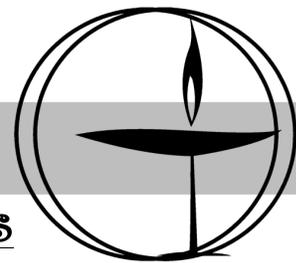


# CUUF Link

Cascade Unitarian Universalist Fellowship



## Our Worship Services

March 2020

### 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, culture, sexual orientation, and religious background.

### CUUF Minister:

Rev. Laura Shennum  
**On Sabbatical until April 2020**

### Intern Minister

Joel Courtney  
575-650-0773

[internminister@cascadeuu.org](mailto:internminister@cascadeuu.org)

### Religious Ed. Director

Connor Dahlin  
612-558-4317

[redirector@cascadeuu.org](mailto:redirector@cascadeuu.org)

### Music Director

Kmbris Bond  
541-953-4442

[musicdirector@cascadeuu.org](mailto:musicdirector@cascadeuu.org)

### Office Assistant:

Sharon Page  
886-4023

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

### Cascade UU Fellowship

1550 Sunset Highway  
E. Wenatchee WA 98802  
(509) 886-4023

[www.cascadeuu.org](http://www.cascadeuu.org)

### Traditional Services

Our traditional services begin at 10:30am and end at 11:45am with messages given by guest speakers or members of CUUF. 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 March is:

**What does it mean to be a people of wisdom?**

*March 1, 2020*

### *Wisdom of the Fool*

10:30am Service:

Worship Leader/Speaker: Joel Courtney  
Celebrant: Sharon Page

Long ago, the only member of the royal court allowed to mock the king was the lowly jester. What role does the fool play today? Does the absurd help us to understand our reality?

*March 8, 2020*

### *Wisdom in Words*

10:30am Service

Worship Leader/Speaker: Joel Courtney  
Celebrant: Jim Bryant

### **Share the Plate: Literacy Council of Chelan and Douglas Counties**

Writing is one of many spiritual practices used throughout history helps us process complex ideas and share ourselves with our community. CUUF writers will share their experiences in this process.

*March 15, 2020*

### *The Wisdom of Simplicity*

10:30am Service

Worship Leader/Speaker: Steve Clem  
Celebrant: Deb Bryant

The greatest and most useful wisdom is not complex, but is simple in its statement and difficult in its application

*March 22, 2020*

### *Wisdom of Aloha*

10:30am Service

Speaker: Momi Palmieri  
Worship Leader: Christina Davitt

Come join Kumu Hula Momi Palmieri and the dancers of Malamalama O Ka Mahina as we bring you the wisdom of Aloha. Aloha is the foundation of the culture of Hawaii and the state law, but come discover how we can use aloha to build Beloved Community here in the Wenatchee Valley.

*March 29, 2020*

### *From Basket Case to Basket Weaver*

10:30am Service

Speaker: Kalia Russell  
Worship Leader: Kmbris Bond

Basket weaving is one of the oldest crafts known - but it is so much more than a cool craft! It is a wonderful way to connect the ordinary with the sacred as you notice the parallels with weaving our life's journey. The act of weaving creates a space to share our stories and realize that we are connected - woven together in lots of different ways.

**A MESSAGE FROM REV. LAURA SHENNUM**

Rev. Laura is away on Sabbatical until April 2020

**THE BOARD REPORT****CUUF February 2020 Board Report:**

The Board met on Thursday February 20<sup>th</sup> from 6pm to 9pm.

Over the past few months the Architect Selection Task Force has been hard at work to find architects for CUUF's new building. The Task Force sent an RFP (Request for Proposal) to four firms and received three proposals in return. The task force's recommendation, which the Board accepted, is to select MJ Neal and Associates as the architect for the project. In addition, the Board authorized the task force to negotiate a contract with the architect, to be brought back to the Board for final approval.

