



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 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.

March 6, 2011, Food Bank Sunday

10:30am Service: "When My Trophies At Last I Lay Down"

CUUF Speaker: Diane McKenzie

Celebrant: Connie Risley

This service will focus on our relationships to our possessions - our trophies. These may be physical, like china or band saws; emotional, like being a doctor or an only child; or intellectual, like having a certain world view.

March 13, 2011

10:30 am Service: "Lessons for a Lenten Season"

Rev. Cecilia Kingman

Celebrant: Sharon Page

Our lives are filled with sensations, communications, choices and noise. What might a practice of renunciation offer us? Rev. Cecilia will share with us her stories of a month of quiet, including her 30 day Facebook fast!

March 20, 2011, Bring a Friend Sunday

10:30am Service: "If I Perish, I Perish!"

Rev. Cecilia Kingman

Celebrant: Pat Brooke

This week is the Jewish holiday of Purim, celebrating the tale of Queen Esther's courage as she saves her people. It is also the anniversary of the martyrdom of Archbishop Oscar Romero of El Salvador, killed in 1980 for championing the people's struggle against right wing dictatorships. What gives some people the courage to risk all for the sake of others? What strength can we find in their examples?

March 27, 2011

10:30am Service: "Single in a Married World"

Guest Speaker: Rev. Amanda Aikman

Celebrant: Chris Rader

Reflecting on the over two hundred weddings at which I've officiated, I hope I've learned something about love, marriage, and the vast array of alternatives—including the choice of many to remain single. An invitation for all of us—married, partnered, happily single, or...prowling around...to celebrate and honor one another's status.

April 3, 2011

10:30am Service: "A Pocketbook Spirituality"

Rev. Cecilia Kingman

Sex, money and power. That's what this sermon is about. That's all we're saying...don't miss it!

And stay for coffee... During March, 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

It is with great enthusiasm that I write this column. March is an exciting month for CUUF! ***Save the date for March 20th—after the service there will be a congregational vote on two important issues!*** First, our Mission Statement Refining Team will present the finished mission statement for approval by the congregation. This will help guide us in who we are and who we want to be in the future. This has been a huge project, and the team of Mary Ellen Rundell, Barb Flick, and Chandra Villano deserve a very large thank you! Secondly, there may be a vote on that day to enter into a formal arrangement with Columbia Valley Community Health (CVCH) regarding our north property.

At the time of this writing, there are many details that still need to be finalized. A task force, comprised of Larry Tobiska, Mark and Heather Seman, Don Flick, and Sharon Petit, has recommended to the board that pursuing a formal arrangement with Columbia Valley is in the best interest of CUUF. Geordie Romer is working with the board as a realtor and advisor. After meeting with the task force, the board voted unanimously to further pursue an arrangement in good faith with CVCH.

The details remain to be worked out before a congregational vote; but we do know that any arrangement ***will include*** CVCH paying for CUUF to move onto city sewer. Our current septic system is requiring more maintenance and takes up a significant portion of our property. Access from Sunset Highway would be relocated north of the church as shared access for both properties. Obviously this is a large decision and one not to be made lightly. However, the board is excited about the opportunities presented on a number of levels. Communication over the next few weeks will be crucial. Be looking for a Q & A sheet, as well as opportunities to discuss with the task force and board in further detail why this is a positive development. Please plan to join us March 20th after the service for these important votes!

In faith, fellowship, and friendship,
Joe



NAILED DOWN—February 3, 2011 **Notes from the Board Meeting**

FINANCIAL UPDATE

73% of pledges have been paid
Deficit of \$7,340 for fiscal year

FACILITIES Presented by Mark and Heather Seman

Professionals called, dealt with septic system problem
Assets and potential issues are being analyzed
Developing plan to present to Board at future date.
Janitorial meeting outcome: 1 person is not adequate,
recommend pairing up for weekly cleaning duties,
quarterly deep cleaning, training for volunteers needed
Schedule needed for maintenance and custodial tasks

MOLD TEST UPDATE (Blue House)

Collected samples sent for testing.

