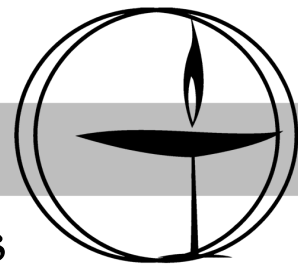


CUUF Link

Cascade Unitarian Universalist Fellowship



March 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

Joel Courtney
575-650-0773
joel.m.courtney@gmail.com

RE Director:

Dylan Spradlin
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Cascade UU Fellowship

1550 Sunset Highway
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 themes this year will be phrases from our congregational covenant.
Our theme for March is Sharing Our Gifts and Strengths in Service to the
Greater Good.*

March 3, 2019 In Service?

10:30am Service

Rev. Laura Shennum
Celebrant: Sharon Page

What does it mean to be in service? In our mission and in our covenant, we have statements which call us to serve a greater good as well as our local and world communities. What shifts in priorities and expectations happen when we serve?

March 10, 2019 Defining a Greater Good

10:30am Service

Rev. Laura Shennum
Celebrant: Christina Davitt

If we are in service to a greater good, what does that mean? How do we define the term greater good? Can we find a definition which allows us all to work towards a common goal?

March 17, 2019 Recognizing Our Gifts & Strengths

10:30am Service

Rev. Laura Shennum
Celebrant: Lynn Madsen

Each of us brings with us into CUUF gifts and strengths we can offer to each other as well as our community. We will take some time this morning to find ways to identify them as well as discover where they may be needed in our congregational activities.

March 24, 2019 Shine a Light for All the World to See

10:30am Service

Speaker: Christina Davitt
Celebrant: Deb Miller

We all need signposts, a compass to steer by, or a light shining in the dark to guide us in our lives. Let's look at the Ten Commandments and the Seven UU Principles - how are they alike and different? And how can we choose the gifts and strengths we share with a world that needs a loving example?

March 31, 2019 Acting Within Our Values: In-Service Sunday

10:30am Service

Rev. Laura Shennum
Celebrant: Deb Bryant

We will put our values into action this morning and engage in activities to benefit communities beyond our walls. Please come with an open mind and willing hands to participate in service to others.

A MESSAGE FROM REV. LAURA SHENNUM

Holy Curiosity...

"We make a living by what we get; we make a life by what we give." - Sir Winston Churchill

This month, we are focusing on how we share our gifts and talents in service to the greater good. I offer this poem by Rev. Dr. Rebecca Ann Parker as a guide for our exploration:



Choose to Bless the World

Your gifts—whatever you discover them to be—can be used to bless or curse the world. The mind's power, the strength of the hands, the reaches of the heart, the gift of speaking, listening, imagining, seeing, waiting

Any of these can serve to feed the hungry, bind up wounds, welcome the stranger, praise what is sacred, do the work of justice or offer love.

Any of these can draw down the prison door, hoard bread, abandon the poor, obscure what is holy, comply with injustice or withhold love.

You must answer this question:
What will you do with your gifts?

Choose to bless the world.

The choice to bless the world is more than an act of will, a moving forward into the world with the intention to do good.

It is an act of recognition, a confession of surprise, a grateful acknowledgment that in the midst of a broken world unspeakable beauty, grace and mystery abide.

There is an embrace of kindness
that encompasses all life, even yours.

And while there is injustice, anesthetization, or evil, there moves a holy disturbance, a benevolent rage, a revolutionary love, protesting, urging, insisting that which is sacred will not be defiled.

Those who bless the world live their life as a gesture of thanks for this beauty and this rage.

The choice to bless the world can take you into solitude to search for the sources of power and grace; native wisdom, healing, and liberation.

More, the choice will draw you into community, the endeavor shared, the heritage passed on, the companionship of struggle, the importance of keeping faith, the life of ritual and praise, the comfort of human friendship, the company of earth, the chorus of life welcoming you.

None of us alone can save the world.
Together—that is another possibility, waiting.

In Faith & Love,

Rev. Laura

A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,

"A brave leader is not someone who is armed with all the answers." ~Brené Brown, Dare to Lead

As the first born child (and only female sibling) in my family I often ponder whether it was by nature or birth order I have always felt I was born to lead. (Or, if you ask my younger brothers, I was born to be in charge.) Yet, being the first born with no big sibling to teach me, I've found myself doubting my knowledge and skills at times. I'm often willing to take the lead on something, then quickly find myself looking for the rulebook that will arm me with the answers that I need in order to do the job *perfectly* (the discussion of perfection is reserved for another time). All too quickly I've learned there is rarely such a rulebook available.



