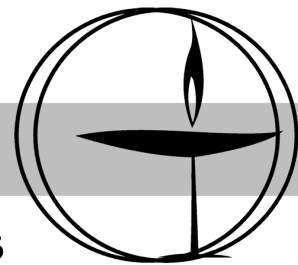


# CUUF Link

*Cascade Unitarian Universalist Fellowship*



## Our Worship Services

### **Traditional Services**

Our traditional services begin at 10:30am and end at 11:45am with messages given by Rev. Laura Shennum, guest speakers or members of CUUF. Childcare is available for nursery and preschoolers each Sunday. On the second and fourth Sundays, we have worship for all ages. On the first and third Sundays, children K-5 have religious exploration classes. Please join us for coffee, treats and fellowship immediately following the service.

**Our theme for May is Learning.**

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*May 2018*

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#### **OUR MISSION:**

**Seek** inspiration and understanding,

**Embrace** all on their individual spiritual journeys,

**Serve** our local and world communities.

#### **VISITORS ARE ALWAYS WELCOME!**

We affirm the inherent worth and dignity of all people.

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

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#### **CUUF Minister:**

Rev. Laura Shennum  
881-9658  
[minister@cascadeuu.org](mailto:minister@cascadeuu.org)

#### **RE Director:**

Dylan Spradlin  
886-4023  
[redirector@cascadeuu.org](mailto:redirector@cascadeuu.org)

#### **Office Assistant:**

Sharon Page  
886-4023  
[admin@cascadeuu.org](mailto:admin@cascadeuu.org)

#### **Cascade UU Fellowship**

1550 Sunset Highway  
East Wenatchee WA  
98802  
(509) 886-4023  
[www.cascadeuu.org](http://www.cascadeuu.org)

*May 6, 2018*

#### ***Loyalty to Your Self: Being True to Your Own Integrity***

10:30am Service:

CUUF Youth

Join the youth as they explore the idea of loyalty. What does it mean to be loyal to your friends, country, family, church, etc? When does loyalty become a burden?

*May 13, 2018*

#### ***Annual Hand Blessing: With Gratitude***

10:30am Service

Rev. Laura Shennum

Celebrant: Christina Davitt

We all show care and compassion to the people in our lives. It takes an enormous amount of strength to care for others. Very seldom do we stop and acknowledge how we aid one another. Through a hand washing ritual, we will pause and show gratitude for how each of our hands reach out in love to others.

*May 20, 2018*

#### ***Auction Sermon: Trusting Our Christian Roots***

10:30am Service

Rev. Laura Shennum

Celebrant: Chip Balling

We will explore the place Christianity holds in the history of Unitarian Universalism. Then, we will turn to ways we can embrace and support those who are Christian among us now.

*May 27, 2018*

#### ***This I Believe***

10:30am Service

CUUF Members & Friends

Celebrants: Steve Clem &  
Lynn Madsen

Individuals from the CUUF community will speak about what they believe. This is a favorite service for many and highlights the many beliefs held within our walls.

## A MESSAGE FROM REV. LAURA SHENNUM

*Holy Curiosity...*

*"Live as if you were to die tomorrow.  
Learn as if you were to live forever." -Ghandhi*



For the month of May, our theme is learning. When I think of learning, I am reminded that learning comes in many forms. Of course, formal education is an easily recognized place to learn. Some might challenge the quality of learning offered depending on the school or institution or even the teacher/professor teaching. In this formal setting, we have clear expectations of what we want to learn and how we are to achieve it.

However, we also learn outside of the formal settings. We learn from our experiences, our relationships, and even our own curiosity with the world. Sometimes, those lessons are ones we would rather not have. I remember the education I got on septic systems when I first started at Cascade UU.

If we embrace Ghandhi's words and learned like we were to live forever, then we would truly embrace the idea of ever evolving truth and revelation. This is a foundation of our faith and one we are challenged to lean into for ourselves and others. This is true whether it is a lesson we want to learn or not.