MEMBERSHIP COMMITTEE Presentation by Dick Murphy

Defining expectations & making membership path clear
*Board accepted policy with change: “join in the work of the fellowship” to “support the mission of the fellowship”.

LAND USE PROPOSAL—Community Garden

Presentation by Chris Rader and Jeff Prentiss
Proposed community garden, selling/giving away produce
Plan to be presented at March Board meeting

LAND USE PROPOSAL—Columbia Valley Community Health

Proposal to loan use of lot to CVCH at low or no cost
in exchange for infrastructure/sewer hook-up/highway
access; possibility of modular structure
CVCH will pay for and do feasibility study

*Board approved CUUF engage in feasibility study w/CVCH
Congregational meeting needed with congregational vote

FINANCE COMMITTEE/PLEDGE/FUNDRAISING

Timeline set for pledge drive

FELLOWSHIP CARE

Sandie Farmer resigned as coordinator, need replacement

GUIDING PRINCIPALS—NEW GROUPS, ETC.

Need policies to protect church resources/time

REPORTS

MINISTER'S REPORT

Mid-year goal review; DRE Sarah Cavanaugh resigned
with 1 month notice—plans to fill position; Pledge Drive
planned with Finance Committee; Pastoral Care training
plans

DRE REPORT—not available (see above)

OFFICE ADMINISTRATOR'S REPORT

Assisting Membership Committee; prepared information
for certification with UUA and congregational meeting,
end of year financial statements sent out

COMMITTEE REPORTS

Communications: Jaime Krish, liaison:

Propose that all survey and/or large communications
go through the Communication Committee
guidelines for categories for announcement sheets

Personnel: Peggy Love, liaison:

*Board request for committee to find back up for Office
Admin. and for DRE.

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.

A MESSAGE FROM OUR MINISTER
—Rev. Cecilia Kingman



This last year and a half of serving as your minister, I have been inspired by your hopes and aspirations—and they are high! It is exciting to think about what might unfold in the next stage of CUUF's history.

On Saturday, April 16 we will celebrate our 25th Anniversary Party and Annual Pledge Dinner. Val Savina is once again arranging a fabulous party for us, with all kinds of fun. Stay tuned for more details, but be sure to mark your calendar for this evening of lively entertainment, good food and dancing.

For twenty-five years, CUUF has been offering a home to religious liberals and their children. A spiritual home for seekers and freethinkers of all kinds, and a place to teach our children values of love, freedom and reason; CUUF has been a haven for three generations. You've grown and changed, adapting to the needs of those within and beyond your walls, and there is much to celebrate.

And now, in this generation, what are the needs we can serve? What brings people week after week to our humble doors? What hopes need nurturing, what hurts need comforting, what dreams need encouraging warmth, like seedlings breaking ground? When young families arrive, laden with children and dreams, what can we offer them? And what can we share with those who are hurting or confused in these tumultuous times?

We have many gifts to give. We have a growing RE program, thanks to the hard work of so many dedicated volunteers and the staff who have served so faithfully. Our message of love for all people and our planet is growing in the next generation, and each week we welcome a dozen children or more. And our new 'Tweens group is taking off, with ten kids currently attending the gatherings. These young people are hungry for meaning, community, and purpose in a rapidly changing world, and we are there for them.

We have a strong and thriving ministry to people's souls and spirits, in our worship services, covenant groups and many other small group ministries. We take care of each other, rejoicing in life's triumphs and holding one another in times of grief and despair. We offer a life-saving message of hope and acceptance to everyone who comes to us, and come they do. Since September, fifty-two people have come through our doors for the first time, seeking our message of intelligent and compassionate spirituality. Fifty-two new faces! Here in our midst, people find a place to tell their story and explore their life questions, a place where they are welcomed with love and gentle listening. The new Membership Team, aided by our always fabulous greeter program, is concentrating on ways to help these folks find a home among us.

And we are increasingly serving the wider community. Since September alone members of this congregation have given nearly \$10,000 to CUUF to help others in need. These donations have gone to local schools, to families needing help with rent and food, or even Christmas presents, and to agencies which share our values, including the Women's Resource Center, the Wenatchee Food Bank and the Unitarian Universalist Service Committee. Each month you send pounds of food to the Food Bank, knit for the Hat Project, march for peace, and so much more.

