



**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](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.*

*June 5, 2011, Food Bank Sunday and Joining Sunday*

**10:30am Service: "The Temptation to Be Good"**

Rev. Cecilia Kingman

Celebrant: Connie Risley

Why is it so hard sometimes to do the right thing? Why do we sometimes turn away from the honorable path and satisfy our lesser selves? This Sunday we'll ponder the ways we can strengthen our goodness muscles and be the people we long to be.

*June 12, 2011, Flower Communion, Bring a Friend Sunday*

**10:30 am Service: "Baby, You Were Born This Way!" Intergenerational Service**

Rev. Cecilia Kingman

Celebrant: Christina Davitt

Come celebrate our annual Flower Communion, a uniquely Unitarian ritual honoring the gifts of each person in the garden of community. This year we have some extra special surprises planned in this joyful, high energy service, led by Rev. Cecilia with help from the children and youth.

Please bring flowers to share in the Communion. Bring your friends! See page 7 for the history of this ritual.



*June 19, 2011*

**10:30am Service: "Fostering Moral Imagination"**

Guest Speaker: Jorge Chacon

Celebrant: Rita Salama

A look at what non-immigrant allies need to know about immigration and humanity; how behaviors and language affirm or devalue people who have chosen to live in this country.

*June 26, 2011*

**10:30am PANCAKE BREAKFAST (no worship service)**

Hosted by the CUUF Board of Trustees

No worship service today, instead, it's pancakes for everyone at our CUUF Annual Pancake breakfast.

*July and August*

**10:30am Services** Please plan on joining us this summer for our more informal Sunday services. The services are presented by guest speakers and members of CUUF until Rev. Cecilia's return in late August. There are no Forums until the fall but we will have coffee and treats after the service. Childcare will be available for children 5 years old and younger.

During the summer, if you are in a place that is special to you, remember to collect some water for our ingathering Water Ceremony in September. See page 7 for details.

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

One of the main tenets of Buddhist teachings is the concept of impermanence. All things that are composite are, by their very nature, impermanent. And so, this is my last newsletter column as President of CUUF Board of Trustees. As I reflect back over the last 3½ years, it is with pride and a sense of accomplishment as well as awe at the amount of change that has occurred in such a relatively short time. Change that I believe is not only natural in the growth of CUUF but necessary. Challenges will always arise and will certainly do so again in the course of our journey, but we have demonstrated time and again our ability to persevere and rise to greater and greater heights. I think we do so because we never lose sight of what is important: our relationships with each other and the true regard and respect we consistently live in our interactions with each other. We are a strong congregation and the source of our strength is the love and respect we have for each other, the organization that is CUUF, and for the larger community. I am so proud to be a member of this community and honored that I have had the opportunity to serve everyone associated with it.

There are some end of year housekeeping items I want to mention. The first is to please mark on your calendars the congregational meeting scheduled for after the service on June 12 to approve the budget for the next fiscal year starting in July as well as elect 3 new Board members for the next term. The Sunday before, June 5, members of the Finance Committee and the Board at the will be at the forum to review the budget and answer any questions folks may have. I am pleased to announce that even though not all pledges are in, the projections are very favorable for CUUF from the financial front and that we will be able to move toward many of the financial goals that were established a few months ago. I also wanted to update the congregation that an RE Review team has been established to study the current needs of the RE program to better help with the search process for the new DRE to be hired this summer.

Last, I want to plant the seed that this fall the congregation, with the guidance of the Board and outside facilitation, will work on “Phase 3” of defining who we are and where we want to go. Nearly 18 months ago we conducted a visioning process to get a sense of what our dreams are as an organization. This was the first step in establishing what values are important to us. The second step started this past fall when we began work on a new mission statement that was approved this past March. The mission statement encapsulated who we want to be and what our values are as an organization. The next step will be to establish concrete goals to further guide us as we work toward our vision and live our mission. This will be the nuts and bolts of this process as it will answer the “how” question. How will we get there? What will that look like? This will be a fun and exciting process this fall and the more congregational involvement, the better.

