

# CUUF Link

October 2011

## VISITORS ARE ALWAYS WELCOME!

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

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

## OUR SERVICES ARE TRANSFORMATIVE!

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

## OUR MISSION

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



Cascade UU Fellowship  
1550 Sunset Highway N.  
East Wenatchee WA 98802  
886-4023  
[www.cascadeuu.org](http://www.cascadeuu.org)

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

Office Administrator: Rita Salama  
630-3385  
[cuufink@yahoo.com](mailto:cuufink@yahoo.com)

## Our Worship Services

Services on Sundays 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.

### October 2, 2011, Food Bank Sunday and Joining Sunday

#### 10:30am Service: "Beginning Again in Love"

Rev. Cecilia Kingman

This week our Jewish friends celebrate Yom Kippur. The holiest day in the Jewish tradition, this holiday focuses upon repentance and forgiveness. Let's ask ourselves: What forgiveness do we need to seek or extend? How might we start anew, in love? Rev. Cecilia will preach, with Carmen McDowell assisting.

### October 9, 2011

#### 10:30am Service: "The Face of Oppression"

Guest Speaker: Bill Scarvie

The face of oppression has dominated the news recently. It is seen in the angry faces of people demanding freedom, and in the angry faces of rulers willing to kill to maintain their privileged position. Is the face of oppression still seen here in America? Is it waning as racial minorities gain economic and political clout? Or is its complexion simply changing?

Bill Scarvie is a long-time lay leader of Unitarian Universalist worship. In 2006 he felt called to do what he could to ensure a positive future for his grandchildren and generations yet to come. Since then he has brought his vision of Earth Community to UU congregations in Washington, Oregon, California and Hawai'i, and also facilitated workshops at congregational, district, and national gatherings. His work is inspired by the writings of David Korten, Joanna Macy, Thomas Berry and Brian Swimme. Bill resides on Bainbridge Island with his wife, Karen, and is a member of the Cedars UU Church.

### October 16, 2011

#### 10:30am Service: "Are You Ready for the Zombie Apocalypse?"

Rev. Cecilia Kingman

Why all the fascination with end of the world scenarios? From the Rapture to the Zombie invasion, end times are popular these days. Rev. Cecilia will reflect on youth literature, doomsday scenarios, and yes, zombies! The Tweens group is especially invited to this service. Rev. Cecilia will preach, with Carmen McDowell assisting and special music by Josh Harmening.

### October 23, 2011

#### 10:30am Service: "This I Believe"

CUUF Speakers; Celebrant: Rita Salama

A CUUF perennial favorite! Join us for this service in which three members of the fellowship share their spiritual journeys and beliefs.

For *October 30 and November 6* services please see page 4.

**And stay for coffee...** During October, if your last name starts M-Z and you are willing and able, please bring a fingerfood to share during coffee and conversation following the Sunday service.





## A MESSAGE FROM OUR BOARD VICE PRESIDENT

—*Jaime Krish*

As we head into October, I am reminded of what former board president, Joe Palmer, wrote in the Newsletter last June: "One of the main tenants of Buddhist teachings is the concept of impermanence. All things that are composite are, by their very nature, impermanent." By now everyone in the congregation should be aware of the news of Rev. Cecilia's pregnancy, and along with that, her plans to leave her ministerial position here at CUUF. As we wish Rev. Cecilia and her family every happiness, we are also aware of the challenges ahead. Once again this congregation has the opportunity to experience profound change.

As your board, we take these challenges seriously and have been diligently working to maintain the momentum that this congregation has experienced under a minister's leadership over the past couple of years. The board made the decision to appoint a minister to fill the remainder of Rev. Cecilia's contract for the fiscal year. After four ad hoc board meetings, one in which Carmen McDowell was interviewed and unanimously approved, the board appointed a contract negotiation team, comprised of Don Flick as the head, with Chip Balling and myself as board representatives. As a team it was our sincere desire to accomplish a smooth transition, both in regards to Rev. Cecilia's departure and Carmen's new leadership role here at CUUF, while maintaining fiscal responsibility. Don Flick spent countless hours "crunching" budgetary numbers and formulating the framework for the proposals, while Chip and I served as an extra pair of eyes with ideas.

I have been amazed at the swift yet deliberate responsiveness to the needs of this fellowship. With a tremendous amount of teamwork and collaboration between the members of the board and the negotiation team, proposals were formed. Carmen McDowell has accepted our offer and we now have a wonderful plan in place for a smooth transition of the ministerial leadership from Rev. Cecilia to Rev. McDowell.

As we sadly say goodbye to Cecilia in a few weeks, let us welcome Carmen with open hearts and open minds.

~ *Jaime*

**SEE PAGE 5 FOR A MESSAGE FROM CARMEN MCDOWELL  
AND THE SCHEDULE FOR HER FIRST WEEKEND AT CUUF.**



### **NAILED DOWN—September 13, 2011** **Notes from the Board Meeting**

**TREASURER'S REPORT**—presented by Coleen Bose  
Pledges down in summer; now paying monthly UUA/PNWD dues; continued need for fiscal restraint

Issues to address: mortgage on lot, membership growth.

**EXECUTIVE SESSION** 6:13pm—7:05pm

**APPOINTMENT OF NEW MINISTER**

\*Board agreed to pursue Carmen McDowell to finish Rev. Cecilia Kingman's contract for the 2011-2012 fiscal year ending June 30, 2012, based on the recommendation of the PNWD to appoint Rev. Carmen McDowell for the position. Transition Timeline includes, but not limited to:  
letters to congregation from Rev. Cecilia and Board  
Sept. 18 Congregational Meeting to follow service for Q & A  
Sept. 30 tentative weekend plans with Rev. McDowell (including Board retreat)

10/1–11/6 Overlap of ministers to prepare for transition.

Nov. 6 Goodbye weekend for Rev. Cecilia.

**REPORTS**

**MINISTER'S REPORT**—No written report

**DRE REPORT**—No report; position open

**OFFICE ADMINISTRATOR'S REPORT**

Creating procedure manual; developed tracking systems for loaned property, emergency assistance; met with Greeters; assisted with application process of DRE, childcare provider, and musician; published new directories; new order of service template; updated website, and Wenatchee World ad.