Where are you open to the lessons your life has to offer? What opportunities do you have to learn more about a topic, person, or interest? When will you take time to pursue them?

In Faith & Love,

*Rev. Laura*



## A MESSAGE FROM OUR BOARD PRESIDENT

Seek, Embrace, Serve

My dear CUUF friends,

Recently, Craig Cyr, Board member of the Pacific Northwest District of the Unitarian Universalist Association (UUA), asked me to talk about our Fellowship. Here are the questions and answers.



**Q: What animates congregational life in Cascade UU Fellowship?**

**A:** A great sense of hope and deep care for each other and our community.

**Q: What has been successful that you would like to share?**

**A:** We are actively engaged in policy governance, we are very proud of the collaboration between our Minister and our Worship Team in delivering high quality transformative worship and Our Share the Plate program grows each year wherein once a month we give our entire collection to a local non-profit to expand our good work into the community.

**Q: What about your Parish Nurse program?**

**A:** One of our members is a retired RN who offers classes in creating balance, answers congregants' health questions, writes a weekly column and accompanies congregants to medical appointments as needed to act as an advocate.

**Q: Also, what are your challenges?**

**A:** We are challenged with managing growth, sustaining volunteer enthusiasm and leadership development.

In short - we are a loving and generous congregation! What generosity we showed with our response to our Stewardship Campaign, to our supporting of Hand in Hand Immigration LLC as they moves towards official non-profit status and our working together on a new covenant. There are so many more acts I could lift up!

So, what would it look like for us as a congregation to practice generosity in all things? I am very excited at the prospect of applying for training through the Pacific Western Region of the UUA to enable us to spend a year developing a generosity plan custom made for our congregation. Are you interested in learning how we can become more generous, not just with money, but with our talents and time and in our personal relationships? Let me know if you'd like to be part of the conversation.

See you at the Fellowship!

Joining you in our mission to seek, embrace and serve,

*Christina*



**OTHER MESSAGES FROM OUR BOARD PRESIDENT****Talking About Money as Pastoral Care - A Call-In Conversation**

Join CUUF President Christina Davitt in a call-in conversation on **May 14 from 6:45-8:15pm** (Pacific) with Kay Crider, Stewardship Consultant with Stewardship for Us, and Rev. Jan Christian, PWR Congregational Life Staff.

Our wounds are often deep when it comes to money and our sense of inherent worth and dignity. The power of money in our own lives often goes unexamined. This plays out in our congregations in all sorts of ways. What would it mean to your congregation to be able to talk about money in ways that are life-giving and healing?

No need to register. Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/594750233>, or telephone at +1 669 900 6833 or +1 646 558 8656. Meeting ID: 594 750 233.

**Questions?** Ask Christina Davitt (509) 393-9467 or [christina@davittlaw.com](mailto:christina@davittlaw.com).

**SAVE THE DATES!****SUNDAY JUNE 3 ASK THE BOARD:**

Questions and Answers about the Budget and Annual Meeting.

Following Sunday service, bring your questions for discussion regarding the proposed budget and items for the annual Congregational meeting.

**SUNDAY JUNE 10 ANNUAL CONGREGATIONAL MEETING**

Following Sunday service, make sure your voice is heard by participating in our Annual Congregational Meeting.

*Christina*



# RELIGIOUS EXPLORATION

Greetings!

Spring is in full swing and the birds are waking me up with their song every morning. As I write this, I'm conscious of how every spring surprises me with its freshness and beauty that touches all my senses.

Kicking off our month of May is our annual YOUTH SERVICE. Our young people are diligently and enthusiastically working on a service for you, that will be presented May 6. Please come and be pushed more deeply into thoughtful introspection and support our youth in their vulnerability in sharing with you.

After the service, the youth will continue with their Popcorn Theology topics through May 30.

