

# CUUF Link

February 2012

## 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. Carmen McDowell, 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.



### CUUF Transitional Minister:

Rev. Carmen McDowell  
860-1842

[rev.carmen.mcdowell@gmail.com](mailto:rev.carmen.mcdowell@gmail.com)

### Office Administrator:

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

### Director of Religious Education

Autumn Carlson  
421-0296, [cuufdre@yahoo.com](mailto:cuufdre@yahoo.com)

### Cascade UU Fellowship

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

## Our Worship Services

Services on Sundays begin at 10:30am and end at 11:45am. Most Sundays, children stay with their parents for the first part of the service before leaving for Religious Exploration (see page 6 and 7 for details). Childcare for toddlers is available from 10:15am to 12:15pm every Sunday in the Blue House.

Please join us for coffee, treats and fellowship immediately following the service.

### February 5, 2012, Food Bank Sunday and Joining Sunday

**10:30am Service: "The Art of the Impossible"**

Rev. Carmen McDowell

Celebrant: Natalie Palmer

*"It always seems impossible...until it is done."*—Nelson Mandela.

Our beliefs about what is possible and what is impossible limit our lives. Often, judging a goal to be desirable but impossible to achieve, we set it on a shelf and forget about it. If we choose instead to embrace impossible goals, they eventually become possible, the probable, and finally inevitable.

### February 12, 2012, Darwin Day

**10:30am Service: "The Revolution Continues"**

Rev. Carmen McDowell

Celebrant: Christina Davitt

Charles Darwin's magnificent opus, *The Origin of the Species*, was the biological equivalent of the Copernican Revolution. We are no longer the center of the universe, or the pinnacle of our environment. As humanity's view of itself continues to evolve, Rev. Carmen explores the task of humanity in this ever-evolving universe.

Stay for birthday cake after the service. (see page 5)

### February 19, 2012, Multigenerational Service

**10:30am Service: "Traditions!"**

Rev. Carmen McDowell and DRE, Autumn Carlson

Celebrant: Sharon Page

Here in East Wenatchee we have traditions that help us keep our balance. What traditions do we have in our various homes that make them feel like home? What traditions do we have in our church home?

This multigenerational worship service will include a children's naming/dedication ceremony. Please contact Rev. Carmen if you wish to participate.

### February 26, 2012

**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.

### And stay for coffee...

During February, 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.

If you would like to join the hospitality hosts, give Mary Ellen Rundell a call, (782-0366 or 679-2727), or email her, [maryellen.rundell@frontier.com](mailto:maryellen.rundell@frontier.com). You would be asked to serve two or three times a year.



## A MESSAGE FROM OUR BOARD PRESIDENT

—*John Rundell*



Our monthly Board Meetings have been changed to the second Tuesday of each month, and they are open meetings, where Fellowship members are always welcome to attend and observe. They are held in the sanctuary of our church, and they begin at 6:00pm. The next meeting is on February 14th. If you would like to speak to the Board, please let me know beforehand so you can be included on the agenda.

There has been a great deal of change in the congregation since September. To keep everyone informed and give you the opportunity to ask questions, the Board will be holding a congregational meeting on February 5 immediately following the service. Childcare will be available so everyone can attend. As always, if you have questions or concerns, suggestion or comments, please feel free to contact me, or any Board member — we are here for you.

Warmly,  
*John*

Phone: 782-0366

Email: maryellen.rundell@frontier.com

See page 8 for highlights of the January Board meeting.

## A MESSAGE FROM OUR TRANSITIONAL MINISTER

*“How Can We Get There Together? With Love.”*

—*Rev. Carmen McDowell*



If you are coming to help me, you are wasting your time. But if you are coming because your liberation is bound up with mine, then let us work together.

—*LILA WATSON, ABORIGINAL ACTIVIST*

At CUUF, we care for our fellowship and ourselves. We care for our neighbors. We care for our world. We know that our fellowship's current configuration is always incomplete and “under construction,” in one way or another, and we have had many conversations about how we navigate transition. It has been a year of many transitions, and it continues. It has also been a careful process. Remember that “care” shares a root with the word “love.”

