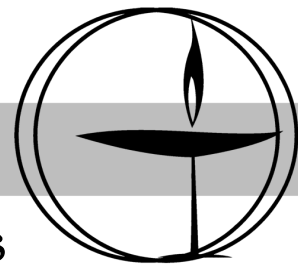


# CUUF Link

*Cascade Unitarian Universalist Fellowship*



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*January 2019*

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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)

**Intern Minister**

Joel Courtney  
575-650-0773  
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**Cascade UU  
Fellowship**

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

## 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 Sunday mornings, children K-5 have religious exploration classes after the Time for All Ages. Please join us for coffee and fellowship immediately following the service.

*Our themes this year will be phrases from our congregational covenant.  
Our theme for January is when we fall out of covenant, we recognize,  
reflect, and reengage*

### *January 6, 2019 Breaking Covenant*

10:30am Service:

Rev. Laura Shennum  
Celebrant: Steve Clem

Covenants are made knowing they will be broken. Throughout history, we have examples of broken covenants. This morning, we will explore those historical and theological examples.

### *January 13, 2019 Owning Our Part*

10:30am Service

Rev. Laura Shennum  
Celebrant: Deb Bryant

When we have done wrong or harm, how do we take responsibility for our actions and our part. It is easy to fall back on being defensive. However, the real work comes in stepping into the ownership of each of our parts.

### *January 20, 2019 Healing and Renewing*

10:30am Service

Rev. Laura Shennum  
Celebrant: Christina Davitt

How do we do the work of re-engagement after a covenant has been broken? When are the times it is not possible to re-engage? Where is accountability in the healing? Can a covenant once broken be renewed?

### *January 27, 2019 This I Believe*

10:30am Service

Celebrants: Kmbris Bond &  
Sharon Page

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...*

*"We are a covenant-making, covenant-breaking, and a covenant-remaking people."*

*- Martin Buber, Jewish Theologian*



We have created this congregational covenant and have been exploring it this year. This month, we come to the work of covenant breaking and how we recognize, reflect, and re-engage, if at all. One of the hardest pieces of this work is trying to imagine what re-engagement may look like. We often fall back on how it always has been and that is where we get caught in expectations that are no longer available. This is the reason when people re-engage it often fails immediately.

Part of the work of recognizing, reflecting, and re-engaging means we have to look for new ways of being. We have to figure out how to work together when harm has been done. As a faith, Unitarian Universalism is struggling with this concept right now. As humans, we have struggled with it throughout history.

This month, we will explore when covenants have been broken, owning our own part in that brokenness, and how we possibly move to heal and renew. I look forward to this continued journey and conversation with you.

In Faith & Love,

*Rev. Laura*

### **Come Participate In the Next Step To a New Worship Space!**

On January 13, 2018 the board will be holding a Congregational Meeting to vote on 2 items:

1. Approval of the 5000 sq. ft Phase 1 architectural conceptual drawings
2. Authorize a capital campaign

In order to ensure that members have the information they need to confidently vote on these two items, the board will be hosting one more Town Hall meeting on January 6, 2019 following the Sunday Service. (Thank you to the 32 people who participated in our first Town Hall on Dec 9<sup>th</sup>!) Members are invited to come to the Town Hall meeting with any unanswered questions regarding the upcoming vote.

To help you prepare for both meetings, detailed information: conceptual drawings & updated Frequently Asked Questions, are available in packets at the church or online. We strongly recommend reviewing this information prior to the Town Hall, and before the Congregational Meeting on Jan 13. Please feel free to contact any of the board members if you need help accessing the information.

## A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,

*“When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not yet ready. The challenge will not wait. Life does not look back.”*

— Paulo Coelho, The Devil and Miss Prym



The New Year is upon us and so is our upcoming Congregational Meeting. It has been heartening to reflect on the historical progress we have made as a congregation since 2013. As the historical synopsis was coming together, I was reminded of the hard work and dedication of many who served on the original Dream Team, the Strategic Planning Team, and most recently the Architectural Task Force. While life continues to move forward, it can sometimes be easy to forget the progress that has gotten us to where we are this month, and it is with deep gratitude that we find ourselves on the eve of a vote that will take us to the next step toward growing our worship space. The board hosted a town hall meeting on December 9<sup>th</sup> with another coming up this month on January 6<sup>th</sup>. These meetings are intended to address the unanswered questions and we hope they will support a confident vote on January 13<sup>th</sup>.