In closing, thank you so much for all of the support I have received over the past year. We have a great board of dedicated individuals full of diverse thought and I wish them well and ask the congregation to continue to support them in the same loving way that I felt during my tenure. I also ask the congregation to join me in thanking Sharon Petit and Susanne Harper for all of their hard work to the fellowship and who join me in coming off of the board. I invite every person in CUUF to consider some service to CUUF as it only strengthens the bonds between individuals and the organization at large. And so, as we say in my family: “Peace Out!”

In faith, fellowship, and friendship,  
Joe



### **NAILED DOWN—May 12, 2011** **Notes from the Board Meeting**

#### NEW BOARD MEMBER RECRUITMENT

Nominating Committee: Gary Pape, Jackie Halter,  
Pearl Wolfe  
Replacing Joe Palmer, Sharon Petit, Suzanne Harper  
Vote on slate of candidates—Congregational Meeting

#### PERSONNEL

Present: Pat Brooke, Gwyneth Thorsen,  
Bruce Keleman  
Discussion about appointment process of current  
Acting DRE and policy needs

#### HIRING POLICY AND PROCEDURE

Tabled for June Board meeting

#### CONGREGATIONAL MEETING

June 5—Forum to discuss proposed budget  
June 12—Immediately following the service.

Vote on Board candidates, approve budget

#### FINANCIAL UPDATE

Concern—deficit net income in May and June  
88.72% of pledges paid

#### NEW UU CLASSES

\*The Board agreed—responsibility of Membership  
Team

#### COMMITTEE ON MINISTRY

Angela Morris to remain  
Replacing LeRoy Farmer and Lois Cole

#### LAND CONVERSATION

Discussion about possibilities and concerns

*Continued on page 2*

## A MESSAGE FROM OUR MINISTER

—Rev. Cecilia Kingman



Most Unitarian Universalist churches have a lighter schedule over the summer. Meetings slow down, as folks enjoy what some call “the church of the big blue sky.” Ministers go on study leave, a UU tradition stemming from an expectation that throughout the year we will offer sermons which are well-researched and grounded in the latest scholarship. It is hard in the busy schedule of the regular church year to manage that level of reading, and so we have time off to do so. We also are expected to seek out continuing education during those down times. And so, after the CUUF annual meeting on June 12, I will be away from you until mid-August for my study leave and some vacation time. The church will still be holding services; the Worship Committee has planned an excellent schedule of CUUF speakers and guest preachers for the summer and, though committee work may slow down, there is plenty to feed your spirit and soul during the warmer days.

During my study leave I will be reading in preparation for a higher level of preaching next year, as I move into a  $\frac{3}{4}$  time position with you. (More sermons means more books to read!) Given the popularity of sermons which reexamine biblical texts, I am planning to do some additional preaching in that area and will be reading new scholarship in biblical research. I also plan to preach on UU humanist thought, the ecological crisis, early Unitarians in Poland, and the Transcendentalists, among other things, and will be reading books and articles related to those topics.

During my study leave, I am also planning a mentoring visit with a senior colleague who serves one of the fastest growing UU churches in the country. The Unitarian Church of Harrisburg, Pennsylvania, has grown steadily under Rev. Howard Dana's leadership, winning several UUA awards for their innovative, creative ministry and outreach. Rev. Dana has kindly agreed to spend a week mentoring me this summer, and I plan to come back in August with new ideas to share with you.

Even though the summer days are coming, I am already thinking about next fall. The board and I are working on the best allocation of my time for the coming year, which will include Adult Religious Education and greater support for membership growth. I am excited about teaching some classes, and will also help strengthen the offerings for adult education and spiritual development. Two new courses are in the works: one on Bible study for UUs and the other on creating community resilience. (Please see the related article on organizing a Common Security Club, on page X.)

I will also be starting up our much needed Pastoral Care Team. After some starts and stops this year, we hope to get these plans underway at last. In the fall we'll have a workshop to set up this very important aspect of fellowship life, and train our Pastoral Care Associates. There are numerous ways to be involved in helping to care for our members and friends—if you are interested in this please let me know.