### COMMITTEE REPORTS

Personnel: Barb Flick, liaison:

DRE position not yet filled;

extended deadline, still receiving applications.

Worship: Rev. Cecilia reporting

Pianist, Ray Hubbard, begins Sept. 22 (choir practice).

Contract for \$225 per month, prorated for September.

Fellowship Care: Rev. Cecilia reporting

Lois Cole and Chris Rader will help coordinate Greeters

Facilities: Connie Risley, liaison:

Fence completed; most of exterior painted; plans to take care of brush piles; peephole installed

\*Board expressed gratitude to the Semans for the enormous amount of work that has been done.

Other work plans put on hold until after the Board retreat.

Finances: Don Flick, Committee Chair:

Working on charitable giving proposal for Oct. Board meeting

**See page 10 for notes from the  
September 20, 2011—Special Board Meeting**

Complete minutes of the meetings are posted in the sanctuary after the following Board meeting. The next Board meeting will be held the first Tuesday in November, on the 1st, at 6:00pm.

Members of the Fellowship are always welcome as observers. If you would like to speak to the Board, please contact Board President, John Rundell, beforehand so you can be included on the agenda.

**A MESSAGE FROM OUR MINISTER**  
**—Rev. Cecilia Kingman**



Many, many balls in the air! That's how I feel this week, as we prepare for the transition from my presence among you to Carmen McDowell's arrival as your new minister. By now, most of you have heard the news that I will be leaving in early November, due to my pregnancy. I am sad to be leaving you, and at such an exciting point in our work together. And I also must follow doctor's orders and protect the two growing babies within me. And so, my work restriction begins earlier than most, and my last Sunday with you will be Nov. 6<sup>th</sup>.

Carmen will be overlapping with me in October, and we will work to create a smooth transition. Among our tasks: complete the hire and training of a new Director of Religious Education and get our classes for children off to a strong start; ensure that worship is planned for the remainder of the fall; meet with staff and committees to maintain operations, and of course be sure that everyone gets a chance to get to know Carmen. We will also have a board retreat with both Carmen and I attending. Whew! That's a lot. Be sure to check out the schedule for Carmen's first weekend with us, Sept. 30 – Oct. 2 and plan to participate.

I wish I could hand things over to Carmen with all parts of the fellowship smoothly functioning. But the truth is that there were several important tasks for this fall and winter, to fulfill the dreams you have articulated. All of those things still need to be accomplished so that CUUF does not lose momentum. Chief among these is the strengthening of the religious exploration/education program. This is one of the most, if not the most, important aspect of being a religious community, and the program is at a crucial point. Volunteers are needed in all areas of R.E. If you care about the next generation and want to pass on our values of reason, love and justice, please consider the following: serving on the R.E. Committee, donating an hour or two to special projects, teaching our Preschool-Kindergarten class, or assisting with childcare for our babies and toddlers. (I know—some of these jobs mean that you will miss a service now and then. I hope that will seem a reasonable sacrifice for the amazing gift of spending time with our incredible kids.) If you are willing to help in any way, please call the church office. Many thanks to **Gary Pape and Thomas Blaylock** who volunteered to teach our 1<sup>st</sup> through 3<sup>rd</sup> graders this fall, and **Dan Riordan and Heather Coonrod** teach the Pre-K through K class, and to **Emilie Fogle** for volunteering to work with the tweens!

In other news, we have a new Sunday pianist, **Ray Hubbard**, who will be with us three Sundays a month beginning on Oct. 2. Please join me in welcoming Ray to our piano bench. **Julie Smith** will continue to accompany the choir and play for us once a month, and other volunteers will fill in as needed. Thank you, Julie, for the continuation of your generous and beautiful gift of music. And let us show our gratitude to all those musicians who played for us over the past several years, including **Gloria Kupferman, Debbie Carlson**, and above all **Natalie Palmer**, who also served as the coordinating force for our music program last year. Thank you all for your musical contributions, which help to create a warm and inspiring service week after week.

One thing that I am excited to accomplish before I leave: fulfilling the promise I made to you last spring to provide some resources on the economy and building a resilient life. I am so glad that Bill Scarvie can be here on Oct. 2 to preach and lead a workshop. Please see page 9 for more information about the workshop.

Finally, in this my penultimate newsletter column (meaning "next to last"), let me say this: I plan to thoroughly enjoy these last few weeks among you. It will be a long time before I am in the pulpit again with my own people, my own congregation, and so I will cherish these last few services with you. It will be a long time before I am called to bedside and graveside, before I chat with an eager newcomer or a lifelong UU about spiritual questions, a long time before I listen to the concerns of a ten year old and an eighty year old in the space of an afternoon. I plan to love you up and say my goodbyes well, knowing that when I am singing lullabies in the near future, some of them will be our favorite hymns that we have shared. Let it be a good dance, then—this, our last dance!

In faith,  
 Cecilia

*Thank You*

*to the CUUF Board of Trustees*

*for their excellent leadership during the ministerial transition!*

*Our Worship Services, continued from page 1***October 30, 2011****10:30am Service: "Remembering Our Dead"**

Rev. Cecilia Kingman

This Day of the Dead/All Saints celebration will honor the loved ones we have lost. Please bring a memento or photo to place on our altars for this intergenerational service. Children of all ages are invited to stay for the service; childcare will be provided for those 4 and under. Rev. Cecilia and Carmen will lead the service.

**November 6, 2011****10:30am Service: "Clear Eyes, Full Hearts, Can't Lose!"**

Rev. Cecilia Kingman

In Rev. Cecilia's final service as our minister, she will share with us what she's learned in her time at CUUF and say goodbye to us. Join us for this service and the send-off coffee hour, as we send Rev. Cecilia on her way with our blessings.

**SUNDAY FORUMS**

*This adult religious education session is open to anyone who would like to join in. The content and format vary from Sunday to Sunday. Forums start promptly at 9:00am and end at 10:00am, in the CUUF sanctuary, September through June, (except 2nd Sundays of each month).*

**October 2, 9:00am: "Repentance" — Covenant Group Style—CUUF Leader: Sharon Page**

The topic is repentance but the style of this forum varies from the usual back and forth exchange of ideas. If you are curious about the Covenant Group experience or are thinking about joining a Covenant Group, this forum, where you speak from the heart and practice deep listening, can give you a taste of what it's all about.

