February 2019

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.

CUUF Minister:
Rev. Laura Shennum
881-9658
minister@cascadeuu.org

Intern Minister
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joel.m.courtney@gmail.com

RE Director:
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Cascade UU Fellowship
1550 Sunset Hwy
East Wenatchee WA 98802
(509)886-4023
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 theme for February is listening with kindness and respect.

February 3, 2019
Authentic Kindness
10:30am Service
Rev. Laura Shennum
Celebrant: Lynn Madsen
What does it mean to be authentically kind? How do we show up in this way? We will explore the intricacies of this concept and develop our own sense of being kind to others.

February 10, 2019
Truly Listening
10:30am Service
Rev. Laura Shennum
Celebrant: Sharon Page
We often hear each other and rarely listen. This morning, we will take time to listen to each other and engage beyond our ears. This will be an interactive service.

February 17, 2019
Attending
10:30am Service
Speaker: Lynn Madsen
Celebrant: Marya Madsen
When we listen deeply, we use more than our ears and respond to more than the words. When we truly attend, we are using our entire being. When we listen deeply, part of what we are offering is our honest, openhearted response. Which means we have to be noticing ourselves as well. Join us as we explore how to attend more deeply--to others, to ourselves, to the world.

February 24, 2019
Listening Through the Hate
10:30am Service
Speaker: Joel Courtney
Celebrant: Christina Davitt
Our covenant calls us to "listen with kindness and respect," but that can be difficult when we are asked to listen to words that are tinged with hate and disrespect. What can we learn from others about piercing through hateful words to the love that can be found in our shared humanity?
A MESSAGE FROM REV. LAURA SHENNUM

Holy Curiosity...

“This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.” - Dalai Lama

Our covenant calls us to listen kindly and respectfully. We will look at ways we will explore this line throughout the month. As a way to start the conversation, I offer the following poem for you to dwell on:

Kindness
By Naomi Shihab Nye, Words Under the Words: Selected Poems

Before you know what kindness really is you must lose things,
feel the future dissolve in a moment like salt in a weakened broth.
What you held in your hand, what you counted and carefully saved,
all this must go so you know how desolate the landscape can be
between the regions of kindness.
How you ride and ride thinking the bus will never stop,
the passengers eating maize and chicken will stare out the window forever.

Before you learn the tender gravity of kindness,
you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you, how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice catches the thread of all sorrows
and you see the size of the cloth.

Then it is only kindness that makes sense anymore,
only kindness that ties your shoes and sends you out into the day to mail letters
and purchase bread, only kindness that raises its head from the crowd of the world to say
It is I you have been looking for, and then goes with you everywhere
like a shadow or a friend.

In Faith & Love,

Rev. Laura
A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,

“The relationship between commitment and doubt is by no means an antagonistic one. Commitment is healthiest when it is not without doubt, but in spite of doubt.” ~Rollo May

I have started this monthly article on the eve of a big day for our congregation. Tomorrow we will be voting on two important decisions that are critical to the forward progress of creating space for our growing congregation. I appreciate the worship team’s decision to focus on our congregational covenant for the monthly service themes throughout this congregational year and I especially thank Rev. Laura for last week’s sermon “Breaking Covenant” as a gentle reminder of how covenants can and have been broken in the past. I see our CUUF Congregational Covenant as an important tool to guide us through processes that require group decisions which have the potential to stir a variety of emotions.

As many of you know, I am a huge fan of the Pixar movie Inside Out and I even delivered a service (The Gift of All Emotion-Oct. 15, 2017) around the movie that stars a cast of characters (Joy, Fear, Anger, Disgust and Sadness) running the control panel in a person’s brain, as the movie infers. As I prepare for tomorrow’s congregational meeting, the cast of characters running the show in my head have all had their turn at my emotional control panel. From the joy of anticipation of a possible commitment to move forward, to the fear that keeps doubt present in my mind, I am thankful for the gentle reminder from our covenant to recognize, reflect and reengage, even when it’s just me using the tools for myself. Using the tools in the covenant in action this week, I have taken the time to stop and to recognize all the crazy emotions flowing through me, reflect on where they are coming from, and then reengage, with the cast of characters peacefully at the helm, in my commitment to serving as your leader in this exciting year.

Thank you all for your willingness over the past month during our town hall sessions to commit to sharing your ideas, concerns and visions of how we should move forward. I look forward to tomorrow and having direction for the board’s next steps toward achieving our 2018-19 goals.