The board reviewed and approved a draft of the proposed operating budget for fiscal 2020-21 (the period running July, 2020 through June, 2021) and tasked the Stewardship Committee with raising pledges for the budget. Deb Miller and LeRoy Farmer are co-chairing the Stewardship Committee this year. There was a brief congregational conversation about the budget after the service on Feb 23rd.

Finally, the board approved hiring a tree cutter to remove some of the poplar trees and arborvitae behind the building. The Long Term Maintenance Fund will be used to cover the cost.

Thank you for the opportunity to serve on the Board.

Luke Evans

## A MESSAGE FROM OUR INTERN MINISTER



*“By three methods we may learn wisdom:  
First, by reflection, which is noblest;  
Second, by imitation, which is easiest;  
and third by experience, which is the bitterest.”  
— Confucius*

The month of March leads into the discussion of “Wisdom.” Throughout our life we are constantly acquiring new information and knowledge, but the wisdom we gain is sometimes harder to measure without time to look back and reflect on our life and our decisions as a whole.

One roadblock I find often in my personal search for wisdom is the desire for “answers.” In my mind, there exist fictional solutions to all of life’s problems. I feel that if I could just think through the problem well enough, I could find a perfect answer in which everyone comes out better and more content than they began.

Sadly, that behavior leads me to wisdom by experience, and although it is a bitter teacher, it can be quite effective. But the memory of that painful learning leads me to share my scraps of wisdom as an attempt to save others from having to learn things through bitter experience.

Sometimes, just being there for someone allows them a rare opportunity to try again at learning from reflection. Focusing ourselves on listening to others and providing the support they need at the time they need it gives people another chance at wisdom from reflection.

As we head into this new month, I ask all of you to open your hearts and open your ears for each other. The wisdom of each person can blossom through your caring and nurturing presence.

Yours in Service,  
Joel Courtney

## A MESSAGE FROM OUR BOARD PRESIDENT

Dear Congregation,

*“It is the mark of an educated mind to be able to entertain a thought without accepting it.”*

— Aristotle, Metaphysics



**Happy March and therefore, almost spring!!!**

Our topic for this month is “Wisdom” - what better quote for Unitarians than the one above? Our search for truth and meaning allows us to examine, try on for size, and then adopt the truth that works for each of us individually - and then do it all over again on our journey!

We are halfway through Rev Laura’s sabbatical. I have been so pleased with the pulling together of the fellowship these first two months! We have had wonderful Sundays, special events and a Congregational Conversation each month. Please remember to share thoughts with Rev Laura in the Sabbatical Journal that is in the entryway.

A lot is happening this spring! The Board is preparing for the Stewardship Drive this month and next. The Architectural Task Force has interviewed the architects for our building project and is making their recommendation to the Board for acceptance. We also have a report coming from the RE Task Force to help solve our children’s RE space issue.

Thank you all for your presence, participation and faith! May we enter our month where we focus on wisdom and explore it with joy and learning!

*Julie*

### WORSHIP SERVICE AND CRAFT OPPORTUNITY

Kaila Russell returns to Wenatchee to share her spiritual story through her beautiful and inclusive art of basket making. She will speak on Sunday, March 29 and a workshop of basket making will start at noon. Bring your lunch and plan to join. **Registration covers cost of materials and a donation to CUUF Fundraising, \$25. This special rate is made available for CUUF members and friends!!**

If you can’t join on Sunday, a public class at Collapse Contemporary Art Gallery is being offered on Saturday, March 28 at 2 p.m. for \$45. Register at <http://www.cascadeuu.org/basket-making-workshop/>.

# RELIGIOUS EXPLORATION

## Greetings!

**From:** Director of Religious Education, Connor Dahlin

Ah, the late winter. After January and February's Integrity and Resilience, we move away from this aspect of endurance and open up the air for March's theme, Wisdom. As the sun returns and we start to gear up for the ensuing activity of spring and summer, a month of Wisdom will help us instill ourselves with some wit and tact that'll carry us upright through the year.

As for RE, we'll be breaking down this month of Wisdom in four ways.