See page XX for more information about Covenant Groups.

**October 16, 9:00am: "Leonard Cohen's Poems"—CUUF Leaders: John Crew, Todd Petit, Sharon Petit and Lois Cole**

This forum is based on the poetry of international rock star, poet and Zen monk, Leonard Cohen, representing his journey of spiritual awakening. If you have a favorite poem or song by the poet/songwriter please bring it to share.

**October 23, 9:00am: "Conversations about Love"—CUUF Leaders: Lois Cole and Ben Knecht**

What happens when we fall in love? Come share your own experience of love.

**October 30, 9:00am: "Changes and Impermanence"—CUUF Leader: Sharon Petit**

Open discussion of the changes that make up life from birth to death and all points in between.

*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?*

*Contact Sharon Petit, 670-0883, [shayknight@charter.net](mailto:shayknight@charter.net), 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.

**If you have been attending CUUF for a while and are considering membership—FIRST SUNDAYS ARE JOINING SUNDAYS!****October 2, after the service**

If you are ready to become a member of our fellowship, you may join on the first Sunday of each month. Prior to joining, we ask that new members take our membership class or have a conversation with Rev. Cecilia, and make a financial commitment. If you have decided that CUUF is your spiritual home and are ready to join CUUF, simply come to the front of the sanctuary right after the service on June 5, and we will gladly welcome you into membership!

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

**GETTING TO KNOW YOU**  
*A Message from Carmen McDowell*



What an honor and a privilege to be your new consulting minister! I can only imagine that you are as curious about me as I am about you. So here are some basic facts. I am originally from San Diego County, California. My dad was a Marine, and mom a preacher's kid; I'm the oldest of three. At heart I'm a country person who loves nature.

I studied history at Southeast Missouri State University, but my unofficial major was community organizing. My spouse Mark Thompson and I met while helping start the first BGLT group on campus. This love for community and deep call to service to others took me to work for nonprofits. That led me to complete a masters degree in nonprofit management. I worked in administration and fundraising, then from 2000 to 2004, served as the Membership Director at East Shore Unitarian Church in Bellevue. While attending seminary at Seattle University, I worked part-time with the Pacific NW District staff team, and completed internships at Children's Hospital in Seattle, Westside UU Congregation, and University Unitarian Church in Seattle, where I recently served as the summer minister. My clinical pastoral education work was done at Evergreen Hospital and Hospice in a Seattle suburb. We have been active members of East Shore since 1998.

A deep blessing for the past 23 years has been life with my spouse, Mark. He's an information technology engineer by trade. Our daughter, Rowan, attends Bellevue College and will be going to Cameroon in January for a four-month Humanities Exchange volunteer stint as an HIV/AIDS project coordinator. Archie, the terrier, keeps us on our toes and unconditionally adored. You are likely to meet these characters, as well as my mom, Charlotte McDowell, and some of our chosen family as well, while I am with you.

East Shore Unitarian Church in Bellevue will be ordaining me into the Unitarian Universalist ministry on Sunday, October 23, at 7 pm. You're all invited! After that, I will officially be known as "The Reverend Carmen McDowell." Ordination is a privilege reserved only for congregations in our religion, and I am honored that the place where I became a UU, worked for several years, and first heard the call to ministry, will be celebrating this milestone with me.

Well, that's a bit about me. Again, I am delighted to be coming to the valley and working closely with my buddy and colleague, Cecilia, to provide what we hope will be a seamless transition, insofar as such things are possible. I look forward to hearing your stories and walking with you. You can reach me at [rev.carmen.mcdowell@gmail.com](mailto:rev.carmen.mcdowell@gmail.com).

~ Carmen

**MEET CARMEN MCDOWELL**  
**CUUF'S NEW MINISTER**

Carmen McDowell's first weekend at CUUF will be September 30–October 2. She will have the following schedule with everyone invited to the events in bold:

**FRIDAY, SEPTEMBER 30**

Afternoon – Staff meeting with Rev. Cecilia

6:00pm – Dinner with Tweens group and parents

**7:30pm – Dessert Potluck for Entire Fellowship**

*Please plan to attend this reception and meet Carmen!*

**SATURDAY, OCTOBER 1**

All day – Carmen and Rev. Cecilia will meet with key committees and teams: Worship, Membership and Pastoral Care.

**SUNDAY, OCTOBER 2**

**10:30am – Morning Service**

Carmen will assist Rev. Cecilia in worship.

**11:45am – Coffee Hour** After the service, there will be a time to greet Carmen during coffee hour.

Afternoon/Evening – Board Retreat with Rev. Cecilia and staff.

*You are cordially invited*

*to the ordination of*

*Carmen Danette McDowell*

*to the*

*Unitarian Universalist ministry*

Carmen will be celebrated  
by colleagues, friends, and family  
at the Ordination Service on  
**Sunday, October 23rd at 7:00 PM**  
**at East Shore Unitarian Church,**  
**12700 SE 32nd Street, Bellevue, WA.**  
A reception will follow the service.

If you would like to request home hospitality, please contact East Shore at (425) 747-3780 and identify yourself as a part of CUUF.

## CIRCLE SUPPERS & SMALL DINNERS

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

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



*Please RSVP at least a day in advance*

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

### Hosts Are Needed

If you are interested in hosting a circle supper, or a small dinner with 6 to 8 guests, let Jackie or Pearl know. Jackie Halter, 664-7032, [sandchaser@yahoo.com](mailto:sandchaser@yahoo.com). Pearl Wolfe, 884-9514, [dickpearl@msn.com](mailto:dickpearl@msn.com).

**Saturday, October 8, 6:00pm**

Host: Bonnie Orr  
1520 Astor Court N., E. Wenatchee  
RSVP: 884-5069  
Adults only, please.

**Saturday, October 22, 6:00pm**

Hosts: Laurie and Larry Riegert  
1213 South Hills Drive, Wenatchee  
RSVP: 664-0153  
Children Welcome!

## CUUF HIKING GROUP

The CUUF hikes are planned on a weekly basis to allow more flexibility in scheduling.

We are seeking more volunteer hike leaders! If you have a favorite hike you would like to lead, please contact Lori Nitchals. Each week the volunteer hike leader will choose the day, the hike, the time to meet, whether the hike is dog-friendly or not, etc. and notify Lori by Saturday, who will send the email out to the hiking group on Sunday with the hike information for that week.