Our first Sunday RE class introduces our seventh Unitarian Universalist Principle, respect for the interdependent web of all existence of which we are a part, through the story of British Unitarian Beatrix Potter. The creator of Peter Rabbit not only wrote and illustrated children's books featuring animal characters, but also related to nature as a dedicated amateur biologist, a professional farmer and the donor of many acres of countryside to England's National Trust. In this session, the children identify connections that form the interdependent web of an ecosystem and explore their own relationship with the natural world. We add the signpost "Honor Life" to our Faithful Journeys Path.

On the third Sunday, our session concludes the Faithful Journeys program. The children use a game to review the Unitarian Universalist Principles they have explored in previous sessions. Rather than a story from UU history or contemporary life, children will hear personal stories of acting in faith told by youth or adult members of their own congregation.

The children revisit the Faithful Journeys Path they have created together and affirm actions and choices they have described in their Faithful Footprints.

And that concludes this year's RE program! It has been a wonderful, growth-full and successful year in both RE and Youth Group. Thank you for everyone's support that was necessary to make this flow so well.

Dylan



## CUUF BOARD UPDATE

### Board Update for April 2018

On Tuesday, April 10th the Board met and decided to direct the Architectural Task Force to work with the architect on a building plan based on the Feasibility study's projected capital campaign amount. In other words, we felt you should see a scaled back building plan. We will continue to explore alternative spaces with the realtor and talking with other churches.

At the time of our meeting a third of our pledge goal had been received. Thank you for your support. If you have not turned in your pledge for next year, please consider doing so soon.

We selected delegates for the Pacific Northwest District's annual meeting in Portland. Thank you, Anita Janis, Reverend Laura and Jeff Lau.

To remain in compliance with our Bylaws while completing the transition from a nine to a seven-member board, Christina volunteered to resign at the end of June, one year short of her three-year term. It wasn't easy, but a chart, some of my grandchildren's toys and a great deal of discussion convinced us this needed to happen. Next time you visit with Christina please thank her for her service and ask how a few golf balls inspired this sacrifice.

We cover a lot of ground at our board meetings, such as our decision to pursue a replacement note for the north lot with Washington Trust Bank. Unfortunately, this small summary cannot convey all the issues we dealt with at this or any of our meetings. Please be sure to click on the link to the Board packet that accompanies the monthly newsletter email. You'll see all the information board members work with at our meetings. After reading this material track down a board member and tell them what you think.

Thank you.

Jeff Lau, Treasurer

## MISSION MOMENT

Recently, the Board of Trustees voted to approve CUUF acting as the nonprofit umbrella agency for Hand in Hand Immigration Services while they are seeking their own independent Federal Nonprofit status. CUUF is proud to assist this organization that has helped educate and empower over 800 people to become U.S. citizens. Hand in Hand Immigration is an excellent role model for our own mission to "Seek, Embrace, Serve," providing critical support to people who are going through the legally complicated, misunderstood, and emotional process to becoming a citizen of this country. Program Director Norma Gallegos, two staff members and 40 volunteers provide legal services, education, and outreach for people in Wenatchee and the surrounding communities who are on their journey to United States citizenship. People are helped by receiving up to date information about the laws, attending ESL classes, getting assistance with legal paperwork, participating in free citizenship classes in English and Spanish, and receiving encouraging support throughout the process. This is a low-cost program and no client will be denied services because of an inability to pay. Hand in Hand offers volunteer opportunities and is encouraging CUUF members and friends to learn about their important work. Hats off to Hand in Hand Immigration for recently celebrating their 53<sup>rd</sup> Naturalization ceremony! For more information go to: <https://www.handinhandis.org/>



### CONGREGATIONAL COVENANT

**Town Hall Meeting, Sun, May 6** from noon to 1pm

In November, the congregation came together to create four draft congregational covenants. Those covenants have now been worked into a draft form. The team who developed the draft tried to capture the spirit of all four drafts. The team consisted of Kmbri Bond, Steve Clem, Ben Knecht, Jeff Lau, Mary Madsen, and Rev. Laura. We will have a Town Hall meeting to present the covenant on Sunday, May 6 after the service. The final draft will be voted on at the Annual Congregational Meeting. In the meantime, here is the draft for you to review:



We enter beloved community intentionally, living our values with grace, love, and celebration.

