



VISITORS ARE ALWAYS WELCOME!

Cascade Unitarian Universalist Fellowship affirms the inherent worth and dignity of all people.

We welcome diversity of race, age, abilities, sexual orientation, culture, and religious background.

OUR SERVICES ARE TRANSFORMATIVE!

Presented by Rev. Cecilia Kingman, guest speakers, or members of CUUF—each service is unique.

OUR MISSION

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



Cascade UU Fellowship
1550 Sunset Highway N.
East Wenatchee WA 98802
886-4023
www.cascadeuu.org

Minister: Rev. Cecilia Kingman
885-2469
minister@cascadeuu.org

Office Administrator: Rita Salama
630-3385
cuufink@yahoo.com

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.

May 1, 2011, Food Bank Sunday and Joining Sunday

10:30am Service: "This I Believe About the Seventh Principle"

CUUF Speakers: Paige Balling, Mary Smith and Bonnie Orr; Celebrant: Christina Davitt
As we continue in our series on our Unitarian Universalist Principles, we acknowledge that the interdependent web of all existence means that we live in the midst of mystery. Every one of us is part of a much larger story than we can comprehend from our own limited perspective. Our speakers share their unique perspectives about their relationship to the interdependent web.

May 8, 2011

10:30 am Service: "Mother's Day: Voices of Our Mothers"

CUUF Speakers: Peter Bauer, Diane McKenzie, Angela Morris and Dan Sconce
Celebrant: Diane McKenzie

Join us as four CUUF members will reflect on their mothers, being mothered, being mothers, and honoring mothers as real people and not as Hallmark abstractions.

May 15, 2011

10:30am Service: "To Build the Common Good"

Rev. Cecilia Kingman Celebrant: Sharon Page
People are hurting—losing their jobs and homes, and even going hungry, while others get richer and richer. What are religious people to do? Today we will consider the moral questions inherent in economic decisions, and learn about the courageous actions spreading across the country.
Today is a New Member Welcome Ceremony!

May 22, 2011

10:30am Service: "Love, The Problem: Part 2"

Rev. Cecilia Kingman Celebrant: Pat Brooke
Why do some relationships work and others fail? Why do we make the same mistakes, over and over? Apparently science can help! This is the long awaited rescheduling of Rev. Cecilia's sermon series on relationships, in which she will explore the neurobiology of love and attraction.

May 31, 2011

10:30am Service: "Memorial Day: A Veteran's Perspective"

Guest Speaker: Michael Strattan Celebrant: Christina Davitt
Join us as we celebrate Memorial Day and explore its meaning. We welcome guest speaker Michael Strattan, a member of Veterans for Peace and a self-described atheist/Buddhist as he shares his thoughts with us.

And stay for coffee... During May, 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

As many of you know, I like to run. As we approach the end of the fiscal year, it feels like the end of the race is near...but not done yet! There is a sense of blissful fatigue that comes with nearing the end of a race, a sense of accomplishment in facing a challenge well. That is where CUUF is right now. It has been a busy year with a hilly course but we've hung in and truly accomplished great things! In various chats, I've shared with folks my sense of profound optimism that has been building over the last few months. In the three and a half years I've been on the board, there have been significant challenges facing CUUF, but really they can be summed up into one: moving from a Family-size fellowship to a Congregational-size fellowship. I have to confess, when I first heard about this transition from UU leadership, I was skeptical. "How hard can it be?" I thought. Now, however, looking back...it was hard! But here's where the optimism is coming through, I truly feel like we are moving through the most difficult times and coming out on the other side, stronger and more united in fellowship than ever before! The pledge dinner was a great indication of this as never has giving been higher or more generous (or with more smiles and laughter). We are well on our way to the goal of a 20% increase at the time of this writing! What I find exciting is that people typically vote with their pocketbooks and the elevated giving is a clear sign that CUUF is moving in the right direction and that the financial goals of a balanced budget, moving to ¾-time ministry, resuming UUA and PNWD dues, and increasing RE time are not just board values but the larger community's values as well.