As we move into a month bedecked with reminders of romantic love everywhere we look, I want to take time to honor other kinds of love. Specifically, at CUUF, you're going to see a whole lotta loving in the areas of pastoral care and social justice on the road ahead.

Pastoral care is grounded in a kind of love called *phileo* by the ancient Greeks. *Phileo* love is the kind of love that exists between friends, the love that makes a community strong through its interwoven network of friendships. In my time with you, I have seen that we have a congregational atmosphere of trust, inquiry, and deep listening. We at CUUF are on a journey together; we are not alone, but connected through a deep mutuality. This is one way to understand our seventh principle, that we respect the interdependent web of all existence. We care about each other, and it shows.

In February, our Pastoral Care Team will be receiving their long-awaited formal training from the Reverend David Maynard of Portland's Eastrose church. Rev. David, in addition to serving Eastrose, is a mental health counselor in private practice. The individuals chosen for the team were screened and interviewed by Rev. Cecilia and others. They have been meeting monthly for informal training with me, and will continue to do so after their formal training. I am delighted that **Dylan Emrys, Rocci Hildum, Sunny Hughes, Lori Nitchals, and Sharon Page** have chosen to serve as our Pastoral Care Team, and we will be commissioning them as a congregation at February 12 service. They offer a one-on-one listening presence to members and friends during times of difficulty or crisis. They work confidentially with me. The Pastoral Care team is also hosting a Five Wishes workshop on March 3 – save the date!

Social justice is grounded in another kind of love. *Prophetic love* sees the relationship between our fellowship and that

*(Continued on page 7)*

## 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).*

**February 5, 9:00am: "Romantic Love; a Tribute to Valentine's Day"**—CUUF Leader, John Crew

A discussion of romance for Valentine's Day.

**February 19, 9:00am: "Rites of Passage"—Covenant Group Style**—CUUF Leader: Rita Salama

Join in this discussion of the transitions that shape your life. If you are interested in Covenant Groups, this is an opportunity to see what they are like. In Covenant Groups participants practice deep listening and speaking from the heart, an enriching experience.

Ask Rita or call the church office for more information about Covenant Groups and how you can join a group.

**February 26, 9:00am: "Mayor, Frank Kuntz – His 2012 Vision for Wenatchee"**—Guest Speaker, Frank Kuntz

CUUF Leader, Ben Knecht hosts Wenatchee's newly elected mayor to discuss his vision of Wenatchee this new year.

*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),



*If you have been attending CUUF for a while and are considering membership—*

## FIRST SUNDAYS ARE JOINING SUNDAYS!

### February 5, after the service

If you are ready to become a member of our fellowship, you may join on the first Sunday of each month. Prior to joining, we ask that new members take our membership class or have a conversation with Rev. Carmen, 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, 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. Carmen.

New to CUUF? *You're invited to . . .*

## THE NEWCOMERS' BREAKFAST

### Sunday, February 12, 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 the church office.

## 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, February 8, 1:30pm**

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

**EVENING—weekly—Mondays, 7:00pm**

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

This group 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.

## RESILIENCE CIRCLES TRAINING

*Resilience Circle Training curriculum will start on Monday, February 6, at 6:30pm. There will be seven training sessions. If you are concerned about our current economic distress and want to understand how we got in this mess and what you can do about it, this is a don't miss opportunity. Our financial future is in our collective hands, you do not have to stand alone. Come learn about the new economic paradigm based on our "commons".*

**February 6, 6:30pm: "Introductory Session: "Security and Insecurity"** – An introduction to what Resilience Circles are and organizational meeting. Everyone is invited. Please consider coming even if you attended the training last fall. There will be a soup and salad bar provided by facilitators.

**February 13, 6:30pm: "Changing the Story: Breaking the Isolation"** – This session creates a space for people to begin to break the old habits of silence and shame around finance. Potluck dinner.

**February 20, 6:30pm: "Changing the Story: A New Vision"** – Out of debt and over-consumption to a new vision of "recovery". Potluck dinner.

**February 27, 6:30pm: "Strengthening the Community: Real Wealth and Security"** – The vital role our communities will play in the new economy. Potluck dinner.

