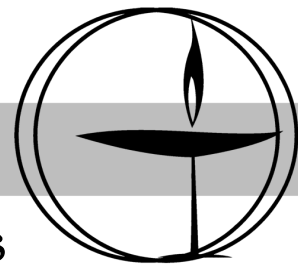


# CUUF Link

*Cascade Unitarian Universalist Fellowship*



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*February 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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**RE Director:**

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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 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, *Deb*

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!!!

### ***CUUF Ministerial Intern Update***

CUUF's Intern Minister Joel Courtney, his wife Rachel and their two dogs are happily adjusting to life here in Wenatchee. Since they arrived in September, Joel has done some preaching, and acted as celebrant but mostly his role is to observe and learn all he can about becoming a UU minister. Rachel, a graphic designer by trade, jumped right in and offered art classes for our Service Auction as well as lending an able hand with the Sanctuary Decorating Team. In January, Joel spent time back in Chicago at Meadville Lombard Seminary, for the in-person portion of his education. Joel meets monthly with the Ministerial Intern Committee at CUUF: Don Flick, Chip Balling, Penny Tobiska, Kelsey Mahoney, Kimberly Manhart and chair, Christina Davitt. The Committee's role is to support Joel in his ministerial formation activities here at CUUF and eventually complete an evaluation of his progress. Please contact any member of the Committee or Rev. Laura if you have feedback for Joel or questions about his role and what he is learning here. We are so pleased to have Joel and Rachel in our Beloved Community.

# Attitude of Gratitude

from January 2019 Board Packet

*Merci!*

*Gracias!*

*Thank you to the following people:*

- ☞ 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 Toevs**

Masks, sets and costumes..... **Rachel, Kmbris, Heather and Mark Seman, Ken and Daina Toevs, 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

*THANKS!*

# RELIGIOUS EXPLORATION

## 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.

## 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**

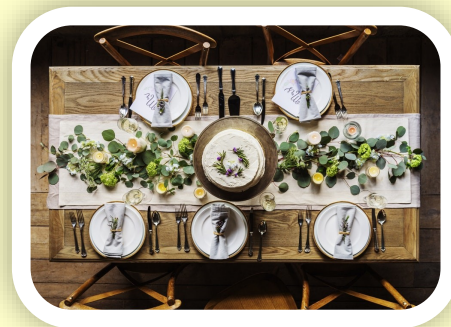
**Hosts:** Tina & Eliot Scull

3770 10th St. S.E.

East Wenatchee

**RSVP:** 679-2933 or etscull@frontier.com

Let's Carpool



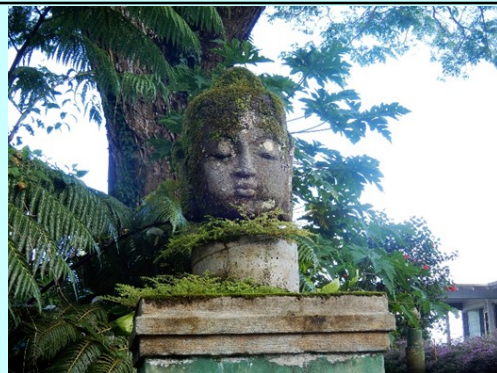
**SMALL DINNERS IN FEBRUARY**— Small Dinners are potluck dinners for eight people, including host. They are held on Saturday evenings in the homes of CUUF members and friends.

**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](mailto: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.**



Grace Music Ministry

Grace Lutheran Church  
1408 Washington St, Wenatchee, Washington  
[www.glcwen.org](http://www.glcwen.org)



