our program has been co-operative. The new system is beginning to run with ease, our teachers are comfortable with the curriculum, kids know what to expect and seem excited about our lessons, and parents know how to participate in a helpful way.



We also know of a couple of improvements that can be made to help better serve our children and youth. One is to provide a more solid tween/teen opportunity that offers more of a youth group type of experience. Make sure to check out our new First Sunday Youth Group below. This is being offered with the hope that it provides opportunities for building friendships and a more cohesive, exciting group experience. This means that on all other Sundays, our tweens and teens will be invited to join the service or to participate in a one-room schoolhouse lesson in the Blue House, which many of our tweens have always enjoyed. Our elementary class will pretty much stay the same with the addition of some wonderful tweens joining us.

Thank you to all for your helpful participation and feedback. It assists me, the DRE, in providing a program that meets the diverse needs of our children and youth.

Sincerely, Sarah Cavanaugh



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.

UU of the Month: Abigail Adams

SUNDAY LESSONS

January 2 —Winter Solstice and New Years Resolutions— for all ages. We will enjoy the story "The Rebirth of the Sun," which introduces the winter solstice and how the rhythms of nature support our life and do a special winter solstice ceremony.

January 9- for First Sunday Tween Group- Ages 9-13 Elementary Lesson-Session 11, "Love & Gratitude"—This session will focus on the sixth UU Source, "the harmony of nature and the sacred circle of life."- We will explore how gratitude can be a spiritual orientation connected to joy and generosity, how to cultivate an "attitude of gratitude", how gratitude can lead to spiritual health and well-being, and how gratitude can feel in out feelings and bodies.

***New!* First Sundays Tween Group, 10:15am—12:15am**, First Sunday of each month, (scheduled for the second Sunday on holiday weekends),

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 music, play instruments, make cool plans, build friendships, and eat pizza for lunch. \$20 supply/snack fee. Scholarships available.

Secret Pal Sign-Ups: Begins January 23.

It's Secret Pal time again. This is a really fun way for young and old to become friends. You will be provided a mailbox and can exchange letters, inexpensive or homemade gifts, and clues. We will end with a secret pal potluck in late March where you will meet your secret pal! Sign-up on the RE Board.

IT TAKES A VILLAGE

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

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

RE OPPORTUNITIES OF THE MONTH

- Sign up for Secret Pals
- Join the RE Council
- Donate time or supplies to the RE program. (Check out the RE Wish List on the RE Board in the sanctuary)

Religious Education for Children and Youth, continued...

January 16

Lesson for all ages: "Love & Gratitude" continued. Love Will Guide Us, Session 11.

January 23 & 30

Lesson for All Ages: "From Anger to Kindness". Love Will Guide Us Session 12.

This session looks to the UU Source, "Wisdom from the world's religions which inspire us in our ethical and spiritual life." In the story, the Buddha responds to someone's anger in an unconventional way that teaches a lesson of love. Children learn to rely on love and faith to move themselves, and thereby others, from anger to love. Anger is a normal, healthy feeling—our body's way of alerting us to problems and can give us the energy we need to right wrongs. However, at times it can be misdirected or expressed in hurtful ways. Rather than tell children they should not feel angry, we want to help them harness their anger—to use it constructively, not destructively. Children create calming beads they can use to cool their anger and practice yoga, which offers a movement option to nurture anger self-awareness and management.



CUUF CHILD/YOUTH CHOIR SESSIONS

Next Session-begins February. 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 Sharon Page, co-facilitator of our CUUF child/youth choir and Natalie Palmer for making angel costumes.

And to Jamie Krish and Coleen Bose for picking out a beautiful Christmas tree and Kerry Logan for donating ornament supplies and creative ideas.



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, JANUARY 2

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!

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.

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).

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

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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

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

Baha'i Study Group, Every other Sunday, 3:00pm, CUUF sanctuary

Learn about the Baha'i Faith and study how it fits into today's world.
Contact Verna Zuttermeister, 884-7797, vjk_zconnect@charter.net.

Book Group, Afternoon —2nd Wednesday of each month, 1:30pm, at the home of Louise Buchanan.

You are welcome to join in the discussion of the book of the month.

Contact Louise Buchanan, 884-5805, louiseb@nwi.net.

Book Group, Evening —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 Povernly, 687-1911.

Buddhist Meditation Group, Zen—Wednesday evenings, 7:30pm-9:00pm, CUUF Sanctuary.

Meditation in a group setting is powerful and enriching. This group has its roots in Zen Buddhism. All are welcome.

Contact Sharon Petit, shayknight@charter.net, or Todd Petit, mizmar@charter.net, 884-6773.