If you would like to be added to the hiking group email list or have any questions please contact Lori Nitchals, 667-8895, cell 264-0504, [lorritch@nwi.net](mailto:lorritch@nwi.net).

## CUUF'S DREAM GROUP

**Sundays, October 9 & 23, 7:00pm**

A supportive, confidential environment in which to explore the meaning of nocturnal dreams.  
Contact LeRoy Farmer, 669-3941, [leroyf@nwi.net](mailto:leroyf@nwi.net).

## BAHA'I STUDY GROUP

**Sundays, October 9 & 23, 3:00pm**

Learn about the Baha'i Faith and study how it fits into today's world.  
Contact Verna Zuttermeister, 884-7797,  
[vjk\\_zconnect@charter.net](mailto:vjk_zconnect@charter.net).



## 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, October 12, 1:30pm**

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

**EVENING—weekly—Mondays, 7:00pm**

Dick Murphy & Pearl Wolfe's home  
1380 Eastmont Ave., #1406, E. Wenatchee

This group reads topical nonfiction, discussing a selection of chapters at each meeting. The typical length of time for each book is six weeks. Titles are chosen by the group, vary greatly and are nonfiction. Copies of the books are usually available from the Wenatchee Public Library.

Call Dick or Pearl for more info, 884-9514; or Dan Riordan, 881-0021; or Dan Sconce, 664-7032.

## LIKE TO SING?

*Join the CUUF Choir!*

The choir sings on special occasions and at least once a month during Sunday services.

### Practices

Every Thursday, 7:30pm  
Performance Sundays, at 9:30am in the Blue House

### Performances

October 16 and October 30

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



## CUUF WORK PARTY

**Saturday, October 15, 2011, 10:00am to 1:00pm**

Painting touch up, brush cleanup, weeding, gutter cleaning and repair, inspect and tighten play equipment and more. We need people with trucks to haul brush to the Wenatchee transfer station! Bring your garbage bill and ID if you want to use this as one of your free dumps or save the receipt and CUUF will reimburse you.

Bring appropriate tools. Let's see some new faces! Even if you can only come for an hour, we need you!

Contact Heather Seman, Facilities Committee Co-chair, at 928 925-7616 or [Heather@HMSarchitectures.com](mailto:Heather@HMSarchitectures.com) if you have questions.

MCDAD3-55



ACCA 1A

## STONE BLOSSOM SANGHA – THE CUUF ZEN BUDDHIST GROUP BEGINNING ZEN MEDITATION, 1st Wednesday of the month, 5:30pm–6:30pm

These sessions are formatted with shorter meditation periods, and time for questions and answers on meditation technique, Buddhism in general, and Zen in particular.

### ZEN MEDITATION

Wednesday evenings, 5:30pm–6:30pm

All are welcome to come and sit any Wednesday, however, those new to group meditation may want to attend a “first Wednesday” before committing to a longer meditation period. The Zen group is led by Sharon Meho Petit, (who has been given permission to teach beginning Zen meditation by her Zen teacher, Genjo Marinello Osho), and Todd Daiko Petit.

For more information contact Sharon Petit, 670-0883, [shayknight@charter.net](mailto:shayknight@charter.net).

### TIBETAN BUDDHIST GROUP

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

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

### NATIONAL UU BUDDHIST FELLOWSHIP

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

### INTRODUCTION TO KOAN PRACTICE

Wednesday, October 19, 5:30pm–6:30pm

You have heard about those Zen word puzzles that are suppose to lead to flashes of insight. One of the most famous is “What is the sound of one hand clapping?” But how do the koans work and how do you work with them in your practice?

The Zen Meditation Group is offering an introduction to koan practice, Wednesday, October 19, at the regular meeting time of 5:30. You will have the chance to work with an actual koan in a group setting instead of the more intimidating one-on-one teacher interviews. With 10 years of experience, Sharon Meho Petit and Todd Daiko Petit will lead the discussion based on Zen Master Genjo Marinello’s much downloaded article on “Zen Koan Practice”.

## Items needed from around the world!

Remember that old Indian bedspread or Turkish rug in your attic? Have cds of world music? Willing to loan a statue of Buddha or Vishnu or Ganesh, or a Muslim prayer rug or copy of the Koran? We need your help! This fall our 1st through 3rd graders are studying some of the major world religions, and our teachers need some materials to enhance the classes. If you have any of the following materials, please bring them to the church and place them in the marked bin by the front door. Thank you for your help!

Mandalas  
Prayer flags  
Stuffed animals: parrot, camel, deer  
Small Zen fountain or bonsai tree  
Zen sand garden (small)  
Stick puppets (especially Javanese)  
Indian cloths  
Posters or Dolls showing traditional costumes from India, Pakistan, Java, Tibet, or any Arabic countries  
Peacock feathers



Sari fabric  
Statues of deities from Hinduism  
Copy of the Koran (will be treated very respectfully)  
Turkish rug  
Brass lamps  
Pictures of camels, parrots and deer  
Photo of the Dalai Lama  
Any art from Buddhism, Hinduism or Islam

*Note: If you would like your item returned to you, please put a piece of masking tape with your name and phone number on it somewhere.*

# RELIGIOUS EXPLORATION FOR CHILDREN AND YOUTH

Our Religious Exploration program is a cooperative church school program that supports families by nurturing hearts, minds and souls. Our curricula are designed to meet the spiritual needs of our children in an increasingly complex world and to teach our UU values to the next generation. .

**Infants and Toddlers:** Our youngest children are cared for by paid, screened caregivers and volunteers, and receive loving attention while parents enjoy the worship service. If your baby is under six months, we ask that you keep him or her with you in the service. Once your child is six months or older, they are welcome in the nursery, where they will be entertained with songs and simple games and toys.

**Pre-School through Kindergarten:** (3 years to 5 or 6 years): This year our younger group will enjoy "Chalice Children," exploring our church and Unitarian Universalist values using hands on, age appropriate activities. Based on the premise that children learn best through experience, this class helps nurture spiritual growth, creativity and a sense of community through imaginative activities and rituals such as rhymes and fingerplays. The teachers are Dan Riordan and Heather Coonrod

**1<sup>st</sup> through 3<sup>rd</sup> Grade:** Our early grade-schoolers will explore "Picture Book World Religions," an introduction to Buddhism, Islam and Hinduism. Using stories, crafts, art, music and food, the class will learn about the beliefs and traditions of these major world religions. This is a popular UU curriculum that teaches respect for all religious faiths. Thom Blaylock and Gary Pape will be teaching.