We have another exciting year ahead, with many fun and meaningful opportunities to connect and serve. Volunteers are needed in a number of areas, and I hope that after a summer of relaxation and sunshine you will each consider how you'd like to share your gifts. Please watch your July and August newsletters for recruiting announcements for committees and, wherever your interest piques or your heart tugs, please sign up. We want your participation, and look forward to working together to live our mission: *to seek inspiration and understanding, embrace all on their spiritual journeys, and serve our local and world communities.*

In faith,  
Cecilia

*Continued from page 1, “Nailed Down...”*

### REPORTS

#### MINISTER'S REPORT

Focus on congregation's response to goals, growth, and changes

Request for \$500 line item in budget for congregational consultation for vision process

Contract Negotiation Team needed; one person from Personnel Com., Board and Finance Com.

#### RE REPORT

Task force to review RE program

#### OFFICE ADMINISTRATOR'S REPORT

Pledge drive--\$109,914 as of 5/11/11

Updating forms, fielding requests for emergency care, coordinated dispersing Sunday Services survey, work with Treasurer on books

The next Board meeting will be held on June 9, the second Thursday, at 6:00pm. Board meetings are usually held the first Thursday of the month. Members of the Fellowship are always welcome as observers. If you would like to speak to the Board, please contact the Board President beforehand so you can be included on the agenda.

Minutes of the meetings are posted in the sanctuary.

## SUNDAY FORUMS

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

### June 5, 9:00am: "Financial Q & A"—led by the Finance Committee

This is your opportunity to ask questions as members of the Finance Committee explain the proposed budget for the next fiscal year that begins July 1. On June 12, the congregation will vote to approve the final budget.

### June 12, 9:00am: *The Forum: Covenant Group Style*—CUUF Leader: Jeff Lau

It doesn't matter what the topic is, every Covenant Group session is a rich experience. One CUUF group member said "The format encourages communication at a deeper level than any other conversation could ever achieve." Come find out what makes these groups so unique.

For more information, or to find out how to visit or join a Covenant Group, contact Dick Murphy, 884-9514 or Rita Salama, 630-3385.

### June 19, 9:00am: "Prosperity"—CUUF Leader: Steve Lavoie

Culturally Americans have a vision of what prosperity looks like but where does that leave us spiritually? What does it mean to be truly prosperous?

### June 26, No forum. Join us for the Pancake Breakfast at 10:30.

**Forums are suspended for the summer and resume in September.**

**THE NEWCOMERS' BREAKFAST** In lieu of the Newcomers' Breakfast (held every 2nd Sunday of the month from October through May), please join us on June 26 at 10:30am for the Pancake Breakfast to share a delicious meal and meet members and friends of the congregation.

**UU AND YOU, A Roundtable Discussion** This once-a-month meeting will not be held during June, July and August. Check upcoming newsletters/calendars for the next one.

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

### June 5, 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 new-comer welcoming events or to schedule a conversation with Rev. Cecilia.

*Welcome to  
Our Newest  
Member*

Heather Coonrod

## CUUF YARD SALE UPDATE

CUUF's yearly rummage sale will be taking a hiatus this year, as new leadership for our social and community efforts is developed. In lieu of this community effort, we invite those of you holding yard sales this spring and summer to consider contributing 10% of your profits to CUUF.

Questions? Speak with Board President Joe Palmer.

## MEANINGFUL MOVIE NIGHT

### "Sir! No Sir!"

Friday, June 10, 7:00pm

Sir! No Sir! tells the long suppressed story of the GI movement to end the war in Vietnam. This is the story of one of the most vibrant and widespread upheavals of the 1960's—one that had a profound impact on American society yet has been virtually obliterated from the collective memory of that time. (85 minutes.)

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

For more information contact Peggy Love, 669-8888, [jschlaman@charter.net](mailto:jschlaman@charter.net).



**SMALL DINNERS**

**Small Dinners** are held in place of regular circle suppers.

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, June 11, 6:00pm****4X8 Small Dinners**

Please sign up on the poster at the back of the church by **June 5** or contact

Jackie, 664-7032, [sandchaser@yahoo.com](mailto:sandchaser@yahoo.com)

or

Pearl, 884-9514, [dickpearl@msn.com](mailto:dickpearl@msn.com)

This will be the last Circle Supper/Small Dinners of the season, feel free to have one during the summer.