I have heard many of you say you want CUUF to have a specific ministry here in the valley, something everyone could work on together which would ease the suffering of families in this area. Your leadership is beginning to explore ways to do just that. Whether it will be some kind of hunger relief, a community garden, or partnership with a health organization, or something we have not yet imagined, the needs around us are great and you are generous and loving people with a desire to serve others. This path of service will clarify in the months ahead, and your energy and vision will carry CUUF into the next 25 years!

Continued on page 7

All Fellowship Congregational Meeting and Vote

Sunday, March 20, immediately after the service

**We will vote on our new Mission Statement, issues concerning our property,
and other important items.**

(Note: Childcare will be extended so that all can participate.)

Watch for more information in the announcements and by e-mail, and please plan to be here for this historic vote!

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.

March 6, 9:00am: "Empathy"—Covenant Group Style CUUF Leader: Dan Sconce

Have you ever wondered why you cry watching a touching scene in a movie... or why you don't? Let's get together and share what we know about empathy. This Covenant Group style Forum will be led by Dan Sconce. If you are new to the Covenant Group format, don't be concerned, Dan will start the Forum with a brief introduction to this rewarding approach to communication. 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.

March 20, 9:00am: "The Danger of a Good Book" CUUF Leader: Lee Barnhill

Helen Exley, an author, said "Books can be dangerous. The best ones should be labeled "This could change your life." Have you read any "dangerous" books lately?

March 27, 9:00am: "A Personal Perspective on Palestine" CUUF Leader: Peggy Love

Peggy Love will share her recent experiences in Palestine with time for your questions.

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, March 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, 669-3941, or Dick Murphy, 884-9514.

UU AND YOU, A Roundtable Discussion Saturday, March 26, 10:00am—11:30am, in the sanctuary

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.

BAHA'I STUDY GROUP, Sundays, March 13 & 27, 3:00pm

"A Course in Miracles" STUDY GROUP,

1st & 3rd Mondays, March 7 & 21, 1:30pm

2nd & 4th Sundays, March 13 & 27, 1:30pm

SNOWSHOE/WINTER ACTIVITIES

For general information, current plans, or to be added to a contact list for activities, contact Vikki Williams, 884-2126, viksview@yahoo.com

CUUF'S DREAM GROUP, Sundays, March 13 & 27, 7:00pm

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, dickpearl@msn.com.

BOOK GROUPS

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



AFTERNOON—once a month— Wednesday, March 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.

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.

Saturday, March 19, 6:00pm

Hosts: Ken and Daina Toevs
1320 SE Second, E. Wenatchee
RSVP: 293-0921
Adults only, please.



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, March 5, 6:00pm

4X8 Small Dinners

Please sign up on the poster at the back of church by February 27 or contact Pearl 884-9514, dickpearl@msn.com or Jackie 664-7032, sandchaser@yahoo.com.

Hosts Are Needed

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

Please RSVP at least a day in advance

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

NEW UU CLASSES

Tuesday evenings, March 8, 15, 22, 7:00pm—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, 888-0181, Allyson Zacharko, Allyson@windermere.com, 630-9898 or LeRoy Farmer, leroyf@nwi.net, 669-3941 to sign up.

SEVEN PRINCIPLES DISCUSSION GROUP—*continues*

Thursday evenings, March 10 (5th Principle), March 17 (6th Principle) and March 24 (7th Principle), 7:00pm—8:30pm

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 an adult discussion group with each week focusing on one of our seven UU principles. The group will meet Thursday, March 10 to discuss the Fifth Principle: The right of conscience and the use of the democratic process within our congregations and in society at large; on March 17 for the Sixth Principle: the goal of world community with peace, liberty, and justice for all; and on March 24 for the Seventh Principle: respect for the interdependent web of all existence of which we are a part. All sessions are from 7:00pm—8:30pm in the sanctuary. Each session is self contained, so attend as many as you'd like. For more information, please contact Christina Davitt, Chair of Sunday Services, 393-9467, christina@davittlaw.com.