We do this by:

- Listening with kindness and respect,
- Speaking honestly with sensitivity,
- Acting with compassion and acceptance,
- Embracing our joys and sorrows,
- Encouraging each other's spiritual journey,
- Sharing our gifts and strengths in service to the greater good.

When we fall out of covenant, we recognize, reflect and reengage. We forgive and begin again in love.

### SHARE THE PLATE NOMINEES

It is that time of year again! We are looking for organizations to support in our Share the Plate program. This year, we are asking for new organizations that help us extend our mission of serving local and world communities. If an organization has been a recipient in the past two years, then please do not nominate them again.

To nominate: please follow these guidelines:

- Send name of organization to the CUUF Office by May 31.
- Include a short description of the organization (2-3 sentences)
- Include a contact person as well as contact information
- Explain why you are nominating them and how they further the CUUF mission.
- Include your name.

A large, stylized, yellow 'Merci!' with a black outline, slanted upwards to the right.

## Attitude of Gratitude

from April 2018 Board Packet

A large, stylized, blue 'Gracias!' with a black outline, slanted upwards to the right.

*Thank you to the following people:*

- ♦ Thank you to **all who filled in** for Rev. Laura while she was in Nebraska with her seriously ill father.
- ♦ Thank you to **Carol Oliver** who is stepping down from her many years of service on the Pastoral Care team.
- ♦ Thank you to **Don Flick and Christina Davitt** for the President's message for the April pledge drive for 2018-2019.
- ♦ Thank you to **Larry Savage** for doing the electrical work for the installation of the new compressor.
- ♦ Thank you to **Ben Knecht and Sandy Limbeck** for organizing the informative and thought provoking series, "The Challenge of Jesus." Also thank you for having it in your home and providing the delicious soup lunches.
- ♦ Thank you to **Emily Siroky and Sharon Page** for updating the neighborhood group lists.
- ♦ Thank you to the fund raising committee for putting on the Bunny Hop dance. **Heather Seman, Kmbris Bond, Anita Janis, Carol Oliver, Emily Siroky and Luke Rummell.**
- ♦ And thank you to all the rest of you who make our CUUF such a vibrant group!

A large, stylized, purple 'THANKS!' with a black outline, slanted upwards to the right.



## MEMBERSHIP NEWS

### NEWCOMER CHAT

**Sunday, May 20 Noon to 1pm, CUUF Sanctuary**

If you are new to the Fellowship or have been visiting and want to learn more, then Newcomer Chats are the perfect opportunity for you to engage with us more. A light lunch and childcare are provided. We take this time to get to know you, share some basic information about our Fellowship, and answer any questions you may have.

## SOCIAL ACTION NEWS

### Share The Plate – Two Rivers Art Gallery Sun, May 20

The recipient for April was Chelan Douglas Volunteer Attorney Services and we raised \$602  
Thank you for your generosity!

The recipient in May will be Two Rivers Art Gallery

Two Rivers is an art gallery that promotes the visual arts through monthly exhibits, inviting the community to meet the artists members who run the gallery. We encourage our members by providing venues for exhibiting their art throughout the Wenatchee Valley. The gallery provides the community with a place to have an art experience, and celebrate art on the First Friday of each month.

## FELLOWSHIP NEWS

### CIRCLE SUPPERS

Circle Suppers are large potluck dinners held in the homes of Fellowship members and friends. They are a good way to socialize with other friends and members of CUUF while sharing a great meal.

#### May Circle Suppers

Saturday, May 19, 6pm

Hosts: Pat and Doug Taylor

602 Skyview Place

East Wenatchee

RSVP: 509-470-6416



**Small Dinners**— Small Dinners are potluck dinners for eight people, including host. They are held on Saturday evenings in the homes of CUUF members and friends.

Questions: Contact Jackie Halter 860-2978.