When I see the finish line, I always, as a matter of principle, sprint to the finish line—one last big kick to finish strong, no matter how tired my legs are or what kind of race I've had up to that point. That is where we are for the current fiscal year—one last big kick to the finish line. The board-appointed RE task force will evaluate the program for strengths, challenges and needs in order to get a better sense of the current RE program; the next fiscal year budget will be established and presented to the congregation in June (if you have not pledged yet, please do so as generously as you are able); we will be electing three new board members at the congregational meeting in June (date to be determined); a fence will be built along the Sunset highway on our north property to prevent illegal access and pass through by vehicles; —just to name a few things.

There's the finish line—let's all give a good kick to the end and continue to give generously of our time and resources!

In faith, fellowship, and friendship,
Joe



NAILED DOWN—April 7, 2011 **Notes from the Board Meeting**

CUUF GROUNDS

Work party planned for 4/9 to clean up grounds.

Planning for fence along highway and weed control on lot

FINANCIAL UPDATE—by Treasurer Sharon Petit

Closing deficit gap, may still be short at end of fiscal year

Office admin. is clearing old pledge balances

ORGANIZATIONAL STRUCTURE

Looking into Membership and Fellowship Care committees' responsibilities

FILE CABINET LOCK

Vern Smith to install lock

HIRING POLICY AND PROCEDURE

Board reviewed new Hiring Policy and Procedure

Need to clarify duties and who is responsible for each

RE PROGRAM REVIEW TEAM

Goal: Hire DRE by July 1

*Board authorized establishment of 3-person task force to review RE program and report back to the Board.

BOARD MEMBER NOMINATING COMMITTEE

Recruiting Gary Pape to put team together

3 nominations needed by June (one a parent of RE kids)

REPORTS

MINISTER'S REPORT

Focus on Pledge Drive needs, the budget process, RE transition, and preparing for new Board member transition, and professional development on social ethics

Board's goal of 15 new members has been met!

Sunday services are a work in progress

Seeking new chairperson for committee

Co-leading retreat for PNWD UU Ministers Association

DRE REPORT—not available

OFFICE ADMINISTRATOR'S REPORT

Supporting efforts of Membership Team; changing mission statement on printed communication; support to new DRE; worked on emergency care form; worked with Finance Committee in preparation for pledge drive; researched estimates on file cabinet; was trained to use "new" camera donated by Todd Petit

Board meetings are usually held the first Thursday of the month, at 6:00pm, however the May meeting will be held the second Tuesday 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.

A MESSAGE FROM OUR MINISTER

—Rev. Cecilia Kingman



My mind is on transitions in this season. As the days warm and the light lasts longer, the earth herself changes. And in many houses, including my own, young people are preparing to cross the threshold of adulthood. The young man or woman who just a blink ago was but a baby, a toddler, a first grader...is now poised on the doorstep of departure, adult lives wide open with possibility. In these moments joy and woe are indeed woven fine.

On May 15 we will once again welcome new members to our fellowship. In April, we had already grown by 10% of our membership, meeting the board's goal of fifteen new members. And we're still growing! We are blooming and blossoming and people are finding their way here to join in our mission and ministry. How joyful that so many seekers are making us their religious home.

And yet, this growth can be unsettling. New questions arise, questions like, "Where will all these people sit on Sundays? How do we help new folks find their way into small groups and paths of service among us? How do we retain our sense of intimacy and closeness as we grow in numbers?"

And there is loss, too. Change always brings loss, even as it offers more dreams and hopes. When a new baby comes, there is the loss of freedom (and sleep!) that we once enjoyed. When a young person becomes an adult, there is the loss of their tender childhood, and their presence as well, as they head off to new adventures. And so it is with our fellowship's growth. We may come on Sunday and feel a little lost, no longer knowing every person. We may mourn the loss of the informal networks of communication and decision making that felt familiar and less complicated. We may feel like things are getting a bit bureaucratic or top-heavy. We may miss certain activities that once were cherished, now given up because our size makes them cumbersome, or because a younger generation enjoys other activities.

All of these things are normal as any organization grows. And it's normal to feel sad or even frustrated by some of the changes. I remember when my home congregation went on a growth spurt, and I was frustrated that you couldn't just show up for an Adult RE class anymore. You had to register in advance. The explanation was gently given: "With the larger numbers we have to be sure that there is enough room for everyone. If we let people just show up, there might not be enough seats or materials." The explanation made cognitive sense, but I was still sad to lose the old, easy way of doing things.