Please contact Jackie if you have any questions.

**CUUF HIKING GROUP**

**Every Thursday, and one Saturday a month, weather permitting, 9:00am, meet at the Easy St. Park 'n Ride to carpool**

Most hikes will be dog-friendly and many will need permits/USFS trailhead passes for the cars parked at the trailhead. Be sure to bring the 10 Essentials, (contact Lori Nitchals if you don't have the list), including one liter or more of water, lunch, and extra layers for insulation and rain/wind protection.

Dates:

**Thursday, June 2**—Twin Peaks. Dog-friendly. Leashed dogs only on this hike! No pass required. Leader: Connie Risley

**Thursday, June 9**—White River to Indian Creek. Dog-friendly. USFS Trail pass required. Leader Lori Nitchals

**Saturday, June 11**—Twin Peaks. Dog-friendly. No pass required. Leader Diane Groody

**Thursday, June 16**—Mile Lake. No dogs allowed. USFS Trailhead Parking Permit required. Leader Connie Risley

**Thursday, June 23**—Lake Valhalla. Dog-friendly. USFS Trail pass required. Leader Lori Nitchals

**Thursday, June 30**—Lake Stuart. No dogs allowed. USFS Trailhead Parking Permit required. Leader Connie Risley

If you would like to be on the CUUF Hiking Group email list, or you are unsure of what to bring, or need to borrow gear, please contact Lori Nitchals. RSVP to the designated leader of the hike you wish to take. Only those who have signed up will be notified of any last minute changes.

Hike Leaders Contact Information: Lori Nitchals, 667-8895, cell 264-0504, [lornitch@nwi.net](mailto:lornitch@nwi.net)  
 Connie Risley, 888-4179, cell 293-2983, [crisley575@nwi.net](mailto:crisley575@nwi.net)  
 Dianne Groody, 663-8409, cell 264-8729, [dgroody@charter.net](mailto:dgroody@charter.net)

**BAHA'I STUDY GROUP**

**Sundays, June 5 & 19, 3:00pm**

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).

**"A Course in Miracles" STUDY GROUP,**

**1st & 3rd Mondays, June 6 & 20, 1:30pm**

**2nd & 4th Sundays, June 12 & 26, 1:30pm**

Contact Rita Salama, 630-3385, [salamatoyou@yahoo.com](mailto:salamatoyou@yahoo.com)

**CUUF'S DREAM GROUP, Sundays, June 5 & 19, 1:30pm**

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).

**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 Dick Murphy, 884-9514, [dick-pearl@msn.com](mailto:dick-pearl@msn.com).

**BOOK GROUPS**

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

**AFTERNOON—once a month—  
 Wednesday, June 8, 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, meeting each week and taking a break during the summer. June 6 will be the last meeting at Dick and Pearl's until fall.

For the name of the current book and the chapters being discussed call Dick or Pearl, 884-9514.

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

**Practices, Thursday, June 9, 7:30pm**

**& Sunday, April 12, 9:30am**

**Performance, June 12**

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



ANNOUNCEMENTS



**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.

**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.

**NATIONAL UU BUDDHIST FELLOWSHIP**

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

**PLEDGE DRIVE UPDATE—Rounding Up the Pledges**



Our pledge drive is well-under way and very close to reaching the amount needed in order to accomplish our goals of increasing Rev. Cecilia’s contract to 3/4 time ministry, growing the Religious Exploration program for our children, and paying our UUA and PNWD dues—all under a balanced budget!

Currently our pledges are at \$111,244, still shy of the \$125,000 hoped for to help us live out our new mission—to seek inspiration and understanding, embrace all on their individual spiritual journeys, and serve our local and world communities. If you haven’t pledged yet, please don’t hesitate to make your pledge today so you don’t miss out on being part of this exciting time for CUUF. Contact the office administrator or pick up a pledge form at the Greeter’s table.