*Happy May Day!*

*Happy Cinco de Mayo!*

## ANNUAL SERVICE AUCTION FOLLOW-UP

It's time to claim that Auction Item!

Remember that patio dinner you bought in December at our annual Service Auction? Have you called your hosts to schedule it already? How about that piano lesson? Or game night? Or day of sailing on Lake Chelan?

Whether you have an item to claim OR a service you offered and haven't yet delivered, now would be a great time to follow up. If you've forgotten what you purchased or can't remember who bought your service, please call Emily Siroky at 884-9628. She's got the master list and can help you connect with the right person.

Thanks again, everyone, for participating!



## CALLING ALL LITTER DAY SAINTS!

Brush off your halos and pick up your trash bags!

Time for the Litter Day Saints to gather for the spring cleaning along the CUUF stretch of highway near Rock Island. Let's meet on Saturday, May 12<sup>th</sup>, 10am at BJ's Truck Stop parking lot.

New comers are always welcome. It takes about 2 hrs. to pick up the litter, then stay for conversation and lunch at the truck stop afterwards. Should wear sturdy shoes and gloves. Let me know if you will be able to help, LeRoy Farmer, 669-3941, [leroyf@nwi.net](mailto:leroyf@nwi.net).



## YARD SALE FUNDRAISER COMING UP!

A tradition at CUUF is our early summer yard sale. This is a fun way for CUUF volunteers to work together, and also helps raise money for our programs.

The 2018 yard sale will be held on Friday and Saturday, June 15-16, in the yard by the Blue House. Next month we'll start asking for volunteers – but for now, just know that this fundraiser is a good way for YOU to unload some valuable “stuff” you no longer need!

We will open the Blue House for drop-off donations on Sundays beginning May 20, or by request. Please, no clothing, and no “junk”! Stay tuned for more updates.

Co-chairs are Emily Siroky, [easiroky88@yahoo.com](mailto:easiroky88@yahoo.com), and Chris Rader, [crader@nwi.net](mailto:crader@nwi.net).



BUDDHISTS' CORNER

### The Wizard Behind the Curtain

By Sharon Meho Petit, Sensei and  
Todd Daiko Petit

In *The Wizard of Oz* the great wizard that Dorothy, the Cowardly Lion, the Tinman and the Strawman are seeking turns out to be just a man behind a curtain. When he is exposed, the source of the magic is revealed. That source is in Dorothy, the Lion, the Tinman and the Strawman. The Lion finds his courage, the Tin Man turns out to have a heart and Strawman finds he always had a brain. Dorothy finds that home is with her even during her great Yellow Brick Road adventure.



This seems to me to be what it is like to Wake Up in Zen. The teacher is just the kindly person who makes sure everything is ready for meditation practice, keeps you sitting by doing dharma talks and makes sure the bell and drum call you to chant. The real wisdom lies in your own Heart-Mind or *Shin*. The teacher can't give wisdom/compassion/enlightenment to you or take away your suffering. In the end that is your job. You are the one who must practice sitting in meditation, watching your mind invent the facade you label *you*. It is up to you to practice with the koans (practice questions) that are designed to allow you to drop the *thinking mind* and see directly the wisdom passed down for over 2500 years from the Buddha.

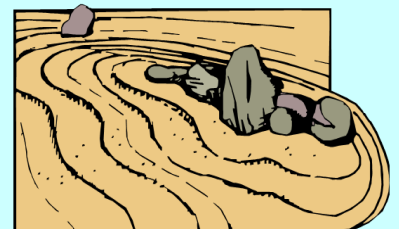
Reading a book is not going to do it. The old masters tell us to burn our books if you can't stop relying on them. Everyday life is Zen and the only way to realize *It* is to let go of all the speculation, memorization and classification. Stop arguing with yourself and others about the *Truth*. Just sit with your knees hurting, watching your mind spin, not judging until you can just drop it. In that spaciousness is true freedom and wisdom. Yet, as Genjo says, don't literally burn the books, since those of us who aren't there yet might find them useful.