In Service,

P.S. - As many of you know by now, BOTH BALLOT ITEMS PASSED!!! Thank you to all who were able to attend the congregational meeting, for your valued comments and questions, and for a successful vote that keeps the visioning moving forward!! Now...I can breathe!!!
Attitude of Gratitude
from January 2019 Board Packet

Thank you to **Jeff Lau** as our retiring bookkeeper and for his years of financial help with CUUF.

Thank you to **Alex Leslie and Doug Taylor** for fixing our toilet.

Many thanks to the Fundraising Committee for work on the Silent Auction: **Kmbris Bond, Emily Siroky, Carol Oliver, Mary Madsen**.

Thank you to **The Youth Group** for their Service of Light.

For the Christmas Eve Service (Liturgical Arts Team) **Kmbris and Rich, Rachel Courtney, Emily Siroky, Christina Davitt and Mary Madsen**.

   Director: **Kmbris Bond**,  
   Assistant Director: **Rachel Courtney**,  
   Production: **Kmbris, Rachel, Chip Balling, Daina Toevis**  
   Masks, sets and costumes..... **Rachel, Kmbris, Heather and Mark Seman, Ken and Daina Toevis, Stephanie Waterbury and Rich Trifeletti**.

   Actors/dancers: **Linnea Shannon, Sharon Page, Chip Balling, Laurie Rippon, Ivy Coonrod, Page Balling, Darius Severson, Rhonnie Craven, Ash Woods, Vern Smith, Issac Severson, Sara Severson, Allyssa Arnold**.  
   Musicians: **Don Shennum, Natalie Severson, Steve Clem**.  
   Also thanks to the **Music Theater of Wenatchee for allowing us to borrow costumes and PaintNite Wenatchee for use of painting supplies**.

In gratitude,
Patty Ostendorff
From the Desk of the DRE

This month in the K-5th Grade class we will be focusing on the theme of Listening with Kindness and Respect, along with the theme for the greater congregation. We have a few newer, younger kids in our midst, and it’s great to see how the older, more seasoned kids are able to include and welcome them! Welcome to Marin and Sawyer!

We kicked off February in Youth Group with a field trip to Seattle to see the musical Dear Evan Hansen, and an overnight at former CUUF minister Cecelia Kingman’s church in Edmonds. This event was the kick off to a month of focusing on the topic of teen mental health and suicide. It’s a heavy topic, but such an important one. One of the weeks, we will be having a QPR training (Question, Persuade and Refer) for the group to help them identify and know what to do if they find themselves in a situation with a friend who may be suicidal.

Mental health issues are rising among our young people. Suicide is a leading cause of death among young people between the ages of 10-24, and diagnoses of anxiety and depression are common.

Many experts are struggling to determine why. One reason that is agreed upon is that our kids are under a lot of pressure in a fast paced world. With a push for academic performance, more homework expectations, a highly competitive future job market as well as an uncertain future as far as climate change and politics go, relaxed downtime is almost non-existent. This isn’t just for teens. Our younger children are also often over-scheduled with afterschool programs, lessons, sports, and extracurriculars, as well as homework, and with the majority of families being two-income earners (and many with multiple jobs, and up to half with dual households, where children are splitting time between homes) even your young children do not escape pressure.

Free play, or play that is unstructured, unencumbered with rules created by adults, and supervised by adults, is rare. But this is the kind of downtime that kids need to be able to take time away from their busy schedules and choose their own activities whether it’s play outside in nature, reading, indoor play, art, or gaming...adults often criticize young people for the amount of time spent on electronic devices but I wonder if this is one of the only places they can be free of direction, observation, and structure imposed by the adults in their life. It would make sense if this were the case, that they would gravitate to their devices.

Experts in the field have noticed an inverse correlation between the increase of mental health issues and the decrease in recess and unstructured play since the 1980’s.

So how often does your child or teen have unstructured, unsupervised downtime? How often do you have stretches of downtime as a family? What ways can you increase either or both of those during your week?

If you’d like to talk about this further, please reach out to me. If there is enough interest, I’d be happy to start a parenting group to discuss these, and other, issues.

Dylan
SOCIAL ACTION NEWS

Share The Plate – Sun, February 17
Wenatchee Valley Dispute Resolution Center

December’s recipient was The Panther House at Wenatchee High School and we raised $916
Thank you for your generosity!

The recipient for February will be Wenatchee Valley Dispute Resolution Center. It is an organization that provides mediation services to people in the Chelan and Douglas counties. The organization uses a sliding scale, so no-one is turned away.