Most of us want our fellowship to stay the way it was when we first fell in love with it. It makes perfect sense. But, as one wag put it, when would we have barred the door? After me? After you? The question, then, is whether we cherish what we have here enough to want to share it, and thereby allow ourselves to be changed. Changed in ways we might not even imagine. Inviting others to journey with us will change us, have no doubt about that. And yet... isn't this the great practice of life's journey, really—to let go of all that we cling to, and trust that the path will carry us to ever greater gifts? To give up our aspirations of stability and seek instead a path of service and hospitality—in our personal lives and as a fellowship? These are deeply spiritual questions, and living in them offers much spiritual growth.

I believe that we have a great gift to offer here—the gift of our free faith. And, though the growth is sometimes a struggle for me too, I want to see us offer this gift to all who are in need of it. I also believe we are capable of working together, in lovingkindness, to ease the rough spots. If we meet our stumbling blocks with humor and respect, we will move through these changes as "one strong body."

I have learned to trust change. I must trust that letting go of my young adult children will offer a far greater boon than clinging to their childhood. And so I must trust that opening our hearts and doors to all who seek will bring us gifts beyond measure. And this I do believe.

In faith,
Cecilia

Thank You! From the Board to

LeRoy Farmer for years of holding the New UU classes,
and to *Allyson Zacharke* for her new role with the classes

and to

Jackie Halter and Pearl Wolfe
for organizing the Circle Suppers and Small Dinners

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.

May 1, 9:00am: “The Power of Prayer?”—CUUF Leader: Lee Barnhill

We will be exploring the different types of prayer—petitionary, meditative and gratitude—and their effects, if any. Come and share your experiences.

May 15, 9:00am: “Hey, You, Want to Buy _____ ? ”—CUUF Leader: Rita Salama

Can anything be bought for the right price? This forum will explore consumerism—our relationship to the things and experiences money can buy.

May 22, 9:00am: “Rumi’s Poetry as a Spiritual Guide”—CUUF Leader: Rev. Cecilia Kingman

Jalāl ad-Dīn Muḥammad Rūmī was a poet, theologian and Sufi mystic of the 13th century. Rev. Cecilia will share the practice of using his poems in meditation, using her favorites of his works.

May 29, 9:00am: The Forum: Covenant Group Style—Leader: A CUUF Covenant Group Facilitator

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. 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.

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, May 8, 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, May 28, 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.

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

May 1, 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 May 3, and we will gladly welcome you into membership!

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

*Welcome to
Our Newest
Member*

Clayton Holmes

NEW MEMBER RECOGNITION CEREMONY Sunday, May 15, during the service

Membership in CUUF means that you believe in our liberal religious values, you feel have found a home among us, and you pledge to give your time, treasure and talent to support this fellowship’s mission.

During our service on Sunday, May 15, we will hold a *New Member Recognition Ceremony* to welcome our new members into our community and honor our common commitments. Everyone who has joined the fellowship since our last ceremony will be honored in this service.

CIRCLE SUPPERS

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.

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.

Saturday, May 7, 6:00pm

Host: Val Savina
3601 10th S.E. East Wenatchee
RSVP: 616-648-5872, valsavina@gmail.com
Children welcome!

Saturday, May 21, 6:00pm

Hosts: Kay and Dick Anderson
33 Makenna Lane, East Wenatchee
RSVP: 884-1036
Children welcome!

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, May 5—Sauer Mt. Dog-friendly. No pass required. Leader: Connie Risley
Thursday, May 12—Ingalls Creek. Dog-friendly. USFS Trail pass required. Leader Lori Nitchals
Saturday, May 14—Moses Coulee. Dog-friendly. No pass required. Leader Diane Groody
Thursday, May 19—Icicle Gorge. Dog-friendly. No pass required. Leader Connie Risley
Thursday, May 26—Icicle Ridge. Dog-friendly. USFS Trail pass required. Leader Lori Nitchals

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
Connie Risley, 888-4179, cell 293-2983, crisley575@nwi.net
Dianne Groody, 663-8409, cell 264-8729, dgroody@charter.net

BAHA'I STUDY GROUP

Every other Sunday beginning May 22, 3:00pm

Learn about the Baha'i Faith and study how it fits into today's world.