**March 5, 6:30pm: "Strengthening the Community: Mutual Aid"** – The role the ecology will play in our new economy. No going back to the economy of the past. Potluck dinner.

**March 12, 6:30pm: "Changing the Rules"** – The role of social action. Potluck dinner.

**March 19, 6:30pm: "What's Next?"** – Building our new community of resilience and mutual aid. Potluck dinner.

## SMALL DINNERS

**Saturday, February 11, 6:00pm**

**Please sign up to host or attend by Sunday, February 5**

These potluck dinners with 6 to 8 at the table are a great way to get to know one another in a small setting especially if you are new to CUUF or if you like to host but don't have room for a large group. Hosts and attendees sign up for these arranged dinners at least a week in advance to allow time for the hosts to know who to call to invite to their table. Guests bring a dish to share and, if desired, a bottle of wine.



You may sign up at the back of the sanctuary or contact Pearl, Jackie or Emily (see below).

## CIRCLE SUPPER

**Saturday, February 25, 6:00pm**

**Hosts: Don and Carol Oliver**

**1640 Harrington, East Wenatchee**

**RSVP to: Carol, 679-3155 [clh.oliver@gmail](mailto:clh.oliver@gmail)**

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

Please RSVP at least a day in advance, then 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.

## DINNER 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).

Emily, 884-9628, [easiroky88@yahoo.com](mailto:easiroky88@yahoo.com).

## 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, 9:30am in the Blue House

### Performances

Sunday, February 12

Sunday, February 26

### For more information,

contact Larry Tobiska,

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



## BAHA'I STUDY GROUP

**Sundays, February 12 & 26, 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).

## CUUF'S DREAM GROUP

**Sundays, February 12 & 26, 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).



## BUDDHIST GROUPS

### STONE BLOSSOM SANGHA—CUUF'S ZEN GROUP ZEN MEDITATION

**Wednesdays, February 8, 15, 22, & 29, 5:30pm–6:30pm**

All are welcome to come and sit any Wednesday. 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).

**Wednesday, February 1, 5:30pm**

The Zen group joins the Tibetan group for Khentru Lodro Thaye's webcast teaching (see below).

### TIBETAN BUDDHIST GROUP

#### TIBETAN BUDDHIST TEACHING

**Wednesday, February 1, 5:30pm–6:30pm**

Listen in on a live stream teaching by Khentru Lodro Thaye Rinpoche

### RED TARA PRACTICE AND MEDITATION

**Wednesday, February 8, 15, 22, & 29, 6:30pm–7:30pm**

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

### NATIONAL U U BUDDHIST FELLOWSHIP

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

## "A COURSE IN MIRACLES"

### FACILITATED SESSIONS

**Thursdays, February 9 through March 29, 5:15pm–6:30pm**

"A Course in Miracles" is a psychological self-study with a profound ability to affect change when applied to our internal framework of beliefs. Each of these 8 session will focus on a topic addressed in the text and workbook of the Course with time for discussion and a guided meditation. The sessions will be led by Rita Salama and Lois Hanson, both long-time students of the Course.

Anyone who is interested in the Course is welcome, including those who have completed it. It is helpful to have a copy of "A Course in Miracles" but not essential.

For more information contact Rita Salama, 630-3385, [salamatoyou@yahoo.com](mailto:salamatoyou@yahoo.com).

***SOCIAL/ENVIRONMENTAL 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,**

Dress for the weather.

Bring a sign or candle (or borrow one).

**STATE UU JUSTICE ACTION****WASHINGTON STATE UU VOICES FOR JUSTICE**

Washington State UU Voices for Justice advocates in Olympia for social, economic and environmental justice.

WA UU Voices for Justice's 2012 legislative priorities are:

- Raise revenue
- Protect services for low-income persons
- Economic reform
- Restore the democratic process

Want to be part of an interest group formed around each WA UU Voices priority? Learn more about them by subscribing to our newsletter at: [www.uuvoiceswa.org](http://www.uuvoiceswa.org).