The Wisdom of Simplicity, for the philosophical among us, this is a classic Occam's Razor lesson. While it might seem natural for us to complicate matters, simplicity isn't always superficiality. At times, simplicity is hiding depths of truth.

Next we have the Wisdom of Clowning, sort of like our topic in February, Find Resilience Through Humor. This lesson makes the very strong point that unlike intelligence, wisdom is playful. A great example is how lessons in Zen Buddhism are passed down via koans (subtle jokes/stories).

Next we focus on the Wisdom Of UU. This lessons concentrates on our greater organization, what we believe and why. This gives us the rare chance to really get to any foundational questions about our congregation that our young students may have.

Then comes the Wisdom of Stories. Stories are as old as human history, predating all other aspects of society. Children (and adults included of course) naturally love stories. This session we'll get to dive deep into storytelling, the age-old method for imparting wisdom.

And lastly, The Wisdom of Our Bodies. The intelligent design of our body is a rich topic alone, but how we can sense more than just our five senses, how we can immediately respond to pain, or reflexes, the growth of our hair and nails, any and all of these aspects inspire wonderment and tease at the wisdom of our bodies.

This month we have five weeks of material and how fitting that wisdom gives us more than enough to work with and ponder upon.

*Sincerely,*  
Connor

## Adult Education Opportunities

**Elder Talks: Wednesday, March 11, 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 lessons we have learned in life that have shaped us into who we are today. Join us for coffee, tea, and some light refreshments.

## Attitude of Gratitude

*A Big THANK YOU to the following people:*

to the **Architect Selection Task Force (ASTF)**  
for all their work on selecting an architect:

**Steve Clem**  
**Sara Severson**  
**Mary Timiras**  
**Rich Trifeletti**

*THANKS!*

*Gracias!*

**Julie and Vern Smith**  
For donating the "Starry Night" picture  
for decor in our RE classroom

*Merci!*

## Stewardship Campaign

*"I have found that among its other benefits, giving liberates the soul of the giver."*

*~Maya Angelou*

Each year in the early spring, Cascade Unitarian Universalist Fellowship enters into an Annual Pledge Drive/Stewardship campaign, raising funds for the annual budget of our beloved community. In the days to come you will be receiving additional information about this year's annual pledge drive/stewardship campaign including an annual proposed maintenance budget for the 2020/2021 church year.

- ☞ When we pledge to support CUUF, we are pledging to support our values and the very things that give our lives meaning.
- ☞ When we pledge to support CUUF, we are supporting a place where we come together in community, supporting each other in the good times and the bad.
- ☞ When we pledge to support CUUF, we create a space where we can share our deepest thoughts, be our authentic selves and know that we are cared for.

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

Stewardship Campaign Co-Chairs,

Deb Miller & LeRoy Farmer

## SOCIAL ACTION NEWS

### **Share the Plate— Sunday March 8th for The Literacy Council of Chelan Douglas Counties**

In February we raised \$805 for the NAMI Chelan-Douglas. Thank You! For your generosity!

### **The Literacy Council of Chelan and Douglas Counties**

The Literacy Council of Chelan and Douglas Counties (LCCDC) works to actively promote literacy awareness in our community and provide direct tutoring instruction in reading, writing, listening, speaking, and life skills to motivated adult learners in Chelan and Douglas Counties.

## Wenatchee for Immigrant Justice

The community has this new group advocating for immigrant rights within the Greater Wenatchee area. Wenatchee for Immigrant Justice networks with established local organizations involved with the immigrant community, and through WAISN (WA Immigrant Solidarity Network) responds to Rapid Response and Accompaniment calls and provides Know Your Rights trainings. They also promote bridge building between culturally diverse communities, and advocate for just immigration policies statewide and nationally. WIJ needs volunteers and donations. Come socialize with us on Thursday, March 12 from 5 to 7 p.m. at the Rail Station.

Any questions or for more information, contact Betsy Peirce, 663-9572

## FELLOWSHIP NEWS

### **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.

### **SMALL DINNER**

**Saturday, March 21 @ 6pm**

Please sign up by Sunday, March 15  
Sign-up sheets are in the kitchen on the back wall.