**Tweens—ages 10 to 13:** Our very popular Tweens group meet once a month, and are invited to attend the worship service on the other Sundays of the month. Emilie Fogle leads this group, and the Tweens will enjoy a mix of service projects, art, and exploring their own beliefs. The Tweens will meet October 23, November 27, and in December (date to be announced).

Registration forms will be available for all classes on Sunday, Oct. 2. Please be sure to register your child. If this is your first time in our Religious Education program and you have questions, please call the church office and someone will return your call and speak with you.



## TEENS AND TWEENS BBQ with Parents and Carmen McDowell

Friday, September 30th, 6:00pm–8:00pm, Davina Hartley's home, 654 Kayla Way, Wenatchee

All tweens and teens between the ages of 9 and 16 are invited to a BBQ. Great food, great company, and planning for a possible future event. Meet our new minister! Optional: Bring your family or a friend.

Contact Davina Hartley, 264-1305, miandalyalto@hotmail.com or Mary, Julie or Vern Smith, 667-2199.

## BEING A UU PARENT—SAVE THE DATES

**Tuesday, November 1, 8, 15, 22 & 29, 7:00pm–9:00pm**

Are you a UU parent with a young child? Come join us and discover ways to navigate the real-life parenting issues through the lens of UU values and philosophy. This class will guide us through five weekly sessions designed to allow parents to find connection and support with each other as we learn how to better support and guide our children.

Dylan Emrys will facilitate, bringing her 20 years of experience as a parent educator and childcare provider to CUUF families. Childcare will be provided.

For more information, call Dylan at 387-1083 or email her at [daemrys@gmail.com](mailto:daemrys@gmail.com).

## DO YOU HAVE NEWS TO SHARE?

Have a church, community or personal \*announcement you'd like printed on the announcement sheet and sent out with the weekly email on Friday?

Please use the following format and contact the church office by Wednesday at 11:00pm:

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

DATE, TIME, PLACE:

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

EVENT CONTACT: (if non-CUUF event)

CONTACT: (your name, number, email)

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

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

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

## COMING TOGETHER IN HARD TIMES

*As the economy continues to flounder, more and more people in our community are experiencing personally the effects. From job loss to higher food prices, decreased benefits to ongoing anxiety, the economic situation touches us all. Last spring, Rev. Cecilia preached a sermon about the economy and a program she participated in called Resilience Circles. The interest was very high here at CUUF, and Rev. Cecilia has arranged for a special event here at CUUF to explore the creation of a Resilience Circle program here in our own community. Bill Scarvie, an experienced leader in these issues, will be speaking on Oct. 9, and then leading a workshop. All are invited--you do not need to be part of CUUF to attend, so please bring your friends! Below is an article by Bill explaining how this program fits in with our Unitarian Universalist values.*

**Don't miss this event:**

**Sunday, October 9**

**Service at 10:30 and Workshop at 12:45.**

**The workshop will kickoff with a shared meal: please bring a potluck item.**

**DONATION: \$15.00 suggested. No one turned away for lack of funds.**

**RSVP: [cuufink@yahoo.com](mailto:cuufink@yahoo.com), (509) 886-4023**

### **It's the Economy** by *Bill Scarvie*

Expressing our faith through social action tops the list of the most cherished and celebrated Unitarian Universalist spiritual practices. Whether it's digging in to restore or protect natural habitat; witnessing for racial, gender, or immigrant justice; or fighting hunger by providing meals to those in need, we'll be there to lend a hand. We give generously of our time and treasure to protect the less fortunate. This is spiritually rewarding, emotionally fulfilling work. The need is so diverse that it's easy to find a cause that speaks to every individual's passion.

There's more than enough work to go around: There's so much that needs fixing. Environmental systems are on the verge of collapse. Species disappear at a staggering rate as agriculture transforms forests into cropland and mining transforms mountains and valleys into wasteland. Immigrants are persecuted as either political or economic enemies. Cities become desolate as factories close because they can't compete against cheap foreign labor. Neighborhoods become blighted as homes are lost to foreclosure. Families join the ranks of the homeless as their unemployment insurance expires and their homes are padlocked. It's easy to feel overwhelmed. It's tempting to fall into despair.

There is a simple truth about the nature of social action: The good works we do to repair the world are holding actions, intended and necessary to stem the tide of destruction or to signify our refusal to accept the status quo. Holding actions are important, and they are urgent. Nevertheless, if we fail to go farther—to identify and analyze the root cause of our problems—holding actions will ultimately fail.

The *real* truth is that *every social action exists to address some failure of our economy*. The list is long: failure to provide living-wage employment, failure to account for destructive manufacturing and resource development practices, failure to respect the wisdom and vulnerability of bio-systems, profligate consumption, and much, much more. Trace any of these failures back to its source and you will find an economy that measures success by its ability to maximize the cost of the global enterprise and a money system predicated on continuous, unlimited growth. Both are unsustainable.

If we are to succeed in saving the world, there are three noble tasks before us: changing the cultural story, building a new economic reality and changing the rules by which the economy operates. Changing the story requires that we address three fundamental questions: What does it take to make us feel prosperous? What does it take to make us feel secure? What brings meaning to our lives? Building a new economic reality requires that we find sustainable means to satisfy the needs of everyone—human and non-human alike. Changing the rules requires that we examine the “sacred cows” of the old economy—mega banks; publicly traded, limited liability corporations; and political power—and write a new operating system that serves life, not money. These are daunting tasks, and no one can hope to effect real change alone.

The Community Resilience Circle is a promising approach to a new kind of collaboration for change. Conceived at the Center for Policy Studies in Boston, the Resilience Circle movement is growing rapidly across America. A Circle consists of 15–25 people who share concern over the direction and sustainability of the global economy. They meet regularly to learn together, share stories and resources, and take action in their communities to foster a thriving local economy. Circles are self-organizing, independent entities dedicated to building a new economic reality. The Resilience Circle Network provides learning resources to help start-up Circles.