Also, in the early months of this New Year the board will be working closely with committees and teams on stewardship development. An important part of setting direction and goals comes from conversations with the congregation. Policy Governance has brought us tools such as Open Questions to help guide our goal setting. We look forward to having more conversations in the coming months around the following questions:

1. How do we build trusting relationships within the larger local faith community to identify and engage in a common purpose?
2. What practical steps can we take to fulfill CUUF's purpose and mission?

I am looking forward to moving forward, answering questions that will challenge us to test our courage and willingness to change. I'm ready, are you?

In service,

*Deb*

## Attitude of Gratitude

from November 2018 Board Packet

*Merci!*

*Gracias!*

*Thank you to the following people:*

- ☞ Thank you to **Laurie Rippon** for your service on the Finance Committee.
- ☞ Thank you to **Kymbris Bond** and all the others who made the beautiful stars for the ceiling of our fellowship and did all the other decorations.
- ☞ Many thanks to **Christina Davitt, Mary Timiras, Kandi** and **Daniel** for again putting on a fabulous Thanksgiving dinner for any CUUF members and friends.
- ☞ Thank you to **Deb Miller** for being such a competent president of our board.
- ☞ Thank you to our parish nurse, **Lori Nitchals**, for her roll of helping people and being on call for Rev Laura when she is out of town.
- ☞ Thank you to **LeRoy Farmer** for leading the weekly practice of Qigong.
- ☞ Thank you to our **Fundraising Committee** for lining up all of this year's Service Auction items.
- ☞ Thank you to **Julie Smith & Larry Tobiska** for playing the piano on Sunday's.

In gratitude,  
Patty Ostendorff

*THANKS!*

# RELIGIOUS EXPLORATION

## From the Desk of the DRE

Now that the holidays are over I bet you're ready to slow things down a bit. It's really winter, and it's time to tuck in to the warmth of the home. Traditionally, winter is a time of introspection, of going within, and just as the seeds of renewal are buried deep, waiting and getting ready to burst forth in just a few months, our own growth often mirrors this pattern.

Often we hunker down, pull in close, think deeply about changes in our lives, ways we want to live differently, or ways we want to grow ourselves in the future.

I hear parents say they hope to learn to remain calm more consistently in the face of their kids pushback, or strive to be more present and playful.

Parents have a tough job in today's society where the drive to reach some ideal of perfection is so strong. In every area of raising children parents are pressured to "get it right": Nutrition, education, enriching activities, social behavior, health, relationships...and it is impossible to actually reach that goal of perfection. It doesn't exist.

In these darker months, as the sun creeps back, I encourage you - dear parent - and you - supportive community member - to release the idea of "right" and "perfect" and instead think about these children we love so much as people, instead of projects. Human beings that are having their own experiences, living a life, and deserving of dignity, just as we all are. Perhaps you can let go of "doing it right" and relax, and trust that they will get exactly what they need from you as long as you are treating them with respect, and as long as they have food, shelter, clothing and love and affection from you. They are capable of so much without adults shepherding them the way our society tells us we must.

Take a look at our Seven Principles, and see how you can apply them to your parenting. What happens then? If you are interested in looking at this more deeply, feel free to contact me. If there is enough interest, perhaps we could have a parent group.

### K-5th Grade Class:

Upcoming theme for January: Making Mistakes, And Resolving Conflict.

We'll have a month of discussion and activities to focus on what it's like to mess up, or have others mess up, and to work it out and come back together. We all mess up - we are imperfect human beings. Sometimes kids get the message from adults that they need to be perfect. How can we change that message and teach instead that it's okay to mess up, and give some mindful compassion about how to resolve conflict when it happens?

### Youth Group:

NO GROUP ON JANUARY 2.

Upcoming theme for January: The Mask You Live in. Beginning with the documentary of the same title, we will spend Wednesday evenings discussing how so many of us put on "masks" for others, how and when it's safe to remove them, what is "being authentic" and what does it mean? We will also invite a mask maker in to help the youth make their own masks over the course of a few weeks.

Dylan

## **Social Action News**

### **Share The Plate – Sun, January 20 Panther House at Wenatchee High School**

December's recipient was The Garden Terrace Meal Program. We raised \$1,059.