**NO CIRCLE SUPPERS  
PLANNED  
For March**

**Questions contact: Jackie Halter 860-2978**

## Newcomer Chat March 8

Are you a relative newcomer to Cascade UU Fellowship?

Would you like to get acquainted with other newcomers, hear more about CUUF programs, and become more connected? Intern minister Joel Courtney and a member of the greeters' team will host a one-hour "meet and greet" after church on Sunday, Feb. 9, and you're invited! We'll have some refreshments, and child care will be available.

No RSVP necessary, just show up. We look forward to getting to know you!

Chris Rader, 888-0181, [crader@nwi.net](mailto:crader@nwi.net)

LeRoy Farmer, 669-3941, [leroyf@nwi.net](mailto:leroyf@nwi.net)

## 1st Sunday CUUF walk

### Every 1st Sunday after church.

Dress for the weather and wear/bring walking shoes.

Meet at the church foyer around noon.

We'll walk about 30 minutes on the loop,

just enough to stretch our legs and have a little conversation.

**The next scheduled 1st Sunday Walk is March 1st** weather permitting.



## First Friday Art Walk!

The next First Friday Art Walk is **March 6**. We will start this Art Walk at the **Robert Graves Galley** at 5:00 pm where our own **Martha Flores** has her opening reception of "The Immensity of Our Essence." We will continue at Caffé Mela at 6:00 pm and visit a number of galleries and shops.

Hope to see you. Questions? Ask Diane McKenzie!



## Day Hiking Essentials Class

**Monday, 3/31/2020 6:30-8pm**

**Presenter-** Lori Nitchals is our Parish Nurse and an avid, lifelong hiker. Lori spent a summer as a USFS Wilderness Ranger and worked for Outward Bound. She loves sharing knowledge she has gleaned over her many years of hiking locally, in New England, in the Southwest, and in Europe.

**What-** This class is for beginning hikers who want to learn more about hiking comfortably and safely in our local foothills and mountains. We will review the 10+1 Hiking Essentials you need to bring on your day hikes, how to pick and pack your daypack, types of clothing most suitable for hiking, permits needed, and much more! There will be handouts and samples of Lori's favorite hiking snacks.

**Where-** CUUF sanctuary

**Cost-** Free!

**To sign up for this class or for more information-** Email Lori at [lornitch@nwi.net](mailto:lornitch@nwi.net)

Signing up is encouraged so Lori will have enough handouts for all.

## Visual Arts Team Message

*The Miriam-Webster dictionary defines wisdom thus: a) ability to discern inner qualities and relationships: insight; b) good sense: judgement; c) generally accepted belief; d) accumulated philosophical or scientific learning: knowledge.*

*As we consider wisdom during March, we have an opportunity to think of our various sources and types of wisdom. Where do you find wisdom? You may feel that you find wisdom in nature, in religious teachings of the world, in philosophy, in poetry and music, in your elders, or in your children. Is there wisdom in play, or in the fool? Is wisdom complex, or simple? Is wisdom acquired over time, or has it existed within each of us from the start, waiting for us to be quiet long enough to listen to its voice in our hearts and minds?*

*Our sanctuary is filled with art and items that may help you to consider your sources of wisdom. It is our hope that these items may speak to you, in appreciation of the wisdom that we hold and that we seek.*

*At the front of our sanctuary we have a community weaving project that we ask you to participate in. There are yarns and threads available, and several of us can assist you in learning how to weave. You will be surprised by the calming, pensive feeling of adding to this work, and the beauty that we can create together. (For instruction please ask Mary Madsen, Emily Siroky, Kmbris Bond, and/or Louise Rasmussen.)*

## IRIS Seeks Volunteers for 2020 Legacy Project

### “Thinking Like a Community”

The Initiative for Rural Innovation & Stewardship (IRIS) is seeking volunteers to complete transcripts of oral histories about stewardship success in North Central Washington. Once completed, these transcripts will be used to develop a searchable online archive that will be highlighted in a companion book, *Thinking Like a Community*, to be released in November, 2020.