Cascade Coffeehouse presents

Tom Rawson

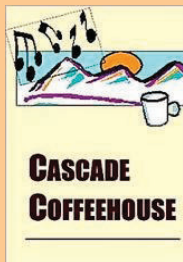
Performing live! 7:00pm
open mic 6:30pm

Saturday, March 12, 2011

Join Tom Rawson, of Seattle, for an evening of humorous stories, user-friendly songs, and acoustic folk philosophy that's guaranteed to leave you smiling. Armed with longneck banjo and other weapons of mass delight, Tom will have you singing along in no time. Tune up your vocal chords: you'll need 'em!

Tom has been a favorite here at the Cascade Coffeehouse for a number of years. If you enjoy singing along this is where you'll want to be on March 12th. This will be the last hurrah for the Coffeehouse so please join us and bring a friend. There is no admission charge but we do pass the hat!

There's always great coffee, tea and wonderful treats too.



LIKE TO SING?

Join the CUUF Choir

Practice, Thursday, March 10, 7:30pm
& Sunday, March 13, 9:30am
Performance, March 13

*Practice, Thursday, March 31, 7:30pm
& Sunday, April 3, 9:30am
*Performance, April 3

*Practice, Thursday, April 21, 7:30pm
& Sunday, April 24, 9:30am
*Performance, April 24

*tentative

For more info, contact Larry Tobiska, 662-3209, 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), or Todd Petit (mizmar@charter.net), 884-6773.

NATIONAL UU BUDDHIST FELLOWSHIP

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

Leaf Rakers Needed

The Facilities Committee is looking for groups or individuals to rake leaves leftover from last Fall. The existing mild weather, allows us to get an early start at Spring cleaning. This self-directed task can be done by a Covenant Group or individuals. Areas around the Blue House and Fellowship that need raking are evident and the leaves can be piled near the shed, where earlier leaves Please let Mark Seman [928-925-7617 / Mark@HMSArchitectures.com] or Heather Seman [928-925-7616 / Heather@HMSArchitectures.com] know of your schedule so they can coordinate and track efforts. Tools and equipment are available - or bring your favorite rake.

Call for Input on Facilities & Grounds Needs

Part of the Facility Committee's ongoing efforts is to generate a master task list to help us identify, prioritize, and allocate resources for maintenance and improvement needs for the future. We are asking for your input on items you know about that need attention or things that you would like to see added or improved. This might include "wish-list" items that may not be immediate, but are of interest - no idea is irrelevant. Prioritization of tasks will occur after the initial list is developed and we begin our budgeting process for the coming fiscal year.

Please let your ideas be known to help improve our fellowship; contact either Mark or Heather via face-to-face, or by phone, email or snail-mail.

Recent Facility Committee News

The septic tank and drain field recently required attention to alleviate problems associated with root-blocked pipes. Snaking, pumping and digging were all used to clear the blockage and return the system to proper function. The disturbed lawn will be repaired later this spring, so please avoid this area, that is just outside the back door.

Thanks go out to all of those who helped with this – Dave Schettler, Rita Salama, Vern Smith, John Crew, Snakeman, and Apple Valley Pumping.

Mark Seman, Facilities Committee Co-chair, 928.925.7617, Mark@MarksHomework.com

Heather Seman, Facilities Committee Co-chair, 928.925.7616, Heather@HMSArchitectures.com



ZAP

The Zimbabwe Artists Project Director, Theresa Burks, sends her "sincere appreciation" to CUUF for purchasing \$2520 in support of the artists of Weya, Africa. 10% of the sales (\$252) was donated to CUUF for hosting ZAP.

In Memory of DAVE



*A special Thank You
to Lori Nitchals
and all others
who generously
donated funds
to our
Fellowship Care
Committee
in memory of
Dave Nitchals*

A MESSAGE FROM OUR MINISTER . . . *Continued from page 3*

And so, for the next six weeks, as we prepare for our Pledge Dinner, I ask you to carefully, prayerfully, intentionally consider your financial gift to this fellowship. Your money is your stored up work hours turned into a tool—a tool which can create good in the world. Each of us is faced with a choice: how shall we use our gifts? By coming together in generous giving, we can transform the world and offer healing and hope to ourselves and others. I ask you to give as generously as you can to this year's Pledge Drive.