**THANK YOU TO ALL WHO HAVE PLEDGED**

especially those who have increased their pledges and those who are making pledges for the very first time.

**Final Round Up of Gratitude for the CUUF Pledge Drive Dinner** (provided by Chandra Villano)

Contract negotiations: Lois Cole

Invitations: Chris Rader

Emails & RSVP organization: Rita Salama

Decorations: Heather Seaman, Chandra Villano

Lights & Sound: Brian Ohme

Tablecloth loans: Lois Cole, Bonnie Orr, Deb Miller, Mary Timiras, Christina Davitt, Heather, Chandra

Set up: Heather, Mark Seaman, Brian Ohme, Ken Toevs, Lois Cole, Chandra

Chefs/Kitchen Help: Ben Knecht, Jeannie Garrity, Lauralee Mingo, Steven McGaren

Welcome/Pledge Address: Joe Palmer

Auction Donators of desserts and items: Montana Moma, Rita Salama, Ben Knecht, John Rundell, Heather Seaman, Chandra Villano & Brian Ohme, Leslie Minks, Charlie & Ruth Mason, Jackie Halter, Mark Neher (non-member), Natalie Palmer, Libby & Gena Palmer

Auctioneer: Chandra Villano

Auctioneer assistants: Hyla Nelson, Rita Salama

Finance Committee: Larry Tobiska, Lois Cole, Don Flick, Sharon Petit

And all the Board Members, Auction Bidders, and the many members that stayed for clean-up



Photos courtesy of Chris Rader and Rita Salama

## HISTORY OF THE FLOWER COMMUNION

On Sunday, June 12, we will celebrate our beloved Flower Communion. This ritual was created by the Rev. Norbert Čapek, a Unitarian minister in Czechoslovakia during the last century. Čapek believed that his congregation of mostly former Catholics needed a ritual that was unique to their new free faith. He created the Flower Communion as a symbol of religious community: each of us is uniquely beautiful, and together we make a multi-colored, spectacular bouquet. Čapek was an outspoken critic of the German occupation, and was arrested for preaching against the Nazi regime. He was sent to a concentration camp, where he died.

After the war his wife, Mája, brought the Flower Communion to the United States, where it spread among Unitarian churches and is now celebrated annually in most of our congregations. In keeping this ritual, we honor Čapek's memory, and his message of the worthiness of all.

Bring your friends—and flowers to share!

## LOOKING FORWARD TO FALL—INGATHERING SERVICE

On September 11, we will celebrate the beginning of the new church year with the Water Service, our annual ingathering ceremony. Many UU congregations practice this ritual, a symbol of our shared faith coming from many different sources.

During the summer, if you are in a place that is special to you, collect some water. During the service on September 11, as we share our stories and feelings from the summer, we will blend the water in a bowl to symbolize the blending of our lives.



## COMMON SECURITY CLUBS: BUILDING RESILIENT COMMUNITIES AND CONGREGATIONS DURING TOUGH TIMES

Economic Worries? Hey, Join the Club! The Great Recession has reminded us of our vulnerabilities. Debt. Foreclosure. Unemployment and anxious employment. Evaporating savings. Rising costs. In response, communities are forming “Common Security Clubs” to build resilience and strengthen community ties.

Common Security Clubs are small groups where individuals find connection, information, and avenues to a new kind of security – one based on mutual aid and support. Sometimes called “Resilience Circles,” “Mutual Aid Groups,” or “Economic Security Support Groups,” clubs meet for six to seven initial sessions to learn, support each other, and take action in order to create a new economy that serves everyone in harmony with the planet. Many clubs continue to meet, drawing strength from one another and finding ways to make their neighborhoods and communities more resilient in the face of economic and ecological challenges.

**Can we have a Common Security Club here at CUUF?** If there is enough interest, Rev. Cecilia will assist us in starting a group next fall. If you are interested, send her an e-mail at [minister@cuuf.org](mailto:minister@cuuf.org).

Want additional resources for summer reading or viewing? Check out the following resources.