Transcribing and proofing draft transcripts can be done remotely, from anyplace in the region. Interviews topics range from local ski areas and community history to agriculture and conservation. To volunteer or to get more information about the project contact Nancy Warner, IRIS Legacy Project Director, at [irisnew@gmail.com](mailto:irisnew@gmail.com) or 509-881-1812.

## Save the date!! for the Nason Creek Cookie Caper

CUUF Fundraising will provide hospitality at Nason Creek rest stop event  
**May 16, 17, 18.** Fill a shift, make cookies or savories!



- ◆ Participants report how much they've enjoyed meeting interesting people from interesting places! Grab a buddy and get your preferred shift early. The weekend schedule begins Saturday morning and runs thru Monday evening with three shifts each day.
- ◆ Treats!! We will be offering cookies, hot coffee, apples and making popcorn.
- ◆ Mark your calendar, sign up on the sheet posted near the kitchen or call:

**Mary Madsen 509 881-1307 or Kmbris Bond 541 953-4442.**

## COMING SOON!

### Landscaping Change

Another step in our future plans to build a new CUUF home on the north lot, is to provide a driveway connecting our 2 lots. The board has approved the removal of 9 trees on the west end of the row of Poplars and a redesigning of the meditation garden. It has been suggested that we hold a ceremony to honor what has been and a celebration of new beginnings. This will be held right after church on March 29<sup>th</sup>, the trees will be removed and the garden redesigned on April 7<sup>th</sup>. Please send comments/suggestions to LeRoy Farmer at [leroyf@nwi.net](mailto:leroyf@nwi.net) or 509-669-3941.

## SAVE THE DATE!!

### Ukulele Night with Cam Nichols!

Friday, March 13 at 7 pm - 9 pm



Are you working on your ukulele chops? Have you always wanted to learn how to play the ukulele? Wanting to get together for some group ukulele music?

CUUF is putting on its first ever Ukulele Night! Bring your ukulele, get some tips on playing, learn some chords and strumming, and join in our group sing-alongs.

If you don't have a ukulele, just let us know. We'll have ukuleles to use for the class, but please call or email Steve Clem to let him know if you would like to use one for Ukulele Night! We need to know how many to bring.

## REMEMBER!!

Spring Ahead One Hour

Saturday Night March 7th



## UUA GENERAL ASSEMBLY!

### Early Registration Open!

Adult full-time registration is \$400 through March 15.

### Housing Opens March 2

The UUA room block consists of major hotel chains, boutique and historical properties, as well as multi-bedroom dorm suites and single dorm rooms . Make your reservation beginning March 2 at 9:00 a.m. Eastern at [uua.org/ga](http://uua.org/ga) .



**Rooted, Inspired, & Ready!**



### **Let's Talk About Joys and Sorrows:**

Christina Davitt, Worship Co-Chair

Rev. Laura charged the Worship team during her sabbatical to engage the congregation in a conversation about Joys and Sorrows and to try two changes to see if we can better serve our congregation's pastoral care needs. The challenge is that many UU congregations find that as they grow, especially to 150 and more (as we are now, thankfully), that the "open mic" method isn't as effective in meeting those needs. Many things can contribute to less than optimal Joys and Sorrows such as hearing from the same people, making announcements, oversharing both in content and in time, fear of public speaking, etc. Worship leaders have a real fear that the service will go on too long and that a piece of music or part of a sermon (which are well prepared in advance) may need to be cut short or cut out. On the other hand, we fear that we will risk losing very real human connections if we change how we do Joys and Sorrows. Many congregations that we have been to or that we have read about in our extended research, have gone to alternative formats as they grow in order to continue to meet the pastoral care needs of the congregation.

In February we experimented by using written cards of Joys and Sorrows read by the Worship Leader. We had great participation and received lots of feedback. Thanks!