But like the wizard in Alice, your *True Face Before Your Parents Were Born* can only be revealed by ripping away the curtain of delusion that you call *yourself*.

Come join us for practice at 119 S Miller Street. You are invited to the sangha for any of our practice groups:

Morning Meditation	9:30 am to 10:30 am	<a href="#">Wednesday</a>
Zen	5:30 pm to 6:30 pm	Wednesday
Tibetan	6:30 pm to 7:30 pm	Wednesday
Sutra Study	10:00 am to 11:30 am	Saturday at Petit Residence

call or email for directions to Petit residence.  
Bring a dish to share for a casual breakfast.  
Space is limited.



With gassho,  
Meho Sensei  
Daiko Sensei

Sharon Petit, shayknight@charter.net or 509-670-883

## ELIOT INSTITUTE

Eliot Institute creates and supports an inclusive community of celebration, friendship, exploration, relaxation and joy for Unitarian Universalists, their families and friends. People young and old come to Eliot, from infants to seniors. Most are from Unitarian Universalist churches in British Columbia, Washington, and Oregon. Our camp is fully accessible to campers of all physical abilities.



We are reaching out to Pacific Northwest UU congregations that are unserved or underserved by Eliot to increase the diversity of our camp family. Please direct families, couples, or individuals to our website for additional information about Eliot camps. <http://www.eliotinstitute.org/>

**As an incentive we are offering complimentary camps to a limited number of campers and their families.** We are looking for UUs and their friends who would enjoy the camp and benefit from the experience. They must be new to Eliot, attend a congregation that is unserved or underserved by Eliot, have an economic or other need, and they will only qualify for a complimentary camp the first time they attend.

If you know of a family, couple, or individual (up to 4 people) who would enjoy camp, have an economic or other need, and would benefit from a complimentary experience, please let us know! Send their names, ages of minor children, UU congregational affiliation, and a short paragraph of how they would benefit from camp to [eliotregistrar@gmail.com](mailto:eliotregistrar@gmail.com) by March 31, 2018. We will confirm camp attendance by April 28, 2018.

The 2018 camps will be July 14-21, August 4-11, August 11-15, and December 28-January 1. Each camp takes place at the Seabeck Conference Center in beautiful Seabeck, Washington. <https://www.seabeck.org>

Questions may be directed to Rev. Sarah Schurr at [sschurr@uuma.org](mailto:sschurr@uuma.org) or Joan Sandberg at [sandbergjo@yahoo.com](mailto:sandbergjo@yahoo.com).

Thanks much. We look forward to hearing from you.



# Groups & Programs

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**Book Group, Afternoon** — *2<sup>nd</sup> 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 Patty Ostendorff, 860-0761, [postendorff@msn.com](mailto:postendorff@msn.com).

**Book Group, Evening** — *Every other Monday of each month, 7:00pm, alternating at the home of a group member. No meetings during June, July, and August.*

You are welcome to join for the discussion and reading of a non-fiction book.

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

**Choir** — *Thursday preceding the 2<sup>nd</sup> Sunday of each month, September - June, 7:00pm, CUUF sanctuary*

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

Contact Larry Tobiska, at [ltobiska@nwi.net](mailto:ltobiska@nwi.net) or 881-5020; or Kmbris Bond, at [kmbris.bond@gmail.com](mailto:kmbris.bond@gmail.com) or (541) 953-4442.

**Circle Suppers and Small Dinners** — *Usually two Saturday evenings a month, September - June; July and August as scheduled; 6:00pm, at homes of CUUF members and friends, 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 Jackie Halter, 664-7032; Emily Siroky, 884-9628.

**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 are interested in learning more or participating in a covenant group, please contact Rev. Laura Shennum.

**Men's Group** — *Last Wednesday of each month.*

Meeting at a variety of locations and times, as selected by the group, to fit the group's transitory interests.

Contact Larry Tobiska, at [ltobiska@nwi.net](mailto:ltobiska@nwi.net) or 881-5020.