This past month our CUUF Treasurer Luke Evans and myself attended the Pacific West Region (PWR) Leadership Experience. This retreat was offered by some of our PWR staff and is a new pilot that is an updated version of the previous Russel Lockwood Leadership School previous CUUF board members and congregational members have attended. Luke and I enjoyed a weekend intensive retreat with approximately 20 other congregational members from around the region. There was a diverse representation of leaders from every congregational size, congregational age, and history of experience that we both learned from. We will be participating in bi-weekly group conversations over the next few weeks as the shared learning experience continues into the Spring. We both look forward to bringing our newly gained tools to our work as leaders on the team.

I am grateful for the opportunity to have spent the time with other UU's and to learn all that I could through deep listening and sharing. While I still did not find a rulebook that is filled with the answers I was looking for, I found comfort in realizing I don't need one. Our faith does not have a rulebook and our democratic process, through our group's collective conscience, is one of the endearing qualities that drew me here. Without the book of answers, I am still your *brave* leader.

In Service.

Deb

CUUF Ministerial Intern Update

Our CUUF Intern Minister Joel Courtney has been busy this past two months. He spent three weeks (one week for each class he took) in Chicago at Meadville Lombard Theological School doing the in-person part of his UU seminary classes. In the Winter semester, Joel took three classes – Liberal Theology, World Religions and Religious Education for a Changing World, which was taught by Rev. Tandi Rogers, who is on the UUA Pacific Western Regional Congregational Life Staff. Joel said that he was most impressed with the class on RE. Joel called it – “a true master class.”

While Joel is here with us, he connects with his professors and classmates online to complete assignments and group work. In March, Joel will return to Chicago for another three weeks for classes in Congregational Life Studies, Religious Naturalism and Spiritual Practices. He finds it good to be in Chicago to see his classmates and professors in person, but he is very happy to return to his home here with his wife Rachel, his dogs and all of us at CUUF. Joel is looking to start a Focused Initiative here at CUUF – which will involve “crossing borders” and possibly some storytelling. More details to come!!!

Thank you all and please continue to reach out to Joel and Rachel and help them feel welcome here. Rachel has been very involved with our sanctuary decorating team and offering art classes for our auction. You can connect with any of the members of the Intern Committee with your suggestions, questions or concerns, including Christina Davitt, Chip Balling, Don Flick and Penny Tobiska. Thank you!

Capital Campaign & Annual Stewardship News!

Creating Our Legacy:

Fostering Spirituality, Building Fellowship, Supporting Community

Your capital campaign team is on the move! They have been busy creating materials, recruiting helpers, training visiting stewards, and planning events. The core team is led by Steve Clem and other members include: Vern Smith, Peggy Love, LeRoy Farmer, Paige Balling, and Eliot Scull. The team is supported by Rev. Laura and intern minister, Joel Courtney. Look for regular updates from the team throughout the course of the campaign.

Here are some important dates to remember:

Mar 8 & 9 – Training for visiting stewards

Mar 10-31 – Leadership Phase of Campaign

Apr 7 – Kick-off of Campaign

Apr 7- May 5 – General Phase of Campaign

Jun 2 – Annual Congregational Meeting

Jun 8 – Celebration of campaign results!

CUUF Ministerial Sabbatical Update

Rev. Laura is going on sabbatical from December 25, 2019, returning to the congregation in mid-April, and joining worship with us on Sunday May 10, 2020. The purpose of a ministerial sabbatical is for a minister to have relief from the daily work of ministering to the congregation and to have opportunities for reflection, growth and then re-engagement. The congregation will continue to pay Rev. Laura's salary and benefits during this time away. The CUUF Ministerial Sabbatical Leadership Team is working on a grant application from the Lily Endowment to support not only Rev. Laura's activities during her sabbatical including education and travel, but also to support the congregation's financial needs for ministerial support during this time. The grant can also provide financial support for Rev. Laura and the congregation to work through the transition when she returns. This financial support and the congregation's engagement will help both Rev. Laura and the congregation to take full advantage of this extraordinary opportunity for focused reflection and supported growth.