In March we will try a modified "open mic" format by passing the microphone around to have people say their Joy or Sorrow aloud and the worship leader will light a candle for each one. We will still have a book next to the candles so that you can write down a Joy or Sorrow for the Worship Leader to read aloud. We will keep meditating and praying and lighting silent candles while we sing. We will keep the Joys and Sorrows ritual in the same place in the service. In April we will survey the congregation to see what the results are and how we should move forward.

I ask that we have faith in our Beloved Community that we will learn as we grow in our "experimental lab of worship" how we can best care for one another. Please reach out to Christina Davitt, Intern Minister Joel Courtney or any member of the Worship Team with questions or comments.

Thank you. Christina Davitt, Co-Chair Worship Team



## *Mu! By Genki Takabayashi Roshi*

### Three Years A Sensei

#### Sharon Meho Petit, Sensei and Todd Daiko Petit

March 17 will mark the third anniversary of my ordination as a Zen sensei at Stone Blossom Sangha. You can see my photo on the Chobo-Ji website, *choboji.org*. The description of my duties as a sensei may be found on the *members and no ranks* page. But here at Stone Blossom Sangha, I am like clergy because we have no osho or Zen priest. I am a lay teacher, but my vows run deep. My vows include doing no harm and to benefit all beings. In my case this involves organizing the weekly Zen practice as well as keeping my finger on the pulse of the sangha. I also fulfill the traditional pastoral duties of attending the sick and comforting the grieving or those in need. The support of my husband, Todd Daiko and my sister, Maggie, is greatly appreciated. I also acknowledge with gratitude the wonderful support of sangha members.

Special gratitude and thanks to Rick Muken Proctor, Jeff Lau, Sally Taylor and the leader of the Tibetan Group, Karen Povernny. At 71, I pay attention to the instructions of my teacher, Genjo Marinello Roshi, who advised me to do without reservation until I can't do anymore...

On Tuesday March 17, at 6:30 pm to 8:30 pm come join Rick Muken Proctor and the sangha for ***The Ten Ox Herding Pictures*** book study group based on the famous 12<sup>th</sup> Century poems and drawings from China. The group will go through April 7 from 6:30 pm to 8:30 pm.

Or join the sangha as we celebrate my anniversary on Wednesday, March 18, at the evening Zen group at 5:30 pm. I would love to see my CUUF friends and celebrate with you.

I am also looking forward to teaching, with Rick Muken Proctor, another class this spring at Wenatchee Valley College on Western Zen, its history and adaptations to the American and Western World's philosophy and culture. We will look at one of the more controversial and interesting figures in American Zen, the philosopher, Alan Watts. We will also look at Zen Mind Beginner's Mind and Shunryu Suzuki Roshi and other pioneers and missionaries. Be sure to watch the college bulletin for an announcement and details.

Other offerings this spring include an informal half hour of meditation at 7:00 pm Monday nights led by Jeff Lau. On March 2 this will be preceded at 6:30 pm by an introduction to the practice of silent meditation. Beginners are encouraged to arrive at 6:15 pm.

And on the first and third Sunday each month we offer Drum Circle Meditation at 2:00 pm. We make a joyful noise that lifts all our spirits.

Beginning March 1, we are planning to launch an online book club using beloved Unitarian minister and Zen Roshi James Ford's book, ***The Book of Mu***. We will have an ongoing discussion on the Facebook group, Stone Blossom Sangha. Books will be available at the library under book clubs. Participate in your own home via computer or on your phone.

Come join us any Wednesday at 5:30 pm for practice at  
119 S Miller, Wenatchee

Morning Meditation 9:30 to 10:30 am

Zen 5:30 to 6:30 pm

Tibetan 6:30 to 7:30 pm

Tuesday, Zen Book Group 6:30 to 8:00 pm

Sunday, Drumming Meditation 2:00 to 4:00 pm

Contact: Sharon Meho Petit, shayknight@charter.net or 506-670-0883.