Join us on April 16 for a night of celebration and generosity!

In faith,
Cecilia



CUUF 25th Anniversary Party and Pledge Dinner!

Save the Date: Saturday, April 16, 6:00pm

Beacon Hill Grange on Easy Street

Dinner, Dancing and Supporting our Fellowship's Future

Get out your favorite blue jeans or prairie skirts,
western boots and cowboy hats, and get ready to party!

Watch for more information in the April newsletter and weekly announcements...



Sunday Services Opportunities

WANTED—CUUF CELEBRANTS

One great way to participate in our beloved community is to be a celebrant for Sunday services. The purpose of the CUUF Celebrant Program is to collaborate with the minister and staff in creating transformative worship that is meaningful and memorable for our congregation and visitors alike. We are a core team of worship leaders educated in worship theory and skilled in leading transformative worship and we assure continuity, stability and high quality throughout the church year. If you'd just like to read a reading or you're considering helping to lead worship as part of your own spiritual practice, please join us on Saturday, March 12 in the sanctuary. Bring your own lunch and share at 12:30 – our meeting will be from 1:00pm—4:00pm. We'll be planning the next quarter's services and doing training for celebrants. For a celebrant application and more information, contact Rev. Cecilia or Christina Davitt, Chair of Sunday Services at 393-9467 or christina@davittlaw.com.

ARE YOU A MONKEY OR A HARE?

On Sunday April 10, we will be having an intergenerational service in story and song based on UU Minister Rev. Erika Hewitt's story of "The Monkey and the Hare" - a tale of community-building and fun! We need adults or older 'tweens to play three speaking parts: the Storyteller, the Monkey (female part) and the Hare (male part) as well as 4-6 other non-speaking parts which can be kids and adults. I won't give it away but there is drumming involved! We'll have two rehearsals and you don't need to memorize your parts. Our first meeting will be Sunday, March 13 at noon right after the service in the church office.

For more information please contact Christina Davitt (see above).

Thank You!

From the Board to

Sandie Farmer

for coordinating care
to those in need

Christina Davitt

for chairing Sunday services
and leading the 7 Principles
Discussion Group;

Julie Smith

for her gift of music

Geordie Romer

for his astute advice on
property issues and leading
the new Membership Team

RELIGIOUS EXPLORATION FOR CHILDREN AND YOUTH

A MESSAGE FROM YOUR FRIEND, SARAH CAVANAUGH



Dear CUUF Families and Friends,

Being the CUUF Director of Religious Exploration has been one of the most amazing learning experiences of my life. I started this position three years ago, in a job share with the lovely Natalie Palmer. The program was small and it worked just fine for the DREs to do everything! But CUUF wanted to grow. So, with a lot of determination, patience, and vision, that's what we did, and we are still very much in the midst of growth! It is so wonderful to look back and see how far we have come. Now, on Sunday mornings, our kids are welcomed with the warm face of a long-time CUUF traditional story-teller, a trusted/trained volunteer teacher, a teacher's assistant, a parent who lovingly brought snacks, and one of our wonderful childcare providers, Michaela or Karoline. And each Sunday, I think *Wow*, we are really letting our colors shine!

Many of you have heard that I have decided to resign. This was a very bittersweet decision for me, however now that the word "director" has taken on its true meaning, this position has necessarily outgrown my whirly, creative personality that more enjoys the creative endeavors of working with children. Most of you know that I felt very passionate about this position—at times too passionate! Well, the good news to me, is that on Sunday mornings, RE is now bursting with abundant volunteer generosity and it shows in how excited our kids are to be there and participate. And, the other sad, yet good news, is that I would now like to lovingly hand the DRE position back to CUUF and our new DRE, perhaps someone who finds more joy in "directing" than myself.

In my new life, when I'm not the DRE, I am really looking forward to enjoying other wonderful CUUF activities, focusing more on mothering, my massage practice, and hopefully plenty of songwriting/singing performances which is my heart's greatest passion. In fact my first performance will be at Café Mela on Friday, March 18 at 7pm! Maybe I will see you there!

