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 April is Encouraging Each Other’s Spiritual Journey.

April 7, 2019
Creating Our Legacy – Campaign Kickoff

10:30am Service
Rev. Laura Shennum
Celebrant: Paige Balling

We are in a time of transition and transformation. We are excited to see a future and a legacy for our Fellowship. This morning, we will hear personal testimonies and celebrate the legacy we want to create.

April 14, 2019
Symbols of Truth

10:30am Service
Speaker: Mark Seman
Celebrant: Joel Courtney

From our use of words, personal observations or our own actions – what we believe to be true, may ultimately embrace narrowed perceptions. In our bearing witness to truth, we must open ourselves to the possibility of alternative points of view being equally true.

April 21, 2019
Celebrating the Beauty—Easter Sunday

10:30am Service
Rev. Laura Shennum
Celebrant: Sharon Page

Jesus brought a saving message for humanity and the Earth. Let us celebrate the beauty of this gospel and our part in sustaining it.

April 28, 2019
Our Personal Gospels

10:30am Service
Rev. Laura Shennum
Celebrant: Peggy Love

Each of us carries a piece of good news and it resonates with how we engage our spiritual life. We will take time to learn about these gospels from each other.
A MESSAGE FROM REV. LAURA SHENNUM

Holy Curiosity...

“Correction does much, but encouragement does more.”

- Johann Wolfgang von Goethe

This month, our focus is on encouraging each other in our spirituality. How often do you encourage someone in their exploration of their beliefs? Curiosity, I have found, is a useful word in trying to encourage someone. Because the conversation is about the person and not me. I see it as an opportunity to learn and understand what it is someone really believes and where they get their inspiration.

Often when people are in a pastoral crisis, I will listen to all the medical issues or health procedures. Then, I will ask, “How is it with your spirit or how are you doing with all of this?” We love to live in the head space of thinking and fixing. However, to really encourage someone, we need to drop into our heart space and listen, hold space, and be curious.

My challenge to you is to take this month and ask each other, “How is it with your spirit?” or “How do you define spirituality?” Let’s see what we can learn from each other!

In Faith & Love,
Rev. Laura

YOU ARE INVITED!

To a Celebration of Life for
John Crew & Suzanne Harper
April 28th @ 1pm
CUUF Members & Friends are invited to attend the Celebration of Life service for John & Suzanne who were long time members of CUUF.
It will be held at CUUF after the Sunday service.
Hope to see you there!
A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,

“Infuse your life with action. Don’t wait for it to happen. Make it happen. Make your own future. Make your own hope. Make your own love. And whatever your beliefs, honor your creator, not by passively waiting for grace to come down from upon high, but by doing what you can to make grace happen... yourself, right now, right down here on Earth.” ~Bradley Whitford

Spring is here!! As I type this message I am in California with family and am enjoying the warm 70+ degree sunshine. For me, there is nothing like Spring! The sunshine, warming temperatures, and flowering trees and bulbs all motivate me to action!

Our fellowship has many upcoming opportunities for action and I encourage everyone to actively look at all of them and find where you are able to find your place to make it happen. I think I am most excited about the Capital Campaign & Annual Stewardship drive that will launch this month. The capital campaign committee hosted a visiting steward training in March that was attended by board members and other congregants who have generously volunteered their time for this important work. For me, the training was my own catalyst to action.

Each year I have looked mindfully at my ability to give during the annual stewardship drive, carefully budgeting and evaluating my commitment for the coming year. I feel it is an honor and a privilege to sit down with intention this year and look to the future of our fellowship and to do what I can to support our future vision through the additional Capital Campaign giving. In my life I have experienced abundance from giving what I can, when I can. This year will be no exception.

It is with much gratitude for the opportunity of giving that I look forward to these next few weeks and the meaningful conversations that will lead us to making our own future.

In Service,

Deb
From the Desk of the DRE

There is still snow on the ground at the time of this writing, but yesterday I could smell spring in the air. The season has shifted, and it is getting warmer. I imagine that by the time you are reading this, the temperatures will be climbing and snows will be melted for the most part, and bulbs will be pushing through!

I believe I am in the minority, but I love when the season on the calendar changes in alignment with the weather. Spring Equinox brings balance, and the tipping toward more sunlight and the official mark of Spring. Often the flowers are already in bloom and the weather has turned well beforehand, however. This year, not so, and I’m celebrating the change and sense of timing. The felt sense of change of season at the time of the sun gaining dominance in our hemisphere means something to me. A true turning of the season. True beginnings. Transformation.

And as we begin a month of “Encouraging each other’s Spiritual Journey” it feels good to notice transformation as a theme, as spiritual journeys often are. As you look around the sanctuary, I hope you notice the art and themes of transformation, beginnings, and journeys that are taken as we support each other on our paths. Much of the art you see on the walls was created by our Youth. Please take a closer look, and join me in celebrating their contribution to our space!