The CUUF Ministerial Sabbatical Leadership Team will also be working with the congregation to ensure we meet our own goals for this sabbatical – to refresh ourselves, to grow and then re-engage with our minister as we enter into a new era of shared ministry. We will formally send her off with blessings in December and celebrate the blessings she brings back to us in May. Members of the CUUF Ministerial Sabbatical Leadership Team supporting Rev. Laura and the congregation include CUUF Ministerial Intern Joel Courtney, Board members Julie McAllister and Treasurer Luke Evans, and CUUF members Steve Clem, LeRoy Farmer, Kmbris Bond, Pat Taylor and Christina Davitt. Please reach out to Rev. Laura or any member of the team if you have any questions.

RELIGIOUS EXPLORATION

From the Desk of the DRE

Spring arrives in less than a month...at least by the calendar. It's hard to believe that as I write this, with more than a foot of snow sitting outside my window, more coming down, and icicles dangling from the eaves. But I know it will happen, and likely it will change quickly, and suddenly, perhaps in one weekend and we will be outside taking deep, full breaths of that fresh air with a hint of warmth, and new growth.

Does anyone else remember the scene in the Disney movie, "Bambi" when one of the characters was explaining what happens in the spring when all the animals start falling in love, and become "twitterpated?"

It seems as good a month as any to have the focus in Youth Group be about healthy relationships, dating and consent. We'll begin the month watching the documentary, Miss Representation - the counterpart to the film we watched in January that explored the narrow definition our culture allows boys and men, and toxic masculinity. Miss Representation focuses on "how mainstream media contributes to the under-representation of women in influential positions by circulating limited and often disparaging portrayals of women. The film interweaves stories from teenage girls with provocative interviews to give an inside look at the media and its message. The film's motto, "You can't be what you can't see," underscores an implicit message that young women need and want positive role models, and that the media has thus far neglected its unique opportunity to provide them." (From Wikipedia)

In the K-5th Grade class we will be sharing our gifts with each other. Learning what our gifts are, what they can be, looking beyond what is commonly seen to what is the truth of each and every individual and the gifts we all carry.

Remember, this is a month of transition. Changing of seasons can be challenging so remember to breathe, slow down, look for ways to create balance that is natural in the coming Equinox. As you enjoy your hot cuppa, notice how it balances the cold outside. As you sit quietly for a few moments, notice how it balances the happy chaos of the kids playing in the other room (or right next to you!). Sometimes just noticing those small moments of balance can assist in finding your center.

Peace!



SOCIAL ACTION NEWS

Share The Plate – Sun, March 17 Eastmont High School QSA

The recipient for February was Wenatchee Valley Dispute Resolution Center. We raised \$364.
Thank you for your generosity!

The recipient for March will be Eastmont High School QSA. It is the queer-straight alliance club at Eastmont High School. They provide peer support to students who identify as LGBTQ+. Donations help fund activities for the group as well as resources.

ADULT RELIGIOUS EDUCATION OPPORTUNITIES

UU Navigators Class Starting in April

Facilitated by Rev Laura Shennum
Second Sat of the month from Apr – Dec
First class: Apr 13, 9am to Noon, CUUF Sanctuary

This class will explore in-depth Unitarian Universalism. We will explore history, theology, spirituality, and belief systems. There will be homework for each session. This class will be limited to 10 people and a high commitment to attend all classes will be expected.

In addition to the monthly classes, participants will be expected to participate in monthly clearness circles of up to five people. These circles are based on work by Quaker Parker Palmer. To sign up for this class or for more information, please **contact Rev. Laura Shennum by Mar 31** to obtain the readings for the first class.

Elder Talks

Wednesday, March 13 10am to 11:30am, CUUF Sanctuary

Topic: Imparting Our Legacy/Passing On Our Life's Work

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.

RETRACTION

In one of our previous newsletters, it was stated that LeRoy Farmer was a facilitator for the Monday night Qi-gong class. That was a misprint on our part. LeRoy is not and never has been a facilitator for the Qi-gong class. We apologize for any confusion. If you need info about the class please contact Rev. Laura. Thank you for your understanding.

MEMBERSHIP NEWS

Newcomer Chat

Sun, March 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.

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.

To register for the event follow this link: <https://goo.gl/forms/UsWNL9kIXCCdeQar1>

***Wednesdays ***

March 13 through April 10

***12pm to 2pm* at:**

St. Luke's Episcopal Church,

bring a bag lunch

12-12:30pm, Social Time

12:30pm program will start

***5:30pm to 7:30pm* at:**

Grace Lutheran Church,

a light dinner will be served

from 5:30pm to 6pm,

6pm program will start

Fridays

March 15 through April 12

10am to Noon, at YWCA,

212 First Street,

Light breakfast served

10:30am program will start

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, March 16th @ 6pm

Hosts: Leslie and John Marshall

3620 Westridge Place

Wenatchee WA 98801

RSVP: 670-2957 Text preferred but calls Ok

Let's Carpool

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.