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

“A Course in Miracles” STUDY GROUP,

1st & 3rd Mondays, May 2 & 16, 1:30pm

2nd & 4th Sundays, May 8 & 22, 1:30pm

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

CUUF'S DREAM GROUP, Sundays, May 8 & 22, 1:30pm

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

Contact LeRoy Farmer, 669-3941, 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, 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, May 11, 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.

LIKE TO SING?

Join the CUUF Choir

The choir sings on special occasions and at least once a month during Sunday services. Practice times vary. For more info, contact Larry Tobiska, 662-3209, ltobiska@nwi.net.



CHANGES IN MEMBERSHIP REQUIREMENTS

Remember when you could join CUUF on your very first day, just by signing the Membership Book? That practice led to some high turnover in our rolls and some confusion about membership status. The Membership Team studied the matter and learned that higher expectations of membership create more stable congregations and more committed members. After much careful reflection, the Membership Team asked the Board to set clearer expectations for membership. The Board agreed, and created a new membership policy. You may have seen these expectations listed in our new Membership flyers. From the high numbers of new members coming in, it seems these clear expectations are a draw!

Membership is an expression of commitment to the mission, values and future of CUUF. Everyone is welcome to attend our services and participate in our other activities, whether or not they are members. When someone decides that CUUF is their spiritual home, and wants to become a member, we ask that they commit to the following: Worship with the fellowship regularly, support the mission of the fellowship, and contribute ongoing financial support to the fellowship as your means allow.

We ask that newcomers participate in our New UU classes, or have an in-depth conversation with our minister, as a first step toward membership. And once someone decides to become a member, they may join on any Joining Sunday, the first Sunday of every month. All one has to do is come down front after the service and the Membership Team will be waiting with a warm welcome.

If you know someone who is considering membership, please encourage their interest, share this path to membership with them, and invite them to contact the church office for more information about our upcoming membership events.



SUNDAY SERVICES SAYS....

Our Sunday services at CUUF have undergone several format changes over the past year. The Sunday Services Committee would really like to hear how you feel about them, and so we have prepared a survey that will be available in May – via Survey Monkey for those with e-mail, or via U.S. Mail to those not receiving newsletters electronically. Paper copies will also be available in the sanctuary. We hope you will take the time to fill out the survey to share your opinions about our services.

We'd love to have new committee members join us in our work of bringing high quality creative transformative worship to CUUF. Our next meeting on Saturday, May 21 will be a potluck lunch – bring a non-dessert item to share. We'll start at 12:30pm in the sanctuary. On our agenda – to finish planning the June and summer Sunday services and start looking forward to the fall, Our meetings are open to those who wish to help plan and engage with our fellowship in worship.

Ideas wanted! Do you have an idea for a Sunday service? What would you like to hear on Sunday? More music? More UU theology? More of something near and dear to your spiritual heart? Please let Christina Davitt, Chair of Sunday Services, 393-9467, christina@davittlaw.com, Rev. Cecilia or a member of the Sunday Services Committee know your ideas. We'd love to hear from you.

CUUF PLEDGE DRIVE

This is the time for you to make the difference.

Your pledge is needed for CUUF to bring Rev. Cecilia 3/4 time.

Your pledge will enable our connection with UUA and PNWD.

Your pledge will secure better Religious Education for our kids.

Now is the time to make your pledge.

Pick up a pledge form in the back of the sanctuary, at the Greeters' Table, or from the Office Administrator.

Fill it out, mail it in or give it to a Greeter or a Finance Committee member.

With your pledge CUUF will thrive!

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



Pictures from the Pledge Dinner—more to follow!

WENATCHEE
FELLOWSHIP



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.

CUUF and Stone Mountain Sangha are pleased to announce the return of

KHENTRUL LODRO THAYE RINPOCHE

*for 2 days of Tibetan Buddhist teachings the first week of May.
The following teachings will be offered:*

THE FOUR NOBLE TRUTHS Tuesday, May 3, 7:00pm—9:00pm, CUUF

The first teaching of the historical Buddha wherein he describes the inherent suffering of existence and the path leading to its cessation.