There is strength in numbers. Collective wisdom and collective action can be powerful forces to stimulate the kind of social movement that real change requires. It is up to us to build the economic foundation for a positive future for our children, our grandchildren, and all the generations of all species that follow. Let us join hands and lift our voices in commitment to them.



## NAILED DOWN—September 20, 2011 Notes from the Special Board Meeting

### MINISTERIAL TRANSITION PROPOSED PLAN

—prepared and presented by Don Flick

Transition plans include overlap of the two ministers and prorating month of November

Key points:

- Rev. Cecilia's last day will be Sunday, Nov.6, 2011. She will be paid for ¼ of the month.
  - Rev. Carmen McDowell will begin November 7, 2011. She will be paid for ¾ of the month
- During the transition:
- Rev. Cecilia will receive her contractual amounts.
  - Rev. Carmen McDowell will receive .5 FTE of compensation, plus travel costs.
  - Costs of Transition: \$2900

- Sources of Funds for Transition with least impact:
  - \$800 2 months of PNWD/UUA dues (budgeted for but not pledged to the PNWD or the UUA)
  - \$850 Vacant DRE Position for month of Oct.
  - \$500 Elimination of Fund Raising Seed money
  - \$500 Reduction of BOT discretionary funds
  - \$750 from budget for Wenatchee World Ads
  - \$3400 Total (\$2900 with \$500 allowance for uncertainties)
- The Board will write letter to Rev. Cecilia with all relevant details pertaining to her contract and her departure.
- The Team will not exceed the balance remaining in the budget following Rev. Cecilia's departure.
- Finalization of contract details by November 6.
- Finalization of details of transition—as soon as possible.

\*Board authorized the Negotiating Team of Jaime Krish, Chip Balling and Don Flick to move forward with negotiating a contract with Rev. Carmen McDowell.

## WELCOMING OUR GUESTS

Our Greeters do a great job of making people feel welcome but you can help too.

- If you have been attending CUUF for awhile, and are able, please leave the paved and marked parking spots for our visitors and the physically challenged. Finding another place to park is a way to say, "There is room for you at CUUF! You are welcome here."
- If possible, please use the back entrance to reduce the crush in our entryway. This gives the Greeters and visitors some much needed space for conversing. If you are not able to use the back door, after you've received your order of service, please move into the sanctuary and away from the doorway.
- When finding a seat, please sit in the seats towards the front and towards the center aisle, filling in the empty places. This gives visitors the opportunity to slip into vacant seats on the ends of the aisles and at the back of the sanctuary.
- And introduce yourself to visitors, smile and let them know you are glad they have come to CUUF!

## IT WAS LOST BUT NOW IT IS FOUND

The nooks and crannies at CUUF have been cleaned out. Please check the lost- and-found bin under the coat rack to see if there are any items that belong to you. After October 20, unclaimed items will be disposed of.



## Social/Environmental Action

*The CUUF Social/Environmental Action Team values political diversity and doesn't espouse any one political ideology. We serve to inform the Fellowship of issues and events reflecting the Seven Principles and supported by the national UUA. We strive to continue UU's proud legacy of social and environmental activism.*

### Local Action

#### FOOD BANK SUNDAY 1st Sunday of the month

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

Thanks to all who have been contributing. Your neighbors appreciate it!

#### COMMUNITY PEACE VIGILS Every Wednesday

**Cashmere, 2:00pm–4:00pm** corner of Cottage and Division  
**Wenatchee, 5:15pm–6:15pm** corner of Chelan and Orondo  
Dress for the weather. Bring a sign or candle (or borrow one).

### State Action

#### WASHINGTON STATE UU VOICES FOR JUSTICE LEGISLATIVE CONFERENCE November 12, 9:30am–3:00pm at East Shore Unitarian Church, Bellevue

Driven by the state's budget crisis, this year's agenda will focus on the need to preserve critical state services through equitable revenue policies. Speakers will address important social and environmental issues that will come before the 2012 Legislature, and offer ideas for effective ways to bring UU values of justice and equity to our legislators.

For Legislative Conference updates and other information on bringing our values into the public square, subscribe to the WA UU Voices newsletter at [www.uuvoiceswa.org](http://www.uuvoiceswa.org) or contact UU Voices Coordinator Carol McKinley, [coordinator@uuvoiceswa.org](mailto:coordinator@uuvoiceswa.org).

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

**TRY A COVENANT GROUP!**

**What's a Covenant Group?**

A small group of no more than 10 people that commits to meet regularly (usually twice a month), makes their own covenants or agreements on how they will be with one another, explores a different topic each time they meet, and is a confidential, safe place to be listened to without interruption, comments or advice.

**Why join a group?**

Covenant Groups add depth and breadth to our spiritual experience though creating deeper, more meaningful relationships with individuals and building broader, more caring connections to church and community.

**Who can join?**

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

**When can I join?**

Anytime! Groups are ongoing and welcoming.

**When and where do they meet?**

Each group meets in group members' homes or CUUF, at least twice a month, at one of the following times: Mondays, 10:00am; Tuesdays, 9:00am; Tuesdays 7:00pm (Upper Valley); Wednesdays 10:00am; Wednesdays 7:00pm, 7:15pm; Thursdays 7:00pm. New groups are forming!

**How do I join?**

Fill out the form below or contact the church office at 886-4023 or cuufink@yahoo.com.

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

Check out one of the forums done 'Covenant Group style' or call the church office about visiting a group.

**CUUF COVENANT GROUP QUESTIONNAIRE**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

I would like a call about Covenant Groups.

I am interested in: joining a group  . moving to a new group  . facilitating a group  .

I am available to meet regularly on (check as many boxes as possible):

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Morning							
Afternoon							
Evening							

Comments: \_\_\_\_\_  
\_\_\_\_\_

Please fill this out and drop it in the offertory plate, give it to a Greeter, or mail to:  
CUUF, 1550 Sunset Highway, E. Wenatchee, WA 98802  
Questions? Contact the church office at 886-4023 or cuufink@yahoo.com.