**Thank you for your generosity!**

The recipient for January will be Panther House at Wenatchee High School. It is a resource for homeless students and families in need of food, clothing, hygiene products, and school supplies

### **Social Action Education Group: "So You Want to Talk About Race" Thursday, Jan 10, 6pm to 8pm, Chapters 8-13, CUUF Sanctuary**

We will take the next couple of months to study the book, "So You Want to Talk About Race" by Ijeoma Oluo. The book is described as "an actionable exploration of today's racial landscape, offering straightforward clarity that readers of all races need to contribute to the dismantling of the racial divide." Books are available at the local library under UU Social Action Group. For more information, contact Rev. Laura

## **MEMBERSHIP NEWS**

### **Making Connections:**

#### **Sun, Jan 20 noon to 2pm, CUUF Sanctuary**

This class is our informational membership class. We cover Unitarian Universalist history, Cascade UU Fellowship history, and provide information regarding the expectations/benefits of being a member at CUUF. We believe each person decides when it is the best time for them to become a member and therefore, this class provides the information needed to make that decision. Once you have participated in this class, then you are welcome to become a member. A light lunch and childcare are provided. To ensure we have enough food, please rsvp to Rev. Laura at [minister@cascadeuu.org](mailto:minister@cascadeuu.org) or 509-881-9658 by Jan 13.

### **Elder Talks:**

#### **Wednesday, Jan 9 10am to 11:30am, CUUF Sanctuary**

What does it mean to age and how are you supposed to do it gracefully? This is a time to gather and explore the topic of aging. We will take the time to discuss the topic of aging and the wisdom each of us brings to the topic. Join us for coffee, tea, and some light refreshments.

## **ADULT RELIGIOUS EDUCATION OPPORTUNITIES**

### **Qi-gong Practice Group**

#### **Mondays 6-7pm at CUUF**

All are welcome to join a weekly Qi-gong practice group. The practice is open to all abilities. It is gentle movement that promotes positive energy in our lives. We have an opening meditation, two practices, a feedback session, quiet meditation, and a closing circle. For questions, please contact Rev. Laura at [revlaurashennum@gmail.com](mailto:revlaurashennum@gmail.com) or 509-881-9658



**ADULT RELIGIOUS EDUCATION OPPORTUNITIES (continued)****Spiritual Exploration Discussion Group**

How do we know what we know? All interested in forming an adult spiritual discovery, exploration and development group are invited to an initial meeting on Wednesday, Jan. 9, at 7 p.m. at the home of Chris Rader, 1700 Rainier St., Wenatchee.

LeRoy Farmer and Doug Z. Taylor ("the other Doug Taylor") will facilitate the first meeting, where we will co-create the format and agree on future meeting times and places. It will be a discussion group with a mystical or New Age flavor, focusing on consciousness and possibly including meditation and/or book study. In Doug's words: "I commit to this process of spiritual exploration, of fulfilling my soul's longing to understand and express the divine to the best of my ability, with my thoughts, words and actions." For more information call LeRoy at 669-3941.

**FELLOWSHIP NEWS****SERVICE AUCTION UPDATE**

Last year our Service Auction raised \$3946

This year our Service Auction raised \$7234  
with \$1,975 still to be collected for a Grand Total of **\$9,209**

**GOOD JOB! And THANK YOU ALL! For your generous support of this community.**

**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.

**Saturday, January 26 @ 6pm**

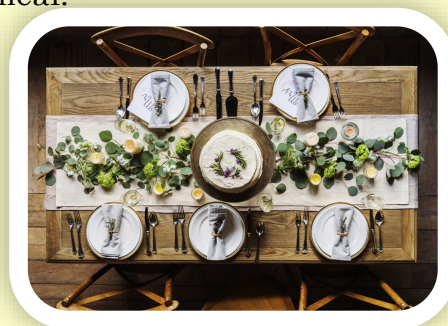
Hosts: Don & Carol Oliver

1640 Harrington Lane

East Wenatchee

RSVP: 679-3155

Let's Carpool



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

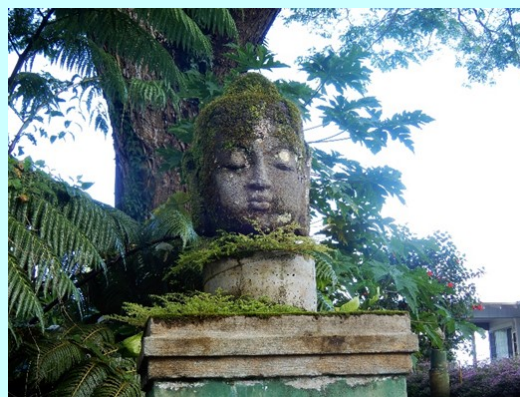
**Saturday, January 12 @ 6pm**

**Please sign up by Sunday, January 6 to Host or Attend.**

**Any questions contact Jackie Halter 860-2978**

## Happy New Year Sharon Meho Petit and Todd Daiko Petit

The New Year is a big celebration in Buddhist countries and traditions. In Western Zen there is a tradition of the Toya Party or the party that turns everything upside down. The students take charge and put on skits often poking some friendly fun at the teacher and officers of the temple. Alcohol is offered, and sushi is served, where tea and vegetarian only are allowed. Traditional Buddhist culture



celebrate at various times of the year based on traditions, the most prominent time is after the first full moon in April. However, in the West and Japan New Years is celebrated on January 1.