**SOCIAL JUSTICE WORKSHOP —****“GIVING LIFE THE SHAPE OF JUSTICE”**

Led by the Reverend Richard Gilbert

**Friday, March 23 and Saturday, March 24, 2012**

**Northlake Unitarian Universalist Church, Kirkland WA**

Can your congregation's social justice work be more effective and engage the hearts and minds of more people?

Join us for this special opportunity to learn and experience effective congregation-based social action from the Reverend Richard Gilbert, an outspoken voice for Unitarian Universalist justice-making work.

The Reverend Gilbert, Minister Emeritus of First Unitarian Church of Rochester NY, is the author of the *Building Your Own Theology* curriculum and of *The Prophetic Imperative: Social Gospel in Theory and Practice*, and *How Much Do We Deserve? An Inquiry into Distributive Justice*, as well as meditation manuals.

Workshop cost is \$25 per person, and includes lunch on Saturday.

To register, contact WA UU Voices for Justice, [coordinator@uuvoiceswa.org](mailto:coordinator@uuvoiceswa.org), 360 786-8074.

*Happy Birthday, Charles R. Darwin*

*February 12, 1809*

**BIRTHDAY CELEBRATION****Sunday, February 12, after the service**

Join us for birthday cake in celebration of Charles Darwin's birthday and in recognition of "Darwin Day". Darwin Day commemorates the anniversary of the birth of Charles Darwin and is also intended to highlight Darwin's contribution to science.

**PIANIST NEEDED**

CUUF is still searching for a skilled pianist to play three services per calendar month plus two Thursday evening choir rehearsals. Experience accompanying congregational singing or other group singing is preferred. Must be comfortable with many styles of music. Pays \$225 per month, plus additional for Christmas Eve or other special services.

Contact Rev. Carmen if you are interested (860-1842, [rev.carmen.mcdowell@gmail.com](mailto:rev.carmen.mcdowell@gmail.com)).

Please feel free to let others outside our congregation know about this employment opportunity.

Because CUUF is a progressive church which welcomes all people of any race, creed, class or sexual identity, comfort with these values is important to this position, as our music program helps to express our liberal values.

**SAVE THE DATES**

**Sunday, February 19** – Infant/Child Ceremony of Naming and Dedication

**Saturday, March 3** – Five Wishes Workshop

**Sunday, March 25** – Jennifer Bright afternoon with congregational leaders

**Saturday, March 31** – Jennifer Bright all-congregation conversation

**facebook**

Find us at  
"Cascade UU Fellowship"  
and join the conversation.

Invite others to friend us.

Have something you'd like posted?

Contact Dylan Emrys:  
[daemrys@gmail.com](mailto:daemrys@gmail.com)

# RELIGIOUS EXPLORATION FOR CHILDREN AND YOUTH

## A MESSAGE FROM OUR DIRECTOR OF RELIGIOUS EDUCATION

—*Autumn Carlson*

We are off to a great new year! On January 20, we hosted our first game night. We had 11 kids show up on the snowiest night of the year. Also 4 adults attended to help to supervise the event. Everyone had a blast. In fact, we had so much fun that we are planning to make game night into a monthly event! We also had two new kids register for our RE program. Yay!



We have some exciting new projects planned for 2012; we are thrilled to announce the development of two of them here!

First, under the continued great guidance of Emilie Fogle, the Tweens have designed spectacular T-shirts to wear to community events to highlight our super kids. These shirts increase CUUF visibility within the community as well as make it easier to keep track of our youth when we are out in a group. Our Tweens will also sell these T-shirts to CUUF families as a fundraiser. The RE Committee agreed that the profits from the shirts will be evenly split between the general needs of our RE program, and a scholarship fund ensuring that no children will be left out of CUUF youth activities because they can't afford the cost. Contact the fellowship office or one of the Tweens to purchase one.

Secondly, we are embarking on a great journey in 2012; Davina Hartley has agreed to lead the Tweens in a project to learn about and preserve the history of CUUF. This project will pair up Tweens with the founders of our fellowship to take pictures and to ask questions about how CUUF began. The kids will also read portions of the history already recorded and preserved by our historian. The Tweens will then publish that information, along with pictures of our CUUF founders, in our very own hardcover BOOK that CUUF will get to keep forever and share with future generations. What a treat!