**What are Covenant Group members saying about these groups?**

*"Covenant Groups are a safe place where we can listen and be heard."*

*"I am always surprised by how much I learn about myself when I listen to others."*

*"The format encourages communication at a deeper level than any other conversation could ever achieve."*

*"It's a way for a totally diverse set of people to understand each other and discover their commonalities."*

The CUUF Link is published monthly. Newcomers may receive complimentary paper copies for 3 months.

Paper subscriptions are free with your annual contribution of \$15 or more.

Electronic subscriptions are always free! To subscribe, contact the CUUF Office Administrator at 886-4023, [cuuflink@yahoo.com](mailto:cuuflink@yahoo.com), or 1550 Sunset Highway N., E. Wenatchee, WA 98802.

*\*If you do not have email and need to receive paper copies of the CUUF Link but a subscription doesn't fit in your current budget, we will happily continue to send the newsletter to you at no cost. Just let the office administrator know.*

Pick up a printed calendar of events at the church's Greeters' table

.....  
**To submit information for the CUUF Link** contact Office Administrator, Rita Salama  
Phone: 886-4023

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

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

**The deadline for  
CUUF Link submissions  
is the 15<sup>th</sup> of each month.**

## Unitarian Universalism

*There are seven principles which Unitarian Universalist congregations affirm and promote:*

- \*The inherent worth and dignity of every person;
- \*Justice, equity and compassion in human relations;
- \*Acceptance of one another and encouragement to spiritual growth in our congregations;
- \*A free and responsible search for truth and meaning;
- \*The right of conscience and the use of the democratic process within our congregations and in society at large;
- \*The goal of world community with peace, liberty, and justice for all;
- \*Respect for the interdependent web of all existence of which we are a part.

### **Unitarian Universalism draws from many sources:**

- \*Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- \*Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- \*Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- \*Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- \*Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.
- \*Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.



**CASCADE UNITARIAN UNIVERSALIST FELLOWSHIP**

1550 Sunset Highway N.  
E. Wenatchee, WA 98802



# Board, Committees, Programs

## CUUF MINISTER

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

## CUUF BOARD OF TRUSTEES—2011

John Rundell, President—782-0366  
Jaime Krish, Vice-President—832-330-6520  
Valerie Savina, Secretary—616-648-5872  
Ed LaPaz—679-6448  
Autumn Carlson—421-0296  
Barbara Flick—888-4670  
Connie Risley—888-4179  
Chip Balling—884-7528  
Lee Barnhill—662-3185

## CUUF OFFICE ADMINISTRATOR

Rita Salama  
886-4023, [cuufink@yahoo.com](mailto:cuufink@yahoo.com)

## CUUF TREASURER

Coleen Bose—713-301-5421

## CUUF COMMITTEES

### **ADULT RELIGIOUS EDUCATION**

Sharon Petit, Chair—884-6773

Board Liaison—Lee Barnhill

### **COMMITTEE ON MINISTRY**

Angela Morris—667-1345

### **COMMUNICATIONS**

Jaime Krish, Board Liaison

Gary Piscopo, Web Facilitator—663-2216

Dave O'Conner, Webmaster

### **FACILITIES**

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

Connie Risley, Board Liaison

### **FELLOWSHIP CARE**

Chair—vacant

Autumn Carlson, Board Liaison

### **FINANCE**

Don Flick, Chair—885-6105

Jaime Krish, Board Liaison

### **MEMBERSHIP**

Chair—vacant

Chip Balling—Board Liaison

### **PERSONNEL**

Pat Brooke, Chair—886-0173

Barbara Flick, Board Liaison

### **RELIGIOUS EXPLORATION**

#### **(FOR CHILDREN)**

DRE—hiring for position in process

Erik Dilling, Interim Chair—881-7324

Val Savina, Board Liaison

### **SOCIAL/ENVIRONMENTAL ACTION**

Autumn Carlson, Board Liaison

### **WORSHIP**

Ed LaPaz, Board Liaison

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

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

Contact Verna Zuttermeister, 884-7797, [vjk\\_zconnect@charter.net](mailto:vjk_zconnect@charter.net).

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

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

Contact Louise Buchanan, 884-5805, [louiseb@nwi.net](mailto:louiseb@nwi.net).

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

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

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

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

Meditation and Red Tara teachings. All are welcome.

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

### **Buddhist Meditation Group, Zen—Wednesday evenings, 5:30pm-6:30pm, CUUF Sanctuary.**

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

The first Wednesday of the month is formatted for those new to meditation. All are welcome.

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

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

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

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

### **“A Course in Miracles” Study Group—Summer break. Rescheduling in September.**

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

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

**Covenant Groups—Various days, times and meeting places.** Small, supportive groups meet twice a month to reflect and share with each other. CUUF's Covenant Group mission: “To add depth and breadth to our spiritual experience through creating deeper, more meaningful relationships with individuals and building broader, more caring connections to church and community”.

If you would like to join a group or need more information, see below.

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

**CUUF Choir—Practice times vary, CUUF sanctuary or Blue House.** The choir sings on special occasions and at least once a month during Sunday services.

Contact Larry Tobiska, 662-3209, [ltobiska@nwi.net](mailto:ltobiska@nwi.net).

**Dream Group—Every other Sunday evening, 7:00pm, CUUF sanctuary.** A supportive, confidential environment in which to explore the meaning of nocturnal dreams.

Contact LeRoy Farmer, 669-3941, [leroyf@nwi.net](mailto:leroyf@nwi.net).

**Forum—Sunday mornings, 9:00am-10:00am (except 2nd Sunday of each month), Sept. through June, CUUF sanctuary.** This adult religious education session is open to anyone who would like to join in. The content and format vary from Sunday to Sunday.

Contact Sharon Petit, 884-6773, [shayknight@charter.net](mailto:shayknight@charter.net)

Contact Sharon Petit, 884-6773, [shayknight@charter.net](mailto:shayknight@charter.net)

**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](mailto:lornitch@nwi.net).


**Newcomer Breakfast—2nd Sunday of each month, Oct. through May, 9:00am-10:00am, CUUF sanctuary.** A wonderful opportunity for those who are new to the Fellowship to meet others, and find out more about CUUF over coffee and breakfast goodies.