# 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) !

# 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@cascadeuu.org](mailto:admin@cascadeuu.org).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>February Sermon Titles</b> <b>Feb 03—Authentic Kindness</b> <b>Feb 10—Truly Listening</b> <b>Feb 17—Attending</b> <b>Feb 24—Listening Through Hate</b>			<b>12pm-3pm</b> <i>Minister's Coffee Hours Mela</i>  <b>6pm</b> Youth Group	<b>7pm</b> Greeters Mtg	<b>1</b>  <b>6pm</b> [Private Rental]	<b>2</b>  <b>6 pm</b> <i>Circle Supper (off site)</i>
<b>3</b>  <b>10:30am</b> <b>Sunday Service</b> <b>K-5 RE class</b>  <b>12pm</b> Neighborhood Group Leaders Mtg <b>[4pm Private Rental]</b>	<b>4</b>  <b>10:00am</b> Covenant Group Meeting  <b>5:30pm</b> Executive Mtg  <b>6pm</b> Qi gong group	<b>5</b>  <b>11:30am –1pm</b> Covenant Group Meeting	<b>6</b>  <b>12pm-3pm</b> <i>Minister's Coffee Hours Mela</i>  <b>6pm</b> Youth Group	<b>7</b>  <b>7pm</b> Choir Practice  <b>7pm</b> <i>Covenant Group Meeting</i>	<b>8</b>  <b>6pm</b> [Private Rental]	<b>9</b>  
<b>10</b>  <b>10:30am</b> <b>Sunday Service</b> <b>K-5 RE class</b> <b>[4pm Private Rental]</b>	<b>11</b>  <b>11:30am</b> Pastoral Care Team  <b>6pm</b> Qi gong group	<b>12</b>  <b>6pm</b> Board Meeting	<b>13</b> <b>10am</b> Elder Talks  <b>12pm-3pm</b> <i>Minister's Coffee Hours Mela</i>  <b>6pm</b> Youth Group	<b>14</b> <b>Happy Valentines</b>  	<b>15</b>  DEADLINE FOR MARCH NEWSLETTER  <b>6pm</b> [Private Rental]	<b>16</b> <b>9:30am</b> Celebrant Training  <b>12pm</b> Ensemble Practice  <b>6 pm</b> <i>Small Dinner (off site)</i>
<b>17</b> <b>10:30am</b> <b>Sunday Service</b> <b>Share the Plate</b> <b>K-5 RE class</b>  <b>12pm</b> Newcomer Chat <b>[4pm Private Rental]</b>	<b>18</b> <div style="border: 2px solid blue; padding: 2px; display: inline-block;"> <b>Office Closed</b>  <b>President's Day</b> </div>  <b>10:00am</b> Covenant Group Meeting  <b>6pm</b> Qi gong group	<b>19</b>  <b>11:30am –1pm</b> Covenant Group Meeting	<b>20</b>  <b>12pm-3pm</b> <i>Minister's Coffee Hours Mela</i>  <b>6pm</b> Youth Group	<b>21</b>  <b>7pm</b> <i>Covenant Group Mtg</i>  <b>7:30pm</b> <i>Covenant Group</i>	<b>22</b>  <b>6pm</b> [Private Rental]	<b>23</b>  
<b>24</b>  <b>10:30am</b> <b>Sunday Service</b>  <b>[4pm Private Rental]</b>	<b>25</b>  <b>6pm</b> Qi gong group	<b>26</b>  	<b>27</b>  <b>12pm-3pm</b> <i>Minister's Coffee Hours Mela</i>  <b>6pm</b> Youth Group	<b>28</b>  <b>6pm</b> Finance Committee	<b>6pm</b> [Private Rental]	<b>Noon</b> <i>Every Tuesday Is Deadline For Sunday OOS/Bulletin</i>

# 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

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

#### **NOMINATING COMMITTEE**

Jaime Krish, Chair

Heather Coonrod

## 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

Dawn McKenzie

Barbara Edwards

Pam Toevs

LeRoy Farmer

Eliot Scull

KC Kwak

Pat Taylor

Peggy Love

Pat Whitfield

Sandy Limbeck

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

#### **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

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@cascadeuuu.org](mailto:admin@cascadeuuu.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@cascadeuuu.org](mailto:admin@cascadeuuu.org)

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

## Unitarian Universalism

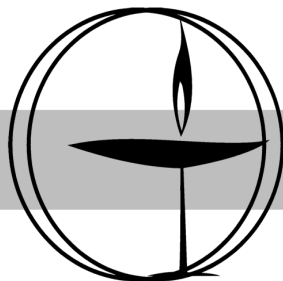
*There are seven principles which*

*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*

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