LETTER TO A FRIEND Wednesday, May 4, 5:30pm, CUUF

A live webcast that will be broadcast from CUUF to Rinpoche's students around the world that continues the teachings from Nagarjuna, pithy advice for accomplishing dharma as a householder.

MEDICINE BUDDHA EMPOWERMENT AND TEACHING

Wednesday, May 4, 10:00am—1:00pm, Lutheran Church, 216 W. Nixon Ave., Chelan
(Go downtown, left at Campbells, thru light, 2 blocks behind Safeway, left on Nixon, 1 block on right)

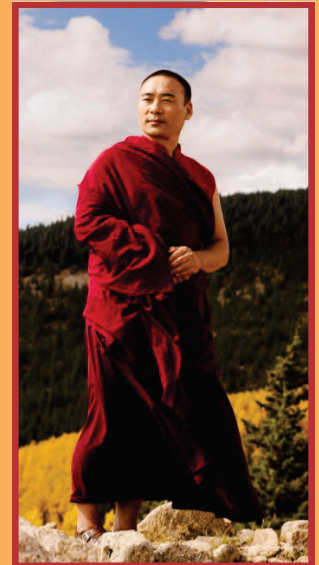
This is a healing ceremony for pacifying sickness and lack of wellbeing for body and mind. It also addresses removal of general and worldly obstacles and support for accomplishing all our wishes.

Khentrul Rinpoche spent twenty years studying at monasteries in Tibet and India before his arrival to the U.S. Acknowledged as a scholar of the highest level, he twice received the title of "Khenpo", the equivalent of a PhD in Philosophy. He was recognized by Kyabje Moktsa Rinpoche as the tulku (reincarnated master) of Katok Druptop Namkha Gyatso. Khentrul Rinpoche and his translator, Paloma Lopez are a dynamic teaching duo full of great humor and wisdom.

**All events are with a requested offering of \$20 each, however, no one will be turned away by inability to pay.
All are welcome to attend any and all events.**

For more information or further questions please contact Karen at (509) 687-1911 or Sharon at (509) 670-0883.

Don't miss this amazing opportunity to hear the wisdom of a true Tibetan master!



RECENT NOTES OF GRATITUDE TO CUUF

Dear members of CUUF,

Thanks so much for your donation and continued support of homeless students in the Wenatchee School District. Know always that the students and the district really appreciate the Fellowship's members thoughtfulness and support.

Suzanne Stanton

Dear CUUF:

*Thanks to your generosity, Mercy Corps is providing relief to families...who lack adequate food, water and shelter. Since the earthquake struck, our number one priority has been to fill immediate survival needs. We are also beginning to implement longer term recovery projects, including...Comfort for Kids...to help Japanese children recover from the emotional effects and trauma of a large scale disaster. On behalf of all those who benefit from your caring, thank you so much!
Best wishes, Mercy Corps*

RELIGIOUS EXPLORATION FOR CHILDREN AND YOUTH

A MESSAGE FROM YOUR ACTING DIRECTOR OF RELIGIOUS EXPLORATION

Dear CUUF Families and Friends,

I would like to thank everyone for making this a great first month as your Acting Director of Religious Exploration. Everyone has been very supportive, and I appreciate it. I would especially like to thank the teachers and volunteers. They have all done a great job and have made my transition easier. I would also like to thank Sarah for all of her help.



This month will be the last month of RE classes until next fall (the official last day is June 5th). We will be doing some fun things as well as learning about some serious topics. Among the special topics for May are Mother's Day, Memorial Day, and Holocaust Remembrance Day. We will also be finishing up and reviewing our UU curriculum, especially the seven sources.

I would like to encourage everyone who hasn't done so to please fill out and return the knowledge, skills, and talents survey. Don't hide your light under a bushel. You can be a valuable contributor to the success of our RE program, even if you don't think you can. Everyone can be an important member of our team. It does not require a large investment of time, just a willingness to spend 10 or 15 minutes sharing your skill, talent, or knowledge with our young people.