Our Total Giving on Share the Plate Sundays in 2018

- January, Children’s Home Society, $1,190
- February, Wellness Place, $581
- March, Hand in Hand Immigration, $778
- April, Volunteer Attorney Services, $602
- May, Two Rivers Art Gallery, $301
- June, Women’s Resource Center, $763
- August, No More Deaths, $1,158
- September, Black Lives of UU, $425
- October, NAMI, 648
- November, The Spectrum, $756
- December, Garden Terrace food program, $1,060

Total Given: $8,262

Thank You For Your Awesome Generosity!

MEMBERSHIP NEWS

Newcomer Chat
Sun, Feb 17 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.

Elder Talks
Wednesday, Feb 13 10am to 11:30am, CUUF Sanctuary

Topic: Planning for the Future
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**

**SAVE THE DATE!**
Connecting through Conversations

In a joint effort with Grace Lutheran and St. Luke’s Episcopal Church, Cascade UU will be sponsoring a series of conversations based on the Civil Conversations Project. Dates, times, and locations are listed below. Additional dates, times, and locations are still being considered. If you are interested in helping to facilitate these conversations, please contact Rev. Laura 509-881-9658 or minister@cascadeuu.org

Wednesdays from March 13 through April 10
12pm to 2pm at St. Luke’s Episcopal Church, bring a bag lunch for social time from 12-12:30pm, program will start at 12:30pm.

5:30pm to 7:30pm at Grace Lutheran Church, a light dinner will be served from 5:30pm to 6pm, program will start at 6pm.

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**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.

**Saturday, February 2 @ 6pm**
**Hosts:** Tina & Eliot Scull
3770 10th St. S.E.
East Wenatchee
**RSVP:** 679-2933 or etscull@frontier.com
Let’s Carpool

**SMALL DINNERS IN FEBRUARY**— 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, February 16 @ 6pm**
Please sign up by Sunday, February 10 to Host or Attend.
Any questions contact Jackie Halter 860-2978
Our Buddhist Corner Article
Will Return Next Month

Weekly schedule Wednesdays 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 or 509-670-883

Duke Ellington
Sacred Concert

Featuring:
Rhia Foster, vocal soloist
Grace Orallo, tap dancer
Wenatchee Big Band
Music Ministry of Grace Lutheran

Friday, Feb 1, 2019 7pm

Presented in recognition of Black History Month.
Free and open to the public.
Groups & Programs

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 Patty Ostendorff, 860-0761, 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.

Choir — *The two Thursdays preceding the 2nd 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 or 881-5020; or Kmbris Bond, at 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 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!
### February 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@cascaduu.org.

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CUUF Leadership & Staff

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Julie McAllister 669-0246
Luke Evans, Treasurer 470-1941
Leslie Marshall 670-2957
Jameson O’Neal 293-3086
Patty Ostendorf 860-0761
Vern Smith 860-2008

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886-4023 | redirector@cascadeuu.org

CUUF OFFICE ASSISTANT
Sharon Page
886-4023 | admin@cascadeuu.org

CUUF COMMITTEES AND TEAMS
BOARD COMMITTEES:

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Luke Evans, Treasurer
Rev. Laura Shennum
Mark Seman
Paige Balling

FUNDRAISING COMMITTEE
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Carol Oliver
Rich Trifeletti
Heather Seman Mary Madsen

GOVERNANCE COMMITTEE
Ben Knecht, Chair
Carol Oliver

NOMINATING COMMITTEE
Jaime Krish, Chair
Heather Coonrod

CUUF COMMITTEES AND TEAMS (continued)

OTHER TEAMS & GROUPS:

BUILDING & GROUNDS TEAM
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Alex Leslie

CHALICE LIGHTER AMBASSADORS
Cathy Lau 886-8583

GREETERS
Chris Rader, Chair - 888-0181
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Barbara Edwards Pam Toevs
LeRoy Farmer Eliot Scull
KC Kwak Pat Taylor
Peggy Love Pat Whitfield
Sandy Limbeck Vikki Williams

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Lori Nitchals, Parish Nurse
LeRoy Farmer
Patty Ostendorff
Betsy Peirce
Pat Taylor
Verna Zuttermeister

RELIGIOUS EXPLORATION
Dylan Spradlin, RE Director

WORSHIP TEAM
Deborah Bryant, Chair
Jim Bryant
Chip Balling
Paige Balling
Steve Clem
Kmbris Bond
Christina Davitt
Lynn Madsen
Deb Miller
Sharon Page
Rev. Laura Shennum
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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.