Thanks again to all volunteers and participating families. You made this a wonderful job and I know that the CUUF community has what it takes to be a loving and caring village! Together we are making a difference. With care and best wishes!

Your CUUF friend,
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.



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.

Attention All Secret Pals:

The Secret Pal Potluck will be held following the service on April 17.

SUNDAY LESSONS

March 6

First Sunday Youth Group, Ages 9-13 (childcare for ages 8 & younger)

March 13

Session 14, "*Love Builds Trust Continued*" - The Rev. Margaret Barr's work to provide a non-denominational school for children in India exemplifies the 7th Unitarian Universalist Source: "Our Unitarian Universalist beliefs come from faithful words and actions that shape our Unitarian and Universalist heritage." This session introduces Indian children's games and simple greetings that participants will recognize as parallel to their own customary games and greetings. 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.

Continued on next page

Religious Education for Children and Youth, continued...

SUNDAY LESSONS *Continued from previous page*

March 20 & 27

Session 15, "Love In Action" - This session lifts up Harriet Tubman, an escaped slave who returned again and again to the South to lead more than 300 slaves to freedom. We focus on the second Unitarian Universalist Source, "The women and men of long ago and today whose lives remind us to be kind and fair." The children learn that love calls us to be courageous and to take action in the face of evil. They will apply this learning to their own lives in a role play activity which focuses on the bystander—a person who witnesses injustice or unkindness. Participants will learn that slaves used code songs to communicate escape plans and, in the metaphor of following the stars as our guide, they learn the song, "Follow the Drinking Gourd," which refers to using the Big Dipper to find the North Star and travel north toward freedom.



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 the *Volunteer Janitors*

for doing such a great job deep cleaning the Blue House each week.

It smells good, too!



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, MARCH 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

JOIN WA STATE UU VOICES FOR JUSTICE

to bring our Unitarian Universalist values and voices to the public square.

INTERFAITH ADVOCACY DAY

Thursday, March 17, 8:30am—3:00pm

United Churches of Olympia

Diminishing tax revenues and continuing budget cuts make it critical that the *moral voice of the faith community* be heard during this legislative session. For information and registration, visit www.thewac.org/ifad2011, or call (206)625-9790.

EQUALITY DAY

Tuesday, March 22, 9:30am—3:30pm

State Capitol Building

Let's Stand on the Side of Love!

WA UU Voices will be there, along with many others speaking out for love and equality. Two bills are before the legislature that would eliminate marriage discrimination based on gender and sexual orientation. Need a "Standing on the Side of Love" T-shirt to wear on Equality Day? Email coordinator@uuvoiceswa.org for details on ordering.

Sign up to receive WA UU Voices' newsletter and legislative updates at www.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, 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

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.

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

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

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

Book Group, Evening —Monday evenings, 7:00pm, late Sept. through June, at the home of Dick Murphy & Pearl Wolfe.

Open to all, this group discusses a portion of the current nonfiction book selected by consensus and available through the Wenatchee Public Library.

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

Buddhist Meditation Group, Tibetan —Wednesday evenings, 6:30pm-7:30pm, CUUF sanctuary.

Meditation and Red Tara teachings. All are welcome.

Contact Anne Crain, 509-429-2025 or Karen Poverny, 687-1911.

Buddhist Meditation Group, Zen—Wednesday evenings, 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, 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, CUUF Sanctuary.

An additional opportunity to meet with others who have recently begun attending CUUF.

Contact Dan Sconce, 664-7032.