This ties into our next multigenerational service, which are fun all around. On February 19, we will explore, among other things, the foundation of the fellowship in our multigenerational service entitled "Traditions." Expect to hear from voices across the generations, from the past and today.

An important part of this service is the ceremony to name and dedicate infants and children. If you have a child registered in the RE program, and you would like to explore this, please contact me or Rev. Carmen.

We are always on the lookout for new recruits to help out with the RE program. We currently need help filling positions to teach the 3-5 year olds on Sundays. We also need adult or parent volunteers to help with Children's Chapel and during our new GAME NIGHTS. Please contact me at 421-0296 or at [cuufdre@yahoo.com](mailto:cuufdre@yahoo.com) if you would like to help out.

## MISSION AND CHARTER

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. Our goal is to promote Religious Education as a lifelong learning creative process.

## PROGRAMS

**Infants and Toddlers (6 months to 3 years):** Loving attention is given in the nursery by paid, screened caregivers and volunteers 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.

Our childcare providers are Rachel Kampling and Sadie Elmes.

**RE Pre-School through Kindergarten (3 years to 5 or 6 years):** "*Chalice Children*" explores our church and Unitarian Universalist values using hands-on, age-appropriate activities to nurture spiritual growth, creativity and a sense of community. The teachers are Heather Coonrod and Autumn Carlson (We are seeking two more teachers to rotate weekends with Heather Coonrod).

**RE 1st grade through 9 years:** "*Picture Book World Religions*" introduces the beliefs and traditions of Buddhism, Islam and Hinduism using stories, crafts, art, music and food. Thom Blaylock and Gary Pape will be teaching this popular UU curriculum that encourages respect for all religious faiths.

**RE Tweens (ages 10 to 13):** The Tweens meet the second Sunday of every month to enjoy a mix of service projects, art, and exploring their own beliefs. Emilie Fogle leads this group. During the Sundays when the Tweens are not meeting they are invited to assist during the Children's Chapel, participate in the multigenerational Services, or attend the worship service.

*\*\*Tweens are ALWAYS welcome to assist the younger children's classes if they do not want to attend the service.*

The Tweens' next meeting will be Sunday, February 12.



(Continued on page 7)

(Continued from page 6)

## RELIGIOUS EXPLORATION FOR CHILDREN & YOUTH

### GAME NIGHT

**Friday, February 10, 6:00pm to 9:00ish.**

Fun for all ages! Childcare provided.

We will need adult volunteers to help supervise this event, please contact Autumn Carlson 421-0296 or at [cuufdre@yahoo.com](mailto:cuufdre@yahoo.com) if you would like to help out.

### CHILDREN'S CHAPEL

**Sunday, February 12, during the service**

The "Children's Chapel" is a time when all of the RE children will be invited to work together on a group activity. The group will work on whatever they will need to do to prepare or practice for the upcoming multigenerational service, or they can share their talents with each other. Some (most of the Tweens) play an instrument that they can demonstrate to the other children, and all of the kids have wonderful talents to share with each other. The Children's Chapel will be held on the Sunday prior to the multigenerational service Sundays.

## FEBRUARY 2012 RE CALENDAR

February 5: Regular RE classes

February 10: \*\*\*\*GAME NIGHT\*\*\*\*

February 12: Tweens and RE Classes Meet Together for "Children's Chapel" \*Davina will help

February 19: Multigenerational Service

February 26: Regular RE classes

**Registration forms are available for all classes. If you haven't done so already, please be sure to register your child. Registration forms are available on the blue RE bulletin board in the sanctuary and in the Blue House.**

(Continued from page 2) **A MESSAGE FROM OUR TRANSITIONAL MINISTER**

larger web in which we exist. It sees that our neighbors here in the valley and beyond have many unmet needs, the extent of which shock and sadden us, and rather than look away, we act. We act not to promote ourselves in the larger community or to make ourselves feel good, but because our neighbors' liberation is bound up in ours. We see that there are serious structural problems in our society, and we look to what we can do here, at home, to address social conditions. The third part of our congregational mission statement is "...to serve local and world communities." Prophetic love is embodied by service through public witness, advocacy, and action to alleviate people's suffering. Our board takes this love seriously, and has set a goal for the year to re-invigorate our efforts for social and environmental justice and outreach.