March Small Dinners

Saturday, March 23 @ 6pm

Please sign up by Sunday March 17

You will be contacted by the host.

Questions Jackie Halter 860-2978





Meho and Daiko at January 2019 Three Day Sesshin

Dogen Zenji and Time

Sharon Meho Petit and Todd Daiko Petit

On a Zen teacher's Facebook group I came across a quote from Dogen Zenji, the founder of the Soto Zen sect and one of my own Zen ancestors. It goes like this:

"We think of old age as something that happens to us. But..we are time itself."

Having just presented the Four Noble Truths to the students of the Living Zen Class at the college and... turning 70 last year this quote really struck home with me. When we look at what we call ourselves we can see that we change over time and there is nothing solid and unchanging we can attach to as self. But this takes it to the next step, seeing we are an expression of time itself. Wow! Time is not outside of ourselves. Neither is the oxygen we breathe or the green Earth that we stand on. We also can see that the Earth itself is time, the Cosmos is time. And, getting back to the Four Noble Truths, we are all impermanent and of the nature to become sick, grow old and die. Nothing to be done and any attempt to avoid or not acknowledge this fundamental truth will cause endless suffering for ourselves and everyone else.

This is very simple but oh how we resist.

You may also join us any Wednesday at 5:30 pm for practice at
119 S 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

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 !


March 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.

[] indicate non-CUUF events or Private Rentals [PR]. *Italicized entries indicate they occur off-site.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March Sermon Titles Mar 03 — <i>In Service?</i> Mar 10 — <i>Defining a Greater Good</i> Mar 17 — <i>Recognizing Our Gifts & Strengths</i> Mar 24 — <i>Shine a Light for All the World to See</i> Mar 31 — <i>Acting Within Our Values: Service Sunday</i>			NO <i>Minister's Coffee Hours</i> 6pm Youth Group	6pm Finance Committee Mtg	1 6pm [Private Rental]	2
3 10:30am Sunday Service K-5 RE class 12pm Worship Team Mtg [4pm Private Rental]	4 10:00am Covenant Group Meeting 5:30pm Executive Mtg 6pm Qi gong group	5 11:30am –1pm Covenant Group Meeting 6pm Ensemble Meeting	6 NO <i>Minister's Coffee Hours</i> 6pm Youth Group	7 7pm Choir Practice 7pm <i>Covenant Group Meeting</i>	8 6:30pm Capital Campaign Training	9 9:30am Capital Campaign Training 3pm Facilitator Training
10 10:30am Sunday Service K-5 RE class 12:30pm Rehearsal [4pm Private Rental]	11 6pm Qi gong group	12 6pm Board Meeting	13 10am Elder Talks 12pm-3pm <i>Minister's Coffee Hours Mela</i> 6pm Youth Group	14 DEADLINE FOR APRIL NEWSLETTER	15  10:00am <i>Civil Discourse Conversations</i> 6pm [Private Rental]	16 12:30pm Rehearsal 6 pm <i>Circle Supper (off site)</i>
17 10:30am Sunday Service Share the Plate K-5 RE class 12pm Newcomer Chat [4pm Private Rental]	18 10:00am Covenant Group Meeting 6pm Qi gong group	19 11:30am –1pm Covenant Group Meeting	20 12pm-3pm <i>Minister's Coffee Hours Mela</i> 6pm Youth Group	21 7pm <i>Covenant Group Mtg</i> 7:30pm <i>Covenant Group</i>	22 10:00am <i>Civil Discourse Conversations</i> 6pm [Private Rental]	23 6 pm <i>Small Dinner (off site)</i>
24 10:30am Sunday Service [4pm Private Rental]	25 6pm Qi gong group	26	27 12pm-3pm <i>Minister's Coffee Hours Mela</i> 6pm Youth Group	28 6pm Finance Committee	29 10:00am <i>Civil Discourse Conversations</i> 6pm [Private Rental]	30
31 10:30am Sunday Service [4pm Private Rental]						Noon <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

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Dylan Spradlin

886-4023 | redirector@cascadeuu.org

CUUF OFFICE ASSISTANT

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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

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To subscribe, contact the CUUF Office Assistant at: 886-4023, 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

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