In April, Youth Group will be hard at work developing their annual Spring Youth Service. We will be deciding a topic, music, content and personal statements, to share with you on May 5th. Please mark your calendars so you can come learn from these wise and powerful voices.

In the K-5th grade class we will be exploring what it means to support and encourage each other’s spiritual journey. We will ask what IS a spiritual journey, who has them, and why? Our activities will likely take many forms, and as the weather is warming up we will also be heading outside more often!

I hope you can get outside and enjoy the warmer weather this month, and contemplate your own spiritual journey, how you have been encouraged and supported, and how you encourage the children in our community on theirs!

A personal note from Dylan: For anyone that hasn’t heard, I am in the process of moving to Missoula! My house is currently on the market for sale! Whether or not it sells quickly or not is anyone’s guess. From here on out, my life is unpredictable, but I will be doing my utmost to plan classes and groups well ahead of time so that if I move to Missoula before the end of the school year, all will be well!

Peace!

Dylan
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, April 10 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.

Values Clarification Class

We behave in accordance with how we perceive the world through a framework of our attitudes, beliefs and values. Values are guides to behavior, standards of conduct that one endorses and tries to live up to or maintain. They are a set of personal understandings about truth, beauty, the worth of any thought, object or behavior. Some values will change but only if you are aware of them. Come and learn about this dynamic process of values clarification. It will be useful all your life.

Sunday, April 14 12:30- 3:30 @ CUUF
To register or ask questions:
Please contact: Verna Zuttermeister  509-421- 2997 or vernazutt@gmail.com
SOCIAL ACTION NEWS

Share The Plate – Sun, April 21
Sacred Fire Unitarian Universalist

The recipient for March was Eastmont High School QSA. We raised $829.

Thank you for your generosity!

The recipient for April will be Sacred Fire Unitarian Universalist, which is a ministry that plants, grows, and connects covenanted communities of support for life and for social justice. Sacred Fire Unitarian Universalist takes small group ministry out into the community, bringing us into relationship with those who resonate with our values and our vision of the Beloved Community

Packing Friendship

Thanks to all who have contributed to our Packing Friendship Program! With your kind generosity we have provided 15 Rock Island School students with four meals every weekend this school year. CUUF has really represented the best in our community by serving the most vulnerable. We look forward to your continued support.

Also, thank you to our volunteer drivers: Dawn McKenzie, Emily Siroky, Kathy Johnson, and Pat Taylor. Rain or shine they are always dependable! We also thank Bev Press for offering to deliver last fall, we send her our best wishes! Teresa Gelb, 663-8240, and Pam Toevs

MEMBERSHIP NEWS

No Newcomer Chat in April

Usually held on third Sunday of the month from 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.

Capital Campaign & Annual Stewardship News!

Creating Our Legacy:
Fostering Spirituality, Building Fellowship, Supporting Community

IMPORTANT DATES TO REMEMBER
Apr 7 – Kick-off of Campaign
Apr 7- May 5 – General Phase of Campaign
Jun 2 – Annual Congregational Meeting
Jun 8 – Celebration Dinner for campaign results!

Your capital campaign team is: Steve Clem, 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.
HIGHWAY SPRING CLEANING
Saturday April 20th at 10am

Come and help clean up our stretch of highway!

CUUF has been cleaning a 2 mile stretch of highway near Rock Island for about 20 years now. Traveling out highway 28 toward Quincy, you will see an “adopt a highway” sign just past BJ’s truck stop, with Cascade Unitarian Fellowship on it. It is a twice a year commitment, spring & fall, when we need at least 9 to 10 volunteers to pick up the litter. It takes about 2 hours (depending on the number of volunteers), then anyone that wants to, can stay for lunch together at BJ’s.

We will meet Saturday, April 20th, at 10am in the corner of the truck stop parking lot for our Spring clean up. You should bring gloves and wear sturdy shoes.

This is another of the many ways that the members of CUUF can make a positive difference in the larger community in which we live.

Please let me know if you can help,
LeRoy Farmer, ph. 509-669-3941, email leroyf@nwi.net

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.

April Small Dinners
Saturday, April 13 @ 6pm
Please sign up to host or attend by Sunday April 7 on the bulletin board in the sanctuary kitchen.

You will be contacted by the host.

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.

April Circle Supper
Saturday, April 27th @ 6pm
Hosts:
Sandie and LeRoy Farmer
57 Lake Cortez Lane, Malaga
RSVP: 509-679-4447 Let’s Carpool
Questions Jackie Halter 860-2978
Impermanence: Death of a Founder of the Sangha

By Sharon Meho Petit and Todd Daiko Petit

In Zen the one thing that we all must face is Impermanence. You know the old thing about sickness, old age, death and losing all you love. This is a lesson we learn over and over as we go through our lives. This is particularly true as we age. On Sunday, March 10, 2019, while the Zen sangha sat in sesshin, the last of our three founders, John Crew, died.