In March, we will be having a series of events that will lead us toward both a vision of how we wish to do show our prophetic love in the Wenatchee valley, and an action plan for moving forward. We will be hosting Jennifer Bright, the social justice coordinator from University Unitarian Church in Seattle, on Sunday, March 25, for an afternoon with key congregational leaders and the following Saturday, March 31, for a full-day congregation-wide conversation. Please save these dates! Her role is to guide us through this process of gaining broad and deep input into how we want to shape our faith-based justice efforts in the future. As a skilled facilitator, she will guide us and help us maintain our atmosphere of trust, inquiry, curiosity, and moderation during our conversation. She will be working with a team of CUUFers chaired by **Gary Pape** to help us prepare. Stay tuned for ways you can get involved, because love is in the air at CUUF!

I continue to follow the schedule pattern of being in Wenatchee Fridays through Tuesdays during the three weeks per month I am here. Please reach me by email ([rev.carmen.mcdowell@gmail.com](mailto:rev.carmen.mcdowell@gmail.com)) or my cell phone (509) 860-1842. I will be in town the weekends of February 5, 12, and 19.

In faith,  
*Rev. Carmen*



### A HELPING HAND

The minister and Board President coordinate help for CUUF members and friends who may be experiencing a tough time due to illness or other unforeseen problems. Please contact the church office if you need assistance, or with information regarding any member who may need a helping hand.



## NAILED DOWN— NOTES FROM THE JANUARY 10 BOARD MEETING

Complete minutes of the meetings are posted in the sanctuary after approval at the following month's Board meeting.

**FINANCE REPORT:** presented by Coleen Bose  
Pledges are up to date. Cash reserves are up.

January statements to be sent for tax reporting purposes.

**MEMBERSHIP TEAM:** update from Chip Balling  
Emily Siroky to chair team

### AUCTION FUND DISPERSAL

**Prior Years:** Unspent funds dispersed—Women's Resource Center, Children's Home Society, Mobile Meals and Wenatchee Food Bank—\$339.99 to each

Working on granting scholarship money to student.

### 2011:

\$750—consultant to meet with congregation for 2 sessions

\$4200—vision process/charitable giving and outreach

Note: Board expressed need to "invest in our Fellowship" in order to support vision process

### PARISH NURSE

Executive director of NW Parish Nurse Ministries to speak at CUUF.

### FACILITY USE POLICY

Task Team met. Need for revisions and 2nd meeting.

### NEW BUSINESS

### PASTORAL CARE

Minister responsible for Pastoral Care Team and budget  
Training to take place with a ceremony upon completion.

### CONGREGATIONAL MEETING

Congregational meeting planned for February 5.

### STAFF REPORTS

### MINISTER'S REPORT

Included, but not limited to, Christmas Eve services, pastoral care needs, RE, office space for personnel, clarifying plans for social justice and outreach congregational conversation.

### OFFICE ADMINISTRATOR'S REPORT

Included, but not limited to, "new" office, finalizing minister transition, work on finances, rentals, and communication.

### DRE'S REPORT

Included, but not limited to, new office space, registration of RE students, T-Shirt project, CUUF history project, updates on the classes and the Tweens, and special events.

### COMMITTEE UPDATES

### FACILITIES

Addressing heating and plumbing issues in Blue House

### PERSONNEL COMMITTEE

Meeting scheduled to recap DRE hire and minister transition.

Don Oliver or Barb Flick will be liaison to this committee with the other taking the Greeters Committee.

**NEXT MEETING:** The Board will hold its next regular meeting on the 2nd Tuesday of February at 6:00pm.

## MEET DON OLIVER—

### NEW MEMBER OF CUUF'S BOARD OF TRUSTEES

Don is 71 years young. He worked for 33 years in the field of Public Health in both local and state health agencies across the State. In 2003 he retired from the Washington State Department of Health and moved to Wenatchee with his wife, Carol. 4 children and 6 grandkids, as well as his volunteer stints, keep him busy.