- Books: [The Great Turning](#) and [Agenda for a New Economy](#), both by David Korten  
[Eaarth](#), by Bill McKibben
- Websites: Yes! Magazine: <http://www.yesmagazine.org/new-economy>  
 US Uncut: [usuncut.org](http://usuncut.org) (check out their Facebook page too)  
 New Economy Working Group: <http://www.neweconomyworkinggroup.org/>
- Movies: “Inside Job”

*Thank You!*  
*From the Board*  
*to Chandra Villano*

for organizing and being the  
 MC/Auctioneer at the Pledge Dinner

*to Ben Knecht*

for organizing, cooking and serving  
 a delicious meal

*and to Christina Davitt*

for her dedication and work chairing  
 the Sunday Worship Committee

## RECENT NOTES OF GRATITUDE TO CUUF

From Oxfam for donating to the Japan Earthquake & Rehabilitation Fund

From the UUSC for our contributions to Guest at Your Table

From Mobile Meals for our donation. “...*At this time many of our recipients are unable to pay the full meal price and donations like your help us to continue serving those in need. All board members are also drivers so we are able to see first hand how important this service is to many needy recipients. We are so grateful to your Fellowship for thinking of Mobile Meals.*”

From Orondo School for our donation for children in need. “*The Orondo School would like to thank all of you ... The donation has been helpful in supporting new families with school supplies, appropriate clothing and personal hygiene products. the support that you give allows these children to feel welcomed and loved. Please come and visit anytime.* —Sandra J. Stoddard”

# RELIGIOUS EXPLORATION FOR CHILDREN AND YOUTH

## A MESSAGE FROM YOUR ACTING DIRECTOR OF RELIGIOUS EXPLORATION

Dear CUUF Families and Friends,

We are moving into the summer season and the end of RE classes for the summer. It has been a good year, and I have enjoyed being the acting director for the last couple of months. The First Sunday Youth Group under Emilie Fogle's direction has done some great things, including planting bulbs around the church building. I am looking forward to seeing them come up, and enjoying all the color when they bloom. I know Emilie has plans for more exciting and worthwhile activities for the group. Thank you for the great job, Emilie.



I would also like to thank all of our volunteer teachers and assistants for the wonderful job they have done with our children. They have made my job easier, and a pleasure. There are too many names to mention here, but we will be having a volunteer recognition on Sunday, June 5<sup>th</sup>. Be on the lookout for more details. Our childcare workers, Michaela Hunt and Karoline Blaylock have done an excellent job with the young children. Karoline is not working for us anymore, but Nicole Strait has stepped in admirably. We are still looking for another person or two to help with child care, especially this summer.

If there are things you would like to see in the RE program (or things you would like to see changed), please let me know. The goal is to make our RE program the best it can be, and we need everyone's contribution. In that vein, please fill in the Talent, Skills, and Knowledge Inventory sheet if you haven't done so. For all of you that have, thank you very much.

There will be a search for a permanent Director of Religious Exploration this summer. I am not sure I will be seeking the position, as I hope to be teaching full time. Thank you for the opportunity to serve you.

Your Acting DRE,  
*Thom Blaylock*  
 630-6542, [soulsofchildren@hotmail.com](mailto:soulsofchildren@hotmail.com)

### IT TAKES A VILLAGE

Our RE Program thrives from parent/guardian and volunteer participation. The skills in this congregation could add a lot to our children's experience. That is why we have the Skills, Talents, and Knowledge Inventory. So if you have not completed one of the inventory sheets, please do so and return it to Thom Blaylock or drop it in the offering basket. If you have lost your sheet or don't have one, just ask Thom Blaylock, the Acting Director of Religious Exploration, or check on the table in the entryway.

Remember, this does not commit you to teaching a class or being a regular volunteer unless you want to do that. This is just being willing to share your skills with our youth groups, on occasion, for about 10 or 15 minutes.

Thank you for all of your support.



## UU Roots & Branches

This year, as a whole fellowship, we have enjoyed 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.

### SUNDAY LESSONS

#### June 5

Volunteer Recognition and End-of-RE-Year Celebration.

#### June 12

Intergenerational Service, Flower Communion.