Contact LeRoy Farmer, 669-3941, [leroyf@nwi.net](mailto:leroyf@nwi.net) or Dick Murphy, 884-9514, [dickpearl@msn.com](mailto:dickpearl@msn.com)



# October 2011

ALL EVENTS ARE  
HELD IN THE  
SANCTUARY  
UNLESS  
OTHERWISE NOTED.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>If you are attending a service and your last name starts with any of the letters M–Z, and you are willing and able, please bring a finger food to share.</p>		<p><b>Friday, Nov. 30</b>  <b>Meet Carmen McDowell—CUUF's new minister</b>            6:00pm – Teens &amp; Tweens BBQ with Parents &amp; Carmen (off site)            7:30pm – <b>Dessert Potluck for Entire Fellowship</b>  <i>Please plan to attend this reception and meet Carmen!</i></p>				<p><b>1</b>            Committee/Team Meetings with Rev. Cecilia and Carmen</p>
<p><b>2</b> FOOD BANK SUNDAY, JOINING SUNDAY            M–Z BRING TREATS            9:00am Forum: “<i>Repentance</i>” — Covenant Group Style—CUUF Leader: Sharon Page            10:30am Service: “<i>Beginning Again in Love</i>”—Rev. Cecilia Kingman            11:45am Coffee Hour—Meet and Greet Carmen McDowell            1:00pm–7:00pm Board Retreat (off site)</p>	<p><b>3</b>            10:00am Covenant Group—Dan            7:00pm Book Group (off site)</p>	<p><b>4</b>            [6:00pm–10:00pm Ripple Foundation]</p>	<p><b>5</b>            Peace Vigils (off site)            2:00pm Cashmere            5:15pm Wenatchee            5:30pm Beginning Zen Meditation            6:30pm Tibetan Buddhist Meditation            11:00pm <b>DEADLINE FOR PRINTED ANNOUNCEMENTS</b></p>	<p><b>6</b>            RSVP for the Circle Supper: 884-5069            7:30 Choir Practice</p>	<p><b>7</b> YOM KIPPUR – begins at sundown            2:00pm Personnel Com. Mtg.</p>	<p><b>8</b>            6:00pm Circle Supper            Host: Bonnie Orr            1520 Astor Ct. N E. Wenatchee            Adults only.</p>
<p><b>9</b> M–Z BRING TREATS            9:00am Newcomers’ Breakfast            10:30am Service: “<i>The Face of Oppression</i>”—Guest Speaker: Bill Scarvie            12:45pm–2:45pm “<i>Building Community Resilience</i>” Workshop—Bill Scarvie            3:00pm Baha’i Study Group            7:00pm Dream Group</p>	<p><b>10</b> COLUMBUS DAY            7:00pm Book Group (off site)</p>	<p><b>11</b></p>	<p><b>12</b>            1:30pm Book Group (off site)            Peace Vigils (off site)            2:00pm Cashmere            5:15pm Wenatchee            5:30pm Zen Meditation            6:30pm Tibetan Buddhist Meditation            11:00pm <b>DEADLINE FOR PRINTED ANNOUNCEMENTS</b></p>	<p><b>13</b>            7:30 Choir Practice</p>	<p><b>14</b>            [7:00pm Meaningful Movie ]</p>	<p><b>15</b> NEWSLETTER DEADLINE  </p>
<p><b>16</b> M–Z BRING TREATS            9:00am Forum: “<i>Leonard Cohen’s Poems</i>”—CUUF Leaders: John Crew, Todd Petit, Sharon Petit and Lois Cole            9:30am Choir Practice (Blue House)            10:30am Service: “<i>Are You Ready for the Zombie Apocalypse?</i>”—Rev. Cecilia Kingman</p>	<p><b>17</b>            10:00am Covenant Group—Dan            5:30pm Finance Committee Mtg.            7:00pm Book Group (off site)</p>	<p><b>18</b></p>	<p><b>19</b>            Peace Vigils (off site)            2:00pm Cashmere            5:15pm Wenatchee            5:30pm Intro to Koan Practice            6:30pm Tibetan Buddhist Meditation            11:00pm <b>DEADLINE FOR PRINTED ANNOUNCEMENTS</b></p>	<p><b>20</b>            Last chance to check the Lost and Found!            RSVP for the Circle Supper: 664-0153            7:30 Choir Practice</p>	<p><b>21</b></p>	<p><b>22</b>            [8:00am–4:00pm Ripple Foundation]            6:00pm Circle Supper            Hosts: Laurie &amp; Larry Riegert            1213 South Hills Drive, Wenatchee            Children Welcome!</p>
<p><b>23</b> M–Z BRING TREATS            9:00am Forum: “<i>Conversations about Love</i>”—CUUF Leaders: Lois Cole and Ben Knecht            10:15am–12:15pm Tweens (Blue House)            10:30am Service: “<i>This I Believe</i>”—CUUF Speakers            3:00pm Baha’i Study Group            7:00pm Ordination of Carmen McDowell (Bellevue)            7:00pm Dream Group</p>	<p><b>24</b> UNITED NATIONS DAY            7:00pm Book Group (off site)</p>	<p><b>25</b></p>	<p><b>26</b>            Peace Vigils (off site)            2:00pm Cashmere            5:15pm Wenatchee            5:30pm Zen Meditation            6:30pm Tibetan Buddhist Meditation            11:00pm <b>DEADLINE FOR PRINTED ANNOUNCEMENTS</b></p>	<p><b>27</b>            7:30 Choir Practice</p>	<p><b>28</b></p>	<p><b>29</b></p>
<p><b>30</b> M–Z BRING TREATS            9:00am Forum: “<i>Changes and Impermanence</i>”—CUUF Leader: Sharon Petit            9:30am Choir Practice (Blue House)            10:30am Service: “<i>Remembering Our Dead</i>”—Rev. Cecilia Kingman</p>	<p><b>31</b> HALLOWEEN              7:00pm Book Group (off site)</p>			<p><b>CUUF Office Hours (others by appointment):</b>            Mon. &amp; Tues. 1:00pm–6:00pm            Wed. &amp; Thurs. 9:00am–1:00pm            Fri. (hours vary)            Sun. 8:00am–12:30pm</p>		

For details of Sunday mornings and special events, see the newsletter. See the back of the calendar (or previous page) for information about regular events. To schedule an event using CUUF facilities or to include your event on the calendar, contact the office administrator at 886-4023 or [cuufink@yahoo.com](mailto:cuufink@yahoo.com).