Don and Carol first came to the CUUF in 2006 and became members in 2008.

*Thank You! From the Board  
to Autumn Carlson, Emily Fogle,  
Heather Cecrood and Davina Hartley  
for dedication to the RE program  
and to Gary Pape, Dan Riordan  
and Thom Blaylock  
for teaching RE*

## "GUEST AT YOUR TABLE" DONATION REPORT

CUUF raised a total of \$761.19 in contributions during our recent Guest at Your Table campaign. The money is to support the work of the Unitarian Universalist Service Committee (UUSC).

UUSC is an associate member of the Unitarian Universalist Association (UUA), but receives no general financial support from the UUA, nor from federal or state governments or institutions, in order to maintain an independent voice in its human rights and social justice work in the United States and around the world. Visit [www.uusc.org](http://www.uusc.org) to learn more.

## 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: (Ex. Sunday, March 21, 7:00pm–8:00pm)

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 celebrant listed in the order of service. The celebrant 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*



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 TRANSITIONAL MINISTER

Rev. Carmen McDowell—860-1842  
[rev.carmen.mcdowell@gmail.com](mailto:rev.carmen.mcdowell@gmail.com)

## CUUF BOARD OF TRUSTEES—2011

John Rundell, President—782-0366  
Jaime Krish, Vice-President—293-0658  
Valerie Savina, Secretary—616-648-5872  
Ed LaPaz—679-6448  
Barbara Flick—888-4670  
Connie Risley—888-4179  
Chip Balling—884-7528  
Lee Barnhill—662-3185  
Don Oliver—679-3308

## CUUF TREASURER

Coleen Bose—713-301-5421

## CUUF OFFICE ADMINISTRATOR

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

## DIRECTOR OF RELIGIOUS EDUCATION

Autumn Carlson—421-0296, [cuufdre@yahoo.com](mailto:cuufdre@yahoo.com)

## CUUF COMMITTEES AND TEAMS

### **ADULT RELIGIOUS EDUCATION**

Sharon Petit, Chair—884-6773

Board Liaison, Lee Barnhill

### **COMMITTEE ON MINISTRY**

Angela Morris—667-1345

Joe Palmer—665-3119

### **FACILITIES**

Mark Seman, Co-chair—928-925-7617

Heather Seman, Co-chair—928-925-7616

Connie Risley, Board Liaison

### **GREETERS**

Chris Rader, Chair—888-0181

Lois Cole, Co-coordinator—886-7836

Board Liaison—vacant

### **FINANCE**

Don Flick, Chair—885-6105

Jaime Krish, Board Liaison

### **MEMBERSHIP**

Emily Siroky, Chair—884-9628

Chip Balling, Board Liaison

### **PERSONNEL**

Pat Brooke, Chair—886-0173

Barbara Flick, Board Liaison

### **PASTORAL CARE ASSOCIATES**

Sunny Hughes

Sharon Page

Rocci Hildum

Dylan Emrys, Care Coordinator—387-1083

### **RELIGIOUS EDUCATION (FOR CHILDREN)**

Autumn Carlson, DRE—421-0296

Heather Coonrod, Chair—741-0817

Val Savina, 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, [vik\\_zconnect@charter.net](mailto:vik_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 non-fiction 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 —most 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—most 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—Rescheduling**

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 though creating deeper, more meaningful relationships with individuals and building broader, more caring connections to church and community”.