After the end of the RE year, we will begin looking toward next year, making some long range plans. If you have any ideas, suggestions, comments, or issues with the RE program, please share them with me, an RE committee member, or Reverend Cecilia. We want our RE program to be the best it can be, and we need your input. Thank you for all of your support, and if you have any questions, please ask. If I don't know the answer, I will find out.

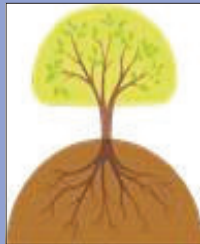
Your Acting DRE,
Thom Blaylock
 630-6542, soulsofchildren@hotmail.com

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 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.

SUNDAY LESSONS

May 1

10:15am-12:15pm—First Sunday Youth Group, Ages 9-13 (childcare for ages 8 and younger)

May 8, *Mother's Day*

We will be doing things to honor our Mother's and Grandmothers.

May 15

Finishing up our study of the night sky, constellations, and how they relate to our study of the seven sources of our UU beliefs.

May 22

A review of what we learned during the RE year, and what the favorite activities were.

May 29

Memorial Day observance. We will be doing stories and activities that help show how our veterans have helped make and keep our country free.





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, MAY 1

The Social Action Team has established the first Sunday of each month as FOOD BANK SUNDAY.

Please bring canned goods or other nonperishable items with you every first Sunday. Of course you are welcome to bring things in on other Sundays, too. There is a box in the entryway marked "Food Bank". Donations will be delivered to the Women's Resource Center's Food Bank. Thanks to all who have been contributing. Your neighbors appreciate it!

COMMUNITY PEACE VIGILS, Every Wednesday

Cashmere, 2:00pm–4:00pm, corner of Cottage and Division

Wenatchee, 5:15pm–6:15pm, corner of Chelan and Orondo

Dress for the weather. Bring a sign or candle (or borrow one).

State Action

WASHINGTON STATE UU VOICES FOR JUSTICE

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

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

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.

WELL GROUNDED

The Facilities Committee extends its thanks all the folks who came out Saturday, April 9th to clean up the grounds. It was wonderful to see all the participation and speed at which things were accomplished with so many hands. Thanks also go to the Covenant group that helped with cleanup on Sunday as well.

We were able to cross things off our list, but have also added more now that some of the most urgent tasks have been taken care of. We will schedule another workday in May to take care of more items. We are including a partial task-list in case Covenant groups or individuals want to take any of these on. Please contact the Facilities Committee if you plan a work party, so we can coordinate efforts.

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 and Mark Seman

Heather Seman, 928-925-7616, Heather@HMSArchitectures.com
Mark Seman, 928-925-7617, Mark@HMSArchitectures.com

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 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.

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 Lori for current plans or to be added to the contact list.

Contact Lori Nitchals, 667-8895, lornitch@nwi.net.

Newcomer Breakfast—2nd Sunday of each month, Oct. through May, 9:00am-10:00am, CUUF sanctuary.

A wonderful opportunity for those who are new to the Fellowship to meet others, and find out more about CUUF over coffee and breakfast goodies.

Contact LeRoy Farmer, 669-3941, leroyf@nwi.net or Dick Murphy, 884-9514, dickpearl@msn.com

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

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

Contact Dan Sconce, 664-7032.

CUUF MINISTER

Rev. Cecilia Kingman—885-2469 (CUUF Cell)
minister@cascadeuu.org

CUUF BOARD OF TRUSTEES—2011

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

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

Dan Sconce, Board Liaison

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John Rundell, Board Liaison

FINANCE

Lois Cole, Chair—886-7836

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Larry Tobiska, Chair—662-3209

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(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