**Neighborhood Groups at CUUF!**

CUUF is organized into nine neighborhood groups whose purpose is to introduce ourselves to people who live nearby, to build relationships in our congregation and to create mutual support and enjoyment. We Join for meals, activities, service projects, or whatever the group chooses to do! Come and meet your CUUF neighbors!

Contact our Neighborhood Groups Coordinators to join!

Carol & Don Oliver can be reached at 509-679-3308 or email Carol at [clh.oliver@gmail.com](mailto:clh.oliver@gmail.com)

or Don at [don62oliver@gmail.com](mailto:don62oliver@gmail.com)

or the Office Assistant at 509-886-4023 or [admin@cascadeuu.org](mailto:admin@cascadeuu.org)

# May 2018



ALL EVENTS ARE HELD IN THE SANCTUARY UNLESS OTHERWISE NOTED.

For details of Sunday mornings and special events, see the newsletter. To schedule an event using CUUF facilities or to include your event on the calendar, contact the office assistant at **886-4023** or [admin@cascadeuu.org](mailto:admin@cascadeuu.org).

[ ] indicate non-CUUF events or facility rentals. *Italicized entries indicate they occur off-site.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>  <i>Happy May Day</i> <b>7pm</b> Covenant Group Meeting	<b>2</b> <b>12—3pm</b> Minister's Coffee House Mela-Wen <b>6pm</b> Youth Group	<b>3</b> <b>6:30pm</b> Worship Team prep <b>7pm</b> Covenant Group Mtg	<b>4</b>	<b>5</b> <b>9:00 am</b> UU Navigators Class
<b>6</b> <b>10:30am</b> Sunday Service RE K-5th Class <b>12pm</b> Town Hall Mtg Congregational Covenant [3:30pm Private Rental]	<b>7</b> <b>10:00 am</b> Covenant Group	<b>8</b> <b>Noon</b> Every Tuesday Is Deadline For Sunday OOS/Bulletin	<b>9</b> <b>12—3pm</b> Minister's Coffee House Mela-Wen <b>6pm</b> Youth Group	<b>10</b> <b>7pm</b> Choir Practice	<b>11</b>	<b>12</b> <b>10am</b> "Litter Day Saints" Hwy Clean-up
<b>13</b> <b>10:30am</b> Sunday Service [4pm Private Rental] 	<b>14</b> <b>11:30am</b> Pastoral Care Team	<b>15</b>  DEADLINE FOR JUNE NEWSLETTER <b>6:30</b> Board Mtg	<b>16</b> <b>12—3pm</b> Minister's Coffee House Mela-Wen <b>6pm</b> Youth Group	<b>17</b> <b>7pm</b> Covenant Group Meeting <b>7:30pm</b> Covenant Group Meeting	<b>18</b> <b>10:30am</b> UU Explorers	<b>19</b> <b>6 pm</b> Circle Supper (off site)
<b>20</b> <b>10:30am</b> Sunday Service RE K-5th Class Share the Plate <b>12pm</b> Newcomer's Chat [4pm Private Rental]	<b>21</b> <b>10:00am</b> Covenant Group Meeting	<b>22</b> <b>Noon</b> Every Tuesday Is Deadline For Sunday OOS/Bulletin	<b>23</b> <b>12—3pm</b> Minister's Coffee House Mela-Wen <b>6pm</b> Youth Group	<b>24</b> <b>6pm</b> Finance Committee mtg	<b>25</b>	<b>26</b> <b>6pm</b> Small Dinners (offsite)
<b>27</b> <b>10:30am</b> Sunday Service [4pm Private Rental]	<b>28</b> 	<b>29</b> <b>12—3pm</b> Minister's Coffee House Mela-Wen <b>6pm</b> Youth Group	<b>30</b>	<b>31</b>	<b>April Sermon Titles</b> <b>May 6—Loyalty to Your Self:</b> <i>Being True to Your Own Integrity</i> <b>May 13—Annual Hand Blessing: With Gratitude</b> <b>May 20—Auction Sermon: Trusting Our Christian Roots</b> <b>May 27—This I Believe</b>	