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

Contact 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)

**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, [dick-pearl@msn.com](mailto:dick-pearl@msn.com)



# February 2012

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>1</b> Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 5:30pm Finance Committee Mtg.—office 5:30pm Tibetan Buddhist Teaching (Zen Group included) 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>2</b> GROUNDHOG DAY  7:30pm Choir Practice</p>	<b>3</b>	<b>4</b>
<p><b>5</b> FOOD BANK SUNDAY, JOINING SUNDAY, M-Z BRING TREATS DEADLINE—SMALL DINNER SIGN-UP 9:00am Forum: "Romantic Love; a Tribute to Valentine's Day" —CUUF Leader, John Crew 10:30am Service: "The Art of the Impossible" —Rev. Carmen McDowell 11:45pm Congregational Meeting with the Board</p>	<p><b>6</b> 10:00am Covenant Group—Dan  6:30pm Resilience Circle Training 7:00pm Book Group (off site)</p>	<p><b>7</b> [5:00–6:30pm Poetry Group—Blue House]  [6:00pm–10:00pm Ripple Foundation]</p>	<p><b>8</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 DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>9</b>  5:15pm A Course in Miracles 7:30pm Choir Practice</p>	<p><b>10</b>  6:00pm Game Night (Blue House) [7:00pm Meaningful Movie]</p>	<p><b>11</b>  6:00pm Small Dinners (off site)</p>
<p><b>12</b> DARWIN DAY, M-Z BRING TREATS 9:00am Newcomers' Breakfast 9:30am Choir Practice (Blue House) 10:15am-12:15pm Tweens (Blue House) 10:30am Service: "The Revolution Continues" —Rev. Carmen McDowell 11:45pm Celebration of Darwin Day 3:00pm Baha'i Study Group 7:00pm Dream Group</p>	<p><b>13</b>  6:30pm Resilience Circle Training 7:00pm Book Group (off site)</p>	<p><b>14</b> VALENTINE'S DAY  6:00pm Board Meeting</p>	<p><b>15</b> NEWSLETTER DEADLINE  Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 5:30pm Zen Meditation 6:30pm Tibetan Buddhist Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>16</b>  5:15pm A Course in Miracles 7:30pm Choir Practice</p>	<p><b>17</b>  2:00pm Personnel Committee Mtg.</p>	<p><b>18</b>  10:00–3:00 Pastoral Care Training</p>
<p><b>19</b> M-Z BRING TREATS 9:00am Forum: "Rites of Passage"—Covenant Group Style —CUUF Leader: Rita Salama 10:30am Multigenerational Service: "Traditions!" —Rev. Carmen McDowell and DRE, Autumn Carlson</p>	<p><b>20</b> PRESIDENTS' DAY 10:00am Covenant Group—Dan 6:30pm Resilience Circle Training 7:00pm Book Group (off site)</p>	<p><b>21</b>  [5:00–6:30pm Poetry Group]</p>	<p><b>22</b> ASH WEDNESDAY  Peace Vigils (off site) 2:00pm Cashmere 5:15pm Wenatchee 5:30pm Zen Meditation 6:30pm Tibetan Buddhist Meditation 11:00pm DEADLINE FOR PRINTED ANNOUNCEMENTS</p>	<p><b>23</b> RSVP for the Circle Supper to: 679-3155  5:15pm A Course in Miracles 7:30pm Choir Practice</p>	<p><b>24</b></p>	<p><b>25</b> [8:00am–4:00pm Ripple Foundation]  6:00pm Circle Supper Hosts: Don and Carol Oliver 1640 Harrington, East Wenatchee</p>
<p><b>26</b> M-Z BRING TREATS 9:00am Forum: "Mayor, Frank Kuntz – His 2012 Vision for Wenatchee" —Guest speaker, Frank Kuntz. 9:30am Choir Practice (Blue House) 10:30am Service: "This I Believe" —CUUF Speakers 3:00pm Baha'i Study Group 7:00pm Dream Group</p>	<p><b>27</b>  6:30pm Resilience Circle Training 7:00pm Book Group (off site)</p>	<b>28</b>	<b>29</b>		<p><b>SAVE THE DATES</b> <b>Saturday, March 3</b> Five Wishes Workshop <b>Sunday, March 25</b> Jennifer Bright afternoon with congregational leaders <b>Saturday, March 31</b> Jennifer Bright all-congregation conversation</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.  
[ ] indicate non-CUUF events or facility rentals.

**CUUF Office Hours (others by appointment):**  
Mon. & Tues. 1:00pm–6:00pm  
Wed. & Thurs. 9:00am–1:00pm  
Fri. (hours vary)  
Sun. 8:00am–12:30pm