John Crew and his wife, Suzanne Harper, who died last December were founding members of Stone Blossom Sangha, a Buddhist group which originated at CUUF in 2002. The group originated when Doug Ray, who died in 2013, petitioned the Board to start a meditation group as part of the Religious Education program. It grew and changed over the years. John Crew designed and got permission to build the CUUF Meditation Garden. The rest of us including long time members LeRoy Farmer, Lee Barnhill, Pat Brooke, Louise Buchanan, Dan Sconce, Lois Cole and Bill Buford, Bob Gillespie, Ed LaPaz, Charlie Mason, Brian Ohme, Bonnie Orr, Ken Toevs and others whose names I can’t recall, built the garden. Most of the work was done during the hot months of the summer of 2005 and was exhausting. The water works and stone work went on for several years after. This garden was designed by John, an artist who made a living as a sculptor, and felt passionately this was his legacy.

After Suzanne was diagnosed with dementia and had to live in a memory care facility, John talked to Daiko and me about what he wanted after his death. He wanted the full Zen Dai Segaki ceremony and to be added to the honored ancestors. We will do this for him April 27, 2019 at our current practice location at 119 South Miller, Wenatchee. We hope to receive permission from CUUF to have a less formal remembrance in John’s beloved garden in May. John named our Buddhist group after the meditation garden and so it seems fitting.

We are told by the ancient ancestors that we all have the Buddha Nature, no matter how deluded we seem. Our sangha was founded by very imperfect people who honored the Enlightened Ones and wanted to follow the Zen path. We wish to honor our ancestors in turn and acknowledge their True Nature. Come help us celebrate the lives of our founders, John Crew and Suzanne Harper, at 5:30 pm, Wednesday, April 27. Everyone is welcome. Chairs will be available.

Meho and Daiko

Join us for meditation on Wednesday 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
Funny songs about Peace and Justice

Rize Up

Cascade UU Fellowship
1550 Sunset Highway - East Wenatchee
Saturday, April 13
7:30 pm
$20 or pay what you can

Roy Zimmerman

“With music this good and humorous insightful, there is good reason to be optimistic.”
- No Depression Magazine
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 Thursday 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!
**April 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.*

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|     | *Every Tuesday*  
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1

- **10:00am** Covenant Group Meeting
- **5:30pm** Executive Mtg
- **6pm** Qi gong group

2

- **11:30am** – **1pm** Covenant Group Meeting
- **6pm** Ensemble Meeting

3

- **12-2pm CDC** Civil Discourse Conversations
- **St Lukes**
- **6pm** Youth Group

4

- **7pm Covenant Group Meeting**

5

- **10am CDC**
- **10am Décor Change**
- **6pm** [Private Rental]

6

- **6pm** Qi gong group

7

- **10:30am** Sunday Service
- **K-5 RE class**
- **12pm Capital Campaign Kick-Off**
- **[3:30pm P R]**
- **[5pm Private Rental]**

8

- **6pm** Qi gong group

9

- **6pm Board Meeting**

10

- **10am Elder Talks**
- **12pm-3pm** Minister’s Coffee Hours
- **Mela**
- **12-2pm CDC**
- **6pm** Youth Group

11

- **7pm Choir Practice**

12

- **10am CDC**
- **3pm** [Private Rental]
- **6pm** [Private Rental]

13

- **9am** UU Navigators
- **6pm Set-up**
- For Concert
- **7:30pm Concert**
- **Roy Zimmerman**

14

- **10:30am** Sunday Service
- **K-5 RE class**
- **12:30pm Values Class**
- **[4pm Private Rental]**

15

- **10:00am** Covenant Group Meeting
- **6pm** Qi gong group

16

- **11:30am –1pm** Covenant Group Meeting

17

- **12pm-3pm** Minister’s Coffee Hours
- **Mela**
- **6pm** Youth Group

18

- **7pm Covenant Group Mtg**
- **7:30pm Covenant Group**

19

- **6pm** [Private Rental]

20

- **10:00 am** Highway Cleanup

21

- **10:30am** Sunday Service
- **Share the Plate**
- **K-5 RE class**
- **[4pm Private Rental]**

22

- **6pm** Qi gong group

23

- **12pm-3pm** Minister’s Coffee Hours
- **Mela**
- **6pm** Youth Group

24

- **6pm** Finance Committee

25

- **6pm** [Private Rental]

26

- **8am-6pm** [Private Rental]
- **10am (Off Site)**
- **Worship Retreat**
- **6 pm (off site)**
- **Circle Supper**

27

- **April Sermon Titles**
- **April 07—Creating Our Legacy—Campaign Kickoff**
- **April 14—Symbols of Truth**
- **April 21—Celebrating the Beauty—Easter Sunday**
- **April 28—Our Personal Gospels**
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 (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

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
Linda Herrington

NOMINATING COMMITTEE
Jaime Krish, Chair
Heather Coonrod
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.