May 2011

ALL EVENTS
ARE HELD
IN THE
SANCTUARY
UNLESS
OTHERWISE NOTED.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 FOOD BANK SUNDAY, JOINING SUNDAY A—L BRING TREATS 9:00am Forum: “<i>The Power of Prayer?</i>”—CUUF Leader: Lee Barnhill 10:15am-12:15am Youth Group (Blue House) 10:30am Service: “<i>This I Believe About the Seventh Principle</i>”—CUUF Speakers</p>	<p>2 10:00am Covenant Group—Dan 1:30pm A <i>Course in Miracles</i> Study Group (Office) 7:00pm Book Group (off site)</p>	<p>3 7:00—9:00pm “<i>The Four Nobel Truths</i>” — Khentrul Lodro Thaye Rinpoche</p>	<p>4 10:00am—1:00pm “<i>Medicine Buddha empowerment & Teaching</i>”— Khentrul Lodro Thaye Rinpoche (Chelan) Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 5:30pm “<i>Letter to a Friend</i>” Webcast— Khentrul ... Rinpoche 6:30pm Tibetan Buddhist Meditation 7:45pm-9:00pm Zen Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p>5 CINCO DE MAYO 9:00am Hike: Sauer Mt. (off site) RSVP for the Circle Supper: 616-648-5872 2:00pm Person- nel Committee Meeting</p>	<p>6</p>	<p>7 APPLE BLOSSOM GRAND PARADE 6:00pm Circle Supper Host: Val Savina 3601 10th S.E. East Wenatchee RSVP: 616-648- 5872 Children welcome!</p>
<p>8 MOTHER'S DAY, A—L BRING TREATS 9:00am Newcomers' Breakfast 10:30am Service: “<i>Mother's Day: Voices of Our Mothers</i>” —CUUF Speakers 1:30pm A <i>Course in Miracles</i> Study Group (Office) 7:00pm Dream Group</p>	<p>9 7:00pm Book Group (off site)</p>	<p>10</p>	<p>11 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>12 9:00am Hike: Ingalls Creek (off site) 6:00pm Board Meeting</p>	<p>13 [6:30 Meaningful Movies Wenatchee]</p>	<p>14 9:00am Hike: Moses Coulee (off site)</p>
<p>15 A—L BRING TREATS NEWSLETTER DEADLINE 9:00am Forum: “Hey, You, Want to Buy ____?”—CUUF Leader: Rita Salama 10:30am Service: “<i>To Build the Common Good</i>” and New Member Recognition Ceremony—Rev. Cecilia Kingman</p> 	<p>16 10:00am Covenant Group—Dan 1:30pm A <i>Course in Miracles</i> Study Group (Office) 7:00pm Book Group (off site)</p>	<p>17</p>	<p>18 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>19 9:00am Hike: Icicle Gorge (off site) RSVP for the Circle Supper: 884-1036</p>	<p>20</p>	<p>21 ARMED FORCES DAY 12:30pm Sunday Services Committee Meeting and Pot- luck Lunch 6:00pm Circle Supper Hosts: Kay and Dick Anderson 33 Makenna Lane, East Wenatchee RSVP: 884-1036 Children welcome!</p>
<p>22 A—L BRING TREATS 9:00am Forum: “<i>Rumi's Poetry as a Spiritual Guide</i>”—CUUF Leader: Rev. Cecilia Kingman 10:30am Service: “<i>Love, The Problem: Part 2</i>”—Rev. Cecilia Kingman 1:30pm A <i>Course in Miracles</i> Study Group (Office) 3:00 Baha'i Study Group 7:00pm Dream Group</p>	<p>23 7:00pm Book Group (off site)</p>	<p>24</p>	<p>25 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>26 9:00am Hike: Icicle Ridge (off site)</p>	<p>27</p>	<p>28 10:00am UU & You</p>
<p>29 A—L BRING TREATS 9:00am Forum: <i>Covenant Group Style</i>—Leader: A CUUF Covenant Group Facilitator 10:30am Service: “<i>Memorial Day: A Veteran's Perspective</i>”—Guest Speaker: Michael Strattan</p>	<p>30 MEMORIAL DAY 7:00pm Book Group (off site)</p>	<p>31</p>	<p>CUUF Scheduled Office Hours (others by appointment): Mon. 9:00am—1:00pm <i>Office Administrator</i> 6:00pm—8:00pm <i>Treasurer (by appointment)</i> Tues. 9:00am—1:00pm <i>Office Administrator</i> Wed. 2:00pm—6:00pm <i>Office Administrator</i> Thurs. 2:00pm—6:00pm <i>Office Administrator</i> Fri. (by appointment) <i>Office Administrator</i> 10:00am—12:00pm <i>Treasurer (by appointment)</i> Sun. 8:00am—12:30pm <i>Office Admin./CUUF Business</i></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.