Because Stone Blossom Sangha meets on Wednesday, we celebrate on the nearest Wednesday to January 1. This year it is Wednesday, January 2, at 5:30 pm at 119 South Miller, Wenatchee.

But before the New Year's Day party there is the more serious New Year's Eve service. We combine the two days into one. The temple bell is struck by sangha members 108 times, the number of beads on a Buddhist mala. The first abbot of Chobo-ji claimed that 108 represents the number of delusions we each have at any given time. At Stone Blossom Sangha we strike our gong and each of us releases our own delusions for the New Year. Then we party. Everyone is invited to join us as we look forward to an exciting 2019 filled with three-day retreats and a class on beginning Zen at Wenatchee Valley College.

Please join us this year for one of our regular practices on Wednesday, the Living Zen Class at WVC or a retreat.

### Retreat Schedule:

Friday, January 18 thru Sunday, January 20. On Friday and Saturday, we will begin at 9:00 am and end 7:00 pm. On Sunday we will join Genjo Marinello Roshi and the FUMC congregation for their Sunday Service at 10:00 am and end with an hour long sit from 12:30 to 1:30 pm. Contact Sharon Meho Petit, Sensei at [shayknight@charter.net](mailto:shayknight@charter.net) or call 509-670-0883.

Friday, March 8, thru Sunday, March 10. This retreat will be designed to accommodate students from the WVC Living Zen Class. Genjo will join us on Saturday.

Living Zen Class: Tuesdays, 6:00 pm to 7:30 pm, all February. To attend you will need to register thru the Continuing Education Department, please refer to the Wenatchee Valley College website for more details. Tuition will be \$40 for all four classes. (Wenatchee Valley College/Continuing Education/Class Schedule/Health & Recreation/Living Zen) [https://wv.augusoft.net/index.cfm?](https://wv.augusoft.net/index.cfm?meth-)

od=ClassListing.ClassListingDisplay&int\_category\_id=3&int\_sub\_category\_id=2&int\_catalog\_id=

Weekly schedule Wednesday at 119 Miller, Wenatchee.

Morning Meditation	9:30 am to 10:30 am	Wednesday
Zen	5:30 pm to 6:30 pm	Wednesday
Tibetan	6:30 pm to 7:30 pm	Wednesday

**Contact: Sharon Meho Petit, [shayknight@charter.net](mailto:shayknight@charter.net) or 509-670-883**



# 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** — *The two Thursdays 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 together for coffee, activities, service projects, or whatever the group chooses to do! Come and meet your CUUF neighbors!

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

# January 2019



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).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>January Sermon Titles</b> <b>Jan 06</b> — <i>Breaking Covenant</i> <b>Jan 13</b> — <i>Owning Our Part</i> <b>Jan 20</b> — <i>Healing and Renewing</i> <b>Jan 27</b> — <i>This I Believe</i>		<b>1</b> 11:30am NO Covenant Group Meeting	<b>2</b> NO Minister's Coffee Hours Mela  NO	<b>3</b> 7pm Choir Practice  7pm Covenant Group Meeting	<b>4</b>	<b>5</b>
<b>6</b> 10:30am Sunday Service K-5 RE class  12pm Town Hall Mtg (Info)  [4pm Private Rental]	<b>7</b> 10:00am Covenant Group Meeting  5:30pm Executive Mtg  6pm Qi gong group 7pm Qi gong Facilitators	<b>8</b> 11:30am –1pm Covenant Group Meeting	<b>9</b> 10am Elder Talks  12pm-3pm Minister's Coffee Hours Mela  6pm Youth Group	<b>10</b> 6pm Social Action Education Group  7pm Choir Practice	<b>11</b> 10am UU Explorers 1	<b>12</b> 9:30am UU Explorers 2  6 pm Small Dinner (off site)
<b>13</b> 10:30am Sunday Service K-5 RE class 12pm Congregational Mtg (Vote)  [4pm Private Rental]	<b>14</b> 11:30am Pastoral Care Team  6pm Qi gong group	<b>15</b>  6pm Board Meeting  <div style="border: 1px solid red; padding: 5px; display: inline-block;"> DEADLINE FOR  FEBRUARY  NEWSLETTER </div>	<b>16</b> 12pm-3pm Minister's Coffee Hours Mela  6pm Youth Group	<b>17</b> 7pm Covenant Group Mtg  7:30pm Covenant Group	<b>18</b>	<b>19</b>
<b>20</b> 10:30am Sunday Service Share the Plate K-5 RE class  12pm Making Connec- tions	<b>21</b> 10:00am Covenant Group Meeting  6pm Qi gong group	<b>22</b> 11:30am –1pm Covenant Group Meeting	<b>23</b> 12pm-3pm Minister's Coffee Hours Mela  6pm Youth Group	<b>24</b> 6pm Finance Committee	<b>25</b>	<b>26</b> 6 pm Circle Supper (off site)
<b>27</b> 10:30am Sunday Service  [4pm Private Rental]	<b>28</b> 6pm Qi gong group	<b>29</b>	<b>30</b> 12pm-3pm Minister's Coffee Hours Mela  6pm Youth Group	<b>31</b> 7pm Choir Practice	<b>Noon</b> Every Tuesday Is Deadline For Sunday OOS/Bulletin	