Drum Circle Meditation 1st and 3rd Sunday of the month from 2 to 4pm at the Beige House



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

The choir sings on special occasions and at least once a month during Sunday services.  
Contact Larry Tobiska, at [ltobiska@nwi.net](mailto:ltobiska@nwi.net) or 881-5020; or Kmbris Bond, at [kmbris.bond@gmail.com](mailto:kmbris.bond@gmail.com) or (541)953-4442.

**Circle Suppers and Small Dinners** — *Usually two Saturday evenings a month, September - June; July and August as scheduled; Times fluctuate according to the seasons and these event are held at the 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 or beverage of choice. These dinners are great chance to get to know one another better while savoring good food. For more information 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 the church office.

**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) !

# March 2020



ALL EVENTS ARE HELD IN THE SANCTUARY UNLESS OTHERWISE NOTED.

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> 10:30am Sunday Service K-5 RE class  [3pm Private Rental] [5pm Private Rental]	<b>2</b> 10:00am Covenant Group	<b>3</b> 10am Visual Arts Planning  6pm Ensemble Mtg	<b>4</b> 6pm Youth Group  6:30pm <i>Soul Matters            Small Group</i>	<b>5</b> 6pm Finance Mtg  7pm Choir Practice  7pm <i>Covenant Grp</i>	<b>6</b>	<b>7</b>   <b>Remember to            Spring Forward            One Hour</b>
<b>8</b>  10:30am Sunday Service Share the Plate K-5 RE class 12pm Newcomer Chat  [5pm Private Rental]	<b>9</b> 11:30am Pastoral Care Team Mtg  7pm <i>Evening Book Grp</i>	<b>10</b>	<b>11</b> 10:00am Elder Talks  5:30pm Executive Team  6pm Youth Group	<b>12</b>  5:30pm Theme Collaboration  6:30pm Worship Team mtg	<b>13</b>	<b>14</b>
<b>15</b>  10:30am Sunday Service K-5 RE class  [5pm Private Rental]	<b>16</b> 10:00am Covenant Group	<b>17</b>  <b>Happy            St Patty's            Day</b>  6:30pm <i>Soul Matters            Small Group</i>	<b>18</b>  6pm Youth Group	<b>19</b>  6:30 Board Meeting  7pm <i>Covenant            Group Mtg</i>  7:30pm <i>Covenant            Group</i>	<b>20</b>	<b>21</b>  5pm <i>Small Dinner            (off site)</i>
<b>22</b> 10:30am Sunday Service K-5 RE class  [5pm Private Rental]	<b>23</b> 7pm <i>Evening Book Grp</i>	<b>24</b>	<b>25</b> 6pm Youth Group	<b>26</b> 6:30pm Soul Matters Small Group	<b>27</b>	<b>28</b>
<b>29</b> 10:30am Sunday Service K-5 RE class 12pm <i>Tree Ceremony            (outside)</i> 12pm Basket Workshop  [5pm Private Rental]	<b>30</b>  6:30pm Essentials of Day Hiking	<b>31</b>	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><b>March Sermon Titles</b></p> <p><b>Mar 01</b>—Wisdom of the Fool  <b>Mar 08</b>—Wisdom in Words  <b>Mar 15</b>—The Wisdom of Simplicity  <b>Mar 22</b>—Wisdom of Aloha  <b>Mar 29</b>—From Basket Case to Basket Weaver</p> </div>			

# CUUF Leadership & Staff

## CUUF MINISTER

Rev. Laura Shennum

**On Sabbatical until April 2020**

## CUUF INTERN MINISTER

Joel Courtney

575-650-0773 | internminister@cascadeuu.org

## CUUF BOARD OF TRUSTEES

boardoftrustees@cascadeuu.org

Julie McAllister, President ..... 669-0246  
 Vern Smith, Vice President..... 860-2008  
 Deb Miller, Secretary ..... 750-9707  
 Luke Evans, Treasurer ..... 470-1941  
 Leslie Marshall..... 670-2957  
 LeRoy Farmer..... 669-3941  
 Linnea Shannon ..... 206-402-1686