CUUF MINISTER

Rev. Cecilia Kingman—885-2469 (CUUF Cell)

minister@cascadeuu.org

CUUF BOARD OF TRUSTEES—2011

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

COMMUNITY CONCERNS

Suzanne Harper, Board Liaison

FACILITIES

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

Dan Sconce, Board Liaison

FELLOWSHIP CARE

LeRoy Farmer, Chair—669-3941

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

Val Savina, Board Liaison

SOCIAL/ENVIRONMENTAL ACTION

Suzanne Harper, Board Liaison


SUNDAY SERVICES

Christina Davitt, Chair—393-9467

Ed LaPaz, Board Liaison



March 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>If you attend a service during March 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.</p> <p>CUUF Scheduled Office Hours (others by appointment): Mon. 6:00pm—8:00pm <i>Treasurer (by appointment)</i> Tues.—Thurs. 2:00pm—6:00pm <i>Office Administrator</i> Fri. 10:00am—12:00pm <i>Treasurer (by appointment)</i> 3:00pm—6:00pm <i>Office Administrator</i> Sun. 8:00am—12:30pm <i>Office Admin./CUUF Business</i></p>	<p>ALL EVENTS ARE HELD IN THE SANCTUARY UNLESS OTHERWISE NOTED.</p>	1	2 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	3	4 2:00pm Personnel Committee	5 6:00pm 4X8 Small Dinners
6 FOOD BANK SUNDAY A-L BRING TREATS 9:00am Forum: "Empathy"—Covenant Group Style—CUUF Leader Dan Sconce 10:15am-12:15am Youth Group (Blue House) 10:30am Service: "When My Trophies At Last I Lay Down"—CUUF Speaker: Diane McKenzie 11:50pm Informational Meeting	7 10:00am Covenant Group—Dan 1:30pm A Course in Miracles Study Group—Office 7:00pm Book Group (off site)	8 7:00pm-9:00pm New UU Class	9 1:30pm Afternoon 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	10 7:00-8:30pm Seven Principles Discussion Group—5th 7:30pm Choir Practice	11 [4:00 Church Rental]	12 9:00am Informational Meeting 12:30pm Sunday Services and Celebrants Lunch 1:00pm—4:00 Meeting Cascade Coffeehouse 6:30pm open mic 7:00pm Tom Rawson
13 A-L BRING TREATS 9:00am Newcomers' Breakfast 9:30am Community Concerns Committee 9:30am Choir Practice 10:30am Service: "Lessons for a Lenten Season"—Rev. Cecilia Kingman 11:50pm Informational Meeting 12:00pm Monkey & Hare Meeting (Office) 1:30pm A Course in Miracles Study Group—Office 3:00pm Baha'i Study Group 7:00pm Dream Group	14 7:00pm Book Group (off site)	15 NEWSLETTER DEADLINE  6:00pm Informational Meeting 7:00pm-9:00pm New UU Class	16 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	17 ST. PATRICK'S DAY 8:30am-3:00pm Interfaith Advocacy Day (Olympia) RSVP for the Circle Supper 293-0921 7:00-8:30pm Seven Principles Discussion Group—6th	18 12:00pm Informational Meeting RSVP for the Circle Supper 293-0921	19 9:30am Covenant Group Facilitators' Meeting 6:00pm Circle Supper Ken and Daina Toevs 1320 SE Second E. Wenatchee RSVP: 293-0921 Adults only, please.
20 A-L BRING TREATS 8:30 Membership Team Meeting 9:00am Forum: "The Danger of a Good Book"—CUUF leader Lee Barnhill 10:30am Service: "If I Perish, I Perish!" —Rev. Cecilia Kingman 12:00pm Congregational Meeting	21 10:00am Covenant Group—Dan 1:30pm A Course in Miracles Study Group—Office 7:00pm Book Group (off site)	22 9:30am-3:30pm Equality Day (Olympia) 7:00pm-9:00pm New UU Class	23 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	24 7:00-8:30pm Seven Principles Discussion Group—7th	25	26 10:00am UU & You
27 A-L BRING TREATS 9:00am Forum: "A Personal Perspective on Palestine"—CUUF Leader: Peggy Love 10:30am Service: "Single in a Married World"—Guest Speaker: Rev. Amanda Aikman 1:30pm A Course in Miracles Study Group—Office 3:00pm Baha'i Study Group 7:00pm Dream Group	28 7:00pm Book Group (off site)	29	30 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	31 7:30pm Choir Practice		Save the Date! Saturday, 4/16 25th Anniversary Party and Annual Pledge Dinner

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.