# CUUF Leadership & Staff

## CUUF MINISTER

Rev. Laura Shennum

881-9658 | minister@cascadeuu.org

## CUUF INTERN MINISTER

Joel Courtney

575-650-0773 | internminister@cascadeuu.org

## CUUF BOARD OF TRUSTEES

Deb Miller, President ..... 750-9707

Julie McAllister..... 669-0246

Luke Evans, Treasurer ..... 470-1941

Leslie Marshall..... 670-2957

Jameson O'Neal..... 293-3086

Patty Ostendorff..... 860-0761

Vern Smith..... 860-2008

## CUUF RELIGIOUS EDUCATION DIRECTOR

Dylan Spradlin

886-4023 | redirector@cascadeuu.org

## CUUF OFFICE ASSISTANT

Sharon Page

886-4023 | admin@cascadeuu.org

## CUUF COMMITTEES AND TEAMS

### BOARD COMMITTEES:

#### **FINANCE COMMITTEE**

Jeff Lau, Chair 509-679-8424

Luke Evans, Treasurer

Rev. Laura Shennum

Laurie Rippon

Mark Seman

Paige Balling

#### **FUNDRAISING COMMITTEE**

Kmbris Bond, Chair, 541-953-4442

Carol Oliver

Rich Trifeletti

Heather Seman Mary Madsen

#### **GOVERNANCE COMMITTEE**

Ben Knecht, Chair

Carol Oliver

Jeff Lau

#### **NOMINATING COMMITTEE**

Jaime Krish, Chair

Heather Coonrod

Mary Ellen Rundell

## CUUF COMMITTEES AND TEAMS (continued)

### OTHER TEAMS & GROUPS:

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

Doug Taylor, Chair - 470-6416

Alex Leslie

#### **CHALICE LIGHTER AMBASSADORS**

Cathy Lau- 886-8583

#### **GREETERS**

Chris Rader, Chair - 888-0181

Deborah Bryant

Pam Toevs

Barbara Edwards

John Rundell

LeRoy Farmer

Mary Ellen Rundell

KC Kwak

Eliot Scull

Peggy Love

Pat Taylor

Sandy Limbeck

Pat Whitfield

Dawn McKenzie

Vikki Williams

#### **PACKING FRIENDSHIP**

Teresa Gelb, Chair 663-8240

#### **PASTORAL CARE ASSOCIATES**

Rev. Laura Shennum

Lori Nitchals, Parish Nurse

Leroy Farmer

Patty Ostendorff

Betsy Peirce

Pat Taylor

Verna Zuttermeister

#### **RELIGIOUS EXPLORATION**

Dylan Spradlin, RE Director

#### **SOCIAL ACTION TEAM**

Toni Graf, Chair 253-468-6744

#### **STEWARDSHIP TEAM**

Rebecca Lyons & Eliot Scull, Co-Chairs

Nancy Warner

Don Flick

LeRoy Farmer

#### **WORSHIP TEAM**

Deborah Bryant, Chair

Jim Bryant

Chip Balling

Paige Balling

Christina Davitt

Deb Miller

Sharon Page

Pam Toevs

Lynn Madsen

Steve Clem

Rev. Laura Shennum

Kmbris Bond

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 Assistant at: 886-4023, [admin@cascadeuu.org](mailto:admin@cascadeuu.org), or 1550 Sunset Highway N., East 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 assistant know.*

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

**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

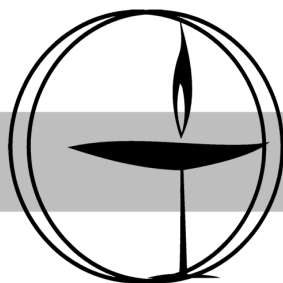
*There are seven principles which*

*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.



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