#### June 19, *Father's Day*

Childcare only for children 5 and under.

#### June 26

Childcare only for children 5 and under.





## 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

#### UUs TO MARCH IN SEATTLE GAY PRIDE PARADE Sunday, June 26, 10:00am

Gathered here as one strong body...Standing on the Side of Love!

On Sunday, June 26, Seattle will celebrate the annual gay pride day with a parade and festival, and Unitarian Universalists from area congregations will be there as one large contingent. Over 400,000 people are expected to line the parade route that day, so join in and wear your gold "Standing on the Side of Love" t-shirt (don't have one? Get one for \$15 online at [www.standingonthesideoflove.org](http://www.standingonthesideoflove.org)), join us at our UU staging area pre-parade gathering downtown, and have a good time. Afterward, be sure to visit the UU booth coordinated by Edmonds UUC at the PrideFest on the Seattle Center grounds, staffed by UU's from over 11 area congregations. Be a witness for the inherent worth and dignity of every person!

To get more information and to let us know your congregation is coming, please email Carmen McDowell, Ministerial Intern, University Unitarian Church at [carmen.mncdowell@uuchurch.org](mailto:carmen.mncdowell@uuchurch.org), or go to UUC's home page, [www.uuchurch.org](http://www.uuchurch.org).

### WELL GROUNDED—TASKS TO TACKLE


It takes all of us to keep our buildings and grounds in good shape; if you can help with any of the following please call your Facilities co-chairs at the numbers below. Please contact the Facilities Co-Chairs if you plan a work party with your covenant group or if you see something you would like to take on solo so efforts can be coordinated.

1. Prep and seed bare lawn patches behind the Fellowship [at septic tank.]
2. Clean light fixture at entry door into Fellowship.
3. Haul away limbs from behind the shed.
4. Add pin and footing with pin receiver to keep double chain link gate closed at West side of Blue House fence.
5. Construct a new ramp into shed for lawn tractor.
6. Walk North lot, then pull (pliers optional) the puncture vine [goathead] thorns out of your shoes and put them in the garbage. Every thorn equals 3 plants that will not have to be sprayed/pulled later.
7. Prepping/priming/painting of the Fellowship is coming in late May/June.
8. If you know anyone that is removing interlocking concrete retaining blocks, we want to replace the existing retaining walls at the driveway entrance.
9. Contact Mark or Heather Seman if you are willing to move hoses and sprinklers this summer when James Dunn, who mows and waters, needs to take time off.
10. Fence construction on North lot. More info coming on that later.

Facilities Committee Co-Chairs,  
Heather Seman, 928-925-7616, [Heather@HMSArchitectures.com](mailto:Heather@HMSArchitectures.com)  
Mark Seman, 928-925-7617, [Mark@HMSArchitectures.com](mailto:Mark@HMSArchitectures.com)

### GOOD NEIGHBORS—GOOD NEWS

CUUF is extremely lucky to have a great neighbor who also happens to be a great employee! James Dunn, our neighbor on the south side of the Blue House, takes care of our grounds for us which is why the grass is always greener at CUUF.

James and his wife, Myla, are expecting their first baby, a girl, on June 18. On behalf of CUUF, Heather Seman presented a basket of baby gifts to the Duns. 

They expressed their gratitude in an email:

*Thank you very much.*

*Myla and I would like to thank all of the CUUF members for the baby gifts. We are so fortunate to know that we have such wonderful people next to our hearts. Your generosity is very much appreciated.*

Love,  
James and Myla Dunn

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

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**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, 7:45pm-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 through creating deeper, more meaningful relationships with individuals and building broader, more caring connections to church and community”.