Circle Suppers and Small Dinners—Two Saturday evenings a month, Sept. through June; July and August as scheduled; 6:00pm, at homes of CUUF members or at CUUF.

CUUF members and friends are invited to bring a dish to share, and, if desired, a bottle of wine. A great chance to get to know one another better while savoring good food.

Contact Pearl Wolfe, 884-9514 or Jackie Halter, 664-7032.

“A Course in Miracles” Study Group—1st & 3rd Mondays, 2nd & 4th Sundays, 1:30pm,

CUUF office. All who are interested in an in-depth study of The Course are welcome. To participate you need to have a copy of “A Course in Miracles”.

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

Covenant Groups—Various days, times and meeting places.

Small, supportive groups meet twice a month to reflect and share with each other. CUUF's Covenant Group mission: “To add depth and breadth to our spiritual experience 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.

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.

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.

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, 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—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—662-6344

Sandie Farmer, Care Coordinator—679-4447

Kathleen Cullison, Care Coordinator—

782-3403 or 253-691-1491 (cell)

John Rundell, Board Liaison

FINANCE

Lois Cole, Chair—886-7836

Sharon Petit, Board Liaison

LONG-RANGE PLANNING

Larry Tobiska, Chair—662-3209

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



January 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
If you attend a service during January and your last name starts with any of the letters A-L and you are willing and able, please bring a finger food to share.			ALL EVENTS ARE HELD IN THE SANCTUARY UNLESS OTHERWISE NOTED.			1 NEW YEARS DAY
2 FOOD BANK SUNDAY A-L BRING TREATS Deadline to sign up for Small Dinners 9:00am Forum: "Values"—CUUF leader <i>Lee Barnhill</i> 10:30am Service: "The Crucible of Creation" Fire Communion—CUUF Speaker: Rita Salama 3:00pm Baha'i Study Group 7:00pm Dream Group	3 10:00am Covenant Group—Dan 1:30pm A Course in Miracles Study Group—Office 7:00pm Book Group (off site)	4	5 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	6 6:00pm Board Meeting	7	8 6:00pm 4X8 Small Dinners
9 A-L BRING TREATS 9:00am Newcomers' Breakfast 9:30am Community Concerns Committee 10:15am-12:15am Tween Group 10:30am Service: "The Biology of Belief"—Guest Speaker: Dr. Steven Stroud 1:30pm A Course in Miracles Study Group—Office	10 7:00pm Book Group (off site)	11	12 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	13	14	15 NEWSLETTER DEADLINE  9:30am Covenant Group Facilitators' Meeting
16 A-L BRING TREATS 9:00am Forum: "The Nature of Evil"—CUUF leader <i>Chris Rader</i> 10:30am Service: "The Power Of The Spoken Word"—CUUF Speaker: <i>Rocci Hildum</i> 3:00pm Baha'i Study Group 7:00pm Dream Group	17 MARTIN LUTHER KING, JR DAY 10:00am Covenant Group—Dan 7:00pm Book Group (off site)	18	19 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	20 Please RSVP for the Circle Supper—884-1867	21	22 6:00pm Circle Supper Hosts: Carol & Don Oliver 1640 Harrington East Wenatchee RSVP: 884-1867 Adults only, please.
23 A-L BRING TREATS Secret Pal Sign-Up Begins 9:00am Forum: "A New Year"—Covenant Group Style—CUUF Leader <i>Vikki Williams</i> 10:30am Service: "You've Got To Say Goodbye Before You Can Say Hello"—Guest Speaker: Rev. John Braun	24 7:00pm Book Group (off site)	25	26 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	27	28	29 10:00am UU & You (Blue House)
30 BRING A FRIEND SUNDAY A-L BRING TREATS 9:00am Forum: To be announced 10:30am Service: "'Love the Problem, Part I: Disney's Romance"—Rev. Cecilia Kingman 12:15 Social/Environ. Action Team Meeting 3:00pm Baha'i Study Group 7:00pm Dream Group	31 7:00pm Book Group (off site)		CUUF Scheduled Office Hours (others by appointment): Mondays 6:00pm—8:00pm <i>Treasurer (meetings by appointment)</i> Tuesdays 2:00pm—6:00pm <i>Office Administrator</i> Wednesdays 2:00pm—6:00pm <i>Office Administrator</i> Thursdays 2:00pm—6:00pm <i>Office Administrator</i> Fridays 10:00am—12:00pm <i>Treasurer (meetings by appointment)</i> Fridays 3:00pm—6:00pm <i>Office Administrator</i> Sundays 8:00am—12:30pm <i>Office Admin./CUUF Business</i>			

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.