# CUUF Leadership & Staff

## CUUF MINISTER

Rev. Laura Shennum

881-9658 | minister@cascadeuu.org

## CUUF BOARD OF TRUSTEES

Christina Davitt, President ..... 393-9467  
 Jameson O'Neal, Vice President ..... 293-3086  
 Jeff Lau, Treasurer ..... 886-8583  
 Angela Morris, Secretary ..... 667-1345  
 Patty Ostendorff ..... 860-0761  
 Julie McAllister ..... 669-0246  
 Vern Smith ..... 860-2008

## CUUF RE DIRECTOR

Dylan Spradlin

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## CUUF OFFICE ASSISTANT

Sharon Page

886-4023 | admin@cascadeuu.org

## CUUF COMMITTEES AND TEAMS

### BOARD COMMITTEES:

#### **FINANCE COMMITTEE**

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 Luke Evans  
 Paige Balling  
 Laurie Rippon  
 Mark Seman  
 Steve Clem  
 Rev. Laura Shennum

#### **FUNDRAISING COMMITTEE**

Anita Janis, Chair     Luke Rummell  
 Carol Oliver     Heather Seman  
 Kmbri Bond     Emily Siroky

#### **GOVERNANCE COMMITTEE**

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 Carol Oliver  
 Jaime Krish

#### **NOMINATING COMMITTEE**

Jaime Krish, Chair  
 Heather Coonrod  
 Mary Ellen Rundell

### OTHER TEAMS & GROUPS:

#### **BUILDING & GROUNDS TEAM**

Doug Taylor, Chair - 470-6416  
 Don Oliver

## CUUF COMMITTEES AND TEAMS (continued)

#### **CHALICE LIGHTER AMBASSADORS**

Cathy Lau - 886-8583

#### **GREETERS**

Chris Rader, Chair - 888-0181  
 Deborah Bryant  
 Barbara Edwards  
 LeRoy Farmer  
 KC Kwak  
 Peggy Love  
 Sandy Limbeck  
 Tracy Maynard  
 Dawn McKenzie  
 Pam Toevs  
 John Rundell  
 Mary Ellen Rundell  
 Eliot Scull  
 Pat Taylor  
 Pat Whitfield  
 Vikki Williams

#### **MEMBERSHIP TEAM**

Deb Bryant  
 Sharon Page  
 Dawn McKenzie  
 Sandy Limbeck  
 Rev. Laura Shennum

#### **PACKING FRIENDSHIP**

Teresa Gelb, Chair 663-8240

#### **PASTORAL CARE ASSOCIATES**

Lori Nitchals, Parish Nurse  
 Carol Oliver  
 Patty Ostendorff     Leroy Farmer  
 Betsy Peirce     Jess Mills  
 Pat Taylor     Verna Zuttermeister

#### **RELIGIOUS EXPLORATION**

Dylan Spradlin, RE Director

#### **SOCIAL ACTION TEAM**

Toni Graf, Chair 253-468-6744

#### **WORSHIP TEAM**

Deborah Bryant, Chair  
 Jim Bryant  
 Chip Balling,  
 Paige Balling  
 Christina Davitt  
 Rev. Laura Shennum  
 Deb Miller  
 Sharon Page  
 Pam Toevs  
 Lynn Madsen  
 Steve Clem

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Pick up a printed calendar of events at the church's Greeters' table.  
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#### To submit information for the CUUF Link

Contact:

Office Assistant

Phone: 886-4023

Email: [admin@cascadeuu.org](mailto:admin@cascadeuu.org)

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

## Unitarian Universalism

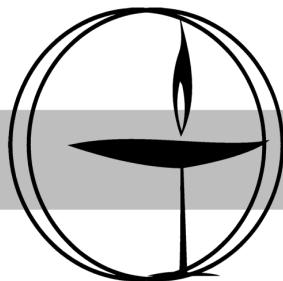
*There are seven principles which*

*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.  
East Wenatchee, WA 98802