If you would like to join a group or need more information, see below.  
Contact 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.  
Contact Lori Nitchals, 667-8895, [lornitch@nwi.net](mailto: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](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, 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](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

### **FACILITIES**

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

Dan Sconce, Board Liaison

### **FELLOWSHIP CARE**

LeRoy Farmer, Chair—669-3941  
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)**

Thom Blaylock, Acting Director—860-9189  
Erik Dilling, Interim Chair—881-7324

Val Savina, Board Liaison

### **SOCIAL/ENVIRONMENTAL ACTION**

Suzanne Harper, Board Liaison

### **SUNDAY SERVICES**

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



# June 2011

ALL EVENTS  
ARE HELD  
IN THE  
SANCTUARY  
UNLESS  
OTHERWISE NOTED.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>If you attend a service during May 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><b>1</b> Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:45pm-9:00pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>2</b> 9:00am Hike: Twin Peaks (off site)</p>	<p><b>3</b></p>	<p><b>4</b> Sign up for Small Dinners tomorrow Or call Jackie, 664-7032 Or Pearl, 884-9514</p>
	<p><b>5</b> FOOD BANK SUNDAY, JOINING SUNDAY M—Z BRING TREATS DEADLINE TO SIGN UP FOR SMALL DINNERS 9:00am Forum: "Financial Q &amp; A"—led by the Finance Committee 10:30am Service: "The Temptation to Be Good"—Rev. Cecilia Kingman 3:00 Baha'i Study Group 7:00pm Dream Group</p>	<p><b>6</b> 10:00am Covenant Group—Dan 1:30pm A Course in Miracles Study Group (Office) 7:00pm Book Group (off site)</p>	<p><b>7</b></p>	<p><b>8</b> 10:00am Covenant Gr.—Pearl 1:30pm Book Group (off site) Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:45pm-9:00pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>9</b> 9:00am Hike: White River to Indian Creek (off site) 6:00pm Board Meeting 7:30pm Choir Practice</p>	<p><b>10</b> 7:00pm Meaningful Movie Night "Sir! No Sir!"</p>
<p><b>12</b> FLOWER COMMUNION BRING-A-FRIEND SUNDAY M—Z BRING TREATS. 9:00am Forum: <i>Covenant Group Style</i>—CUUF Leader: Jeff Lau 9:30 Choir Practice (Blue House) 10:30am Service: "Baby, You Were Born This Way!" Intergenerational Service—Rev. Cecilia Kingman 12:00pm Congregational Meeting 1:30pm A Course in Miracles Study Group (Office)</p> 	<p><b>13</b></p>	<p><b>14</b> FLAG DAY</p>	<p><b>15</b> NEWSLETTER DEADLINE  Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:45pm-9:00pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>16</b> 9:00am Hike: Mile Lake (off site)</p>	<p><b>17</b></p>	<p><b>18</b></p>
<p><b>19</b> FATHER'S DAY, M—Z BRING TREATS 9:00am Forum: "Prosperity"—CUUF Leader: Steve Lavoie 10:30am Service: "Fostering Moral Imagination"—Guest Speaker: Jorge Chacon 3:00 Baha'i Study Group 7:00pm Dream Group</p>	<p><b>20</b> 10:00am Covenant Group—Dan 1:30pm A Course in Miracles Study Group (Office)</p>	<p><b>21</b> SUMMER SOLSTICE</p>	<p><b>22</b> 10:00am Covenant Gr.—Pearl Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:45pm-9:00pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>23</b> 9:00am Hike: Lake Valhalla (off site)</p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>26</b> 10:30am PANCAKE BREAKFAST (no worship service) 10:00am Gay Pride Parade (Seattle) 1:30pm A Course in Miracles Study Group (Office)</p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b> Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 6:30pm Tibetan Buddhist Meditation 7:45pm-9:00pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>30</b> 9:00am Hike: Lake Stuart (off site)</p>	 Looking forward to <b>Sept. 11 Water Service</b>	<p>During the summer, if you are in a place that is special to you, collect some water for this ingathering ceremony.</p>

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.

**CUUF Scheduled Office Hours (others by appointment):**

Mon. & Tues. 9:00am—1:00pm Office Administrator  
 Mon. 6:00pm—8:00pm Treasurer (by appointment)  
 Wed. & Thurs. 2:00pm—6:00pm Office Administrator  
 Fri. 10:00am—12:00pm Treasurer (by appointment)  
 (by appointment) Office Administrator  
 Sun. 8:00am—12:30pm Office Admin./CUUF Business