## CUUF RELIGIOUS EDUCATION DIRECTOR

Connor Dahlin

612-558-4317 | redirector@cascadeuu.org

## CUUF MUSIC DIRECTOR

Kmbris Bond

541-953-4442 | musicdirector@cascadeuu.org

## CUUF OFFICE ASSISTANT

Sharon Page

886-4023 | admin@cascadeuu.org

## CUUF COMMITTEES AND TEAMS

### BOARD COMMITTEES:

#### **BUILDING/ PROPERTY TASK FORCE**

John Marshall      Sharon Petit,  
 Don Oliver      Chris Rader  
 Rich Trifletti      Doug Taylor

#### **CAPITAL CAPAIGN MANAGEMENT COMMITTEE (CCMC)**

Don Flick, Treasurer and Chairperson  
 Steve Clem, Operations Manager  
 Luke Evans, CUUF Treasurer,

#### **FINANCE COMMITTEE**

Luke Evans, Treasurer  
 Vic Rasmussen  
 Jaime Krish

#### **FUNDRAISING COMMITTEE**

Kmbris Bond, Chair, 541-953-4442  
 Carol Oliver  
 Mary Madsen

## **GOVERNANCE COMMITTEE**

Ben Knecht, Chair

Diane McKenzie

Linda Herrington

## **NOMINATING COMMITTEE**

Jaime Krish, Chair

Heather Coonrod

## OTHER TEAMS & GROUPS:

### **BUILDING & GROUNDS TEAM**

Doug Taylor, Chair - 470-6416

Alex Leslie

### **CHALICE LIGHTER AMBASSADORS**

Cathy Lau— 886-8583

### **CONGREGATIONAL LIFE TEAM**

Steve Clem & Kmbris Bond, Co-chairs

### **GREETERS**

Chris Rader, Chair - 888-0181

Deborah Bryant      Rhonnie Craven

Barbara Edwards      LeRoy Farmer

Ryan Jacobsen      KC Kwak      Sandy Limbeck

Peggy Love      Dawn McKenzie

Eliot Scull      Pam Toevs      Pat Taylor

Pat Whitfield      Vikki Williams

### **PACKING FRIENDSHIP**

Teresa Gelb, Chair 663-8240

### **PASTORAL CARE ASSOCIATES**

{ Verna Zuttermeister (Jan-Feb) } Co-  
 { Lori Nitchals, Parish Nurse (Mar-April) } Chairs

Dawn McKenzie      Patty Ostendorff  
 Betsy Peirce      Mary Peterson  
 Pat Taylor      Louise Rasmussen

### **VISUAL ARTS TEAM**

Nancy Warner, Facilitator, Chuck Warner

Emily Siroky      Mary Madsen,      Lynn Madsen

Suzanne Sorom      Martha Flores

Kmbris Bond      Rich Trifeletti

### **WORSHIP TEAM**

Deborah Bryant, & Christina Davitt Co- Chairs

Steve Clem      Jim Bryant      Chip Balling

Deb Miller      Kmbris Bond      Lynn Madse

Sharon Page

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

Contact:

Office Assistant

Phone: 886-4023

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

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

## Unitarian Universalism

*There are seven principles which Unitarian Universalist congregations affirm and promote:*

- \* The inherent worth and dignity of every person;
- \* Justice, equity and compassion in human relations;
- \* Acceptance of one another and encouragement to spiritual growth in our congregations;
- \* A free and responsible search for truth and meaning;
- \* The right of conscience and the use of the democratic process within our congregations and in society at large;
- \* The goal of world community with peace, liberty, and justice for all;
- \* Respect for the interdependent web of all existence of which we are a part.

**Unitarian Universalism draws from many sources:**

- \* Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- \* Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- \* Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- \* Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- \* Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.
- \* Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.



## Cascade Unitarian Universalist Fellowship

1550 Sunset Highway N.  
East Wenatchee, WA 98802