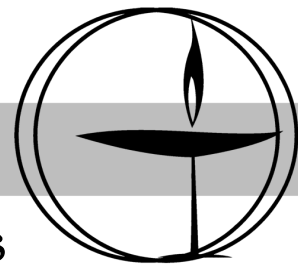


# CUUF Link

*Cascade Unitarian Universalist Fellowship*



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*May 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

[joel.m.courtney@gmail.com](mailto:joel.m.courtney@gmail.com)

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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 May is Speaking Honestly with Sensitivity.*

*May 5, 2019*

### *Annual Youth Service—Our Hidden Stories*

10:30am Service

CUUF Youth

Through a creative and honest service, the youth will explore struggles and pain felt in life, which is often not discussed, to raise awareness and open conversation. (Content and Trigger Warning: Mental Health Issues)

*May 12, 2019*

### *Annual Hand Blessing Service Being Sensitive in Our Caring*

10:30am Service

Rev. Laura Shennum  
Celebrant: Joel Courtney

This morning, we will gather for our Annual Hand Blessing. We will take the time to pause and reflect on how we care for each other and ourselves.

*May 19, 2019*

### *Self Kindness*

10:30am Service

Speaker: Joel Courtney  
Celebrant: Jim Bryant

So much time is spent nurturing an attitude of loving kindness out into the world that it can be easy to neglect the kindness we show to ourselves. A healthy sense of self care and grace allows us to do the work in the world that drives us.

*May 26, 2019*

### *Speaking Honestly*

10:30am Service

Rev. Laura Shennum  
Celebrant: Steve Clem

We will explore honesty in our society and in our lives. Is it really valued? What do we do when encounter honesty in a conversation? And do we really want to hear the honest truth?

A MESSAGE FROM REV. LAURA SHENNUM

*Holy Curiosity...*

*“Honesty and transparency make you vulnerable. Be honest and transparent anyway.”* Mother Teresa



This month, we will explore speaking honestly with each other and those in our lives. I find it is very easy for me to speak honestly. What is not easy is typically the response I receive to sharing that honesty. In our society, we have a hard time with honesty and whether we REALLY want to hear it. If it is an honesty about someone else or a situation separated from ourselves, then we are open and willing. However, if it is something personal, then it gets complicated.

It is such a complex issue that a majority of the drama, romance, and human interest stories or films are based on this concept. Oftentimes, someone is afraid to be honest with someone else and holds back, which then complicates the situation. That situation then heats up and explodes, which then forces the declaration of honesty. I always shake my head and think “this all could have been avoided if honesty was used in the first place.”

We struggle with this as a congregation. We don't want to hurt each others feelings or step on another's toes. We need to build up this skill within ourselves and in our congregation to allow for people to express when they are not happy or have been hurt. There are ways for us to be honest without hurting each other and ways for us to open up our understanding to hear the honesty instead of reacting.

I will be facilitating a workshop specifically about these skills on Sun, May 26 after the service. I hope you will join me!

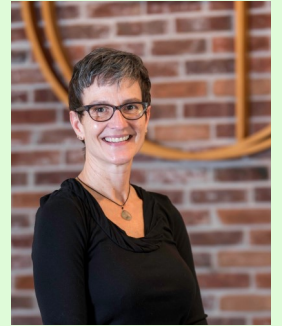
In Faith & Love,

*Rev. Laura*

## A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,

*"When we feel certain the human soul is no longer at work in the world, it's time to make sure ours is visible to someone, somewhere." ~Parker Palmer*



As I write this note the renewed inspiration from last week's service and Capital Campaign kickoff (April 7th) reignited my spirit and illuminates my optimistic outlook along our journey together. It was an honor to stand with others and commit to the covenant between the congregation and visiting stewards. As I approach the halfway point of my visiting steward responsibility, I am reviewing that covenant once again. There is power in the words I voiced in unison with the others and now having made three connections with members and friends this week, I am in awe of the power of the intention we jointly set.

*"Together we commit ourselves to enjoy each other's company, to respect each other's ideas, perceptions, and beliefs, and to have a good time while raising funds to ensure the future health of our church."*

I, like many fellow UU's, find comfort in reading Parker Palmer's writings. His quote I picked for this month's post truly sums up the community service our faith is jointly putting out to our members and friends as well as the wider community. Between the recently launched Capital Campaign and the recently completed Civil Discourse facilitated community conversations, many CUUF souls have been out making sure we are visible to someone, somewhere. There is power in grassroots community building and I am humbly honored to be a member of this congregation.

In Service,

*Deb*

## CONGRATULATIONS HEATHER!!

### Graduation Party for Heather Coonrod

Heather receives her Master of Science in Nursing on May 5th and soon will be certified as a Psychiatric Nurse Practitioner. She will be providing care to those with mental illness in our community. Please join her in celebrating this milestone, **Saturday, May 11, 2019** at Squilchuck State Park. Party will run from **3pm** on and is "drop-in style". Potluck items encouraged. Call or email Rachel 206-669-1517 / [sweetgirlr@gmail.com](mailto:sweetgirlr@gmail.com) or respond on Facebook to rsvp and for further details.

\*A Discovery Pass is needed to park within the park.

# RELIGIOUS EXPLORATION

**From the Desk of the DRE**  
**May 2019**

At the time of this writing, I am finishing up my role as DRE here at CUUF, and preparing to move to Missoula, Montana on April 17! The lessons have been planned out for Youth Group and the K-5th grade classes through the end of May. I have picked out the stories for the Time For All Ages and either sent them, or videos of them, to those that need them. I've cleaned and (somewhat) organized the RE classroom, and I've done all I can to make this transition a smooth one for all of you.

At the time this is published, the Youth Group will be busy finalizing their plans for their annual spring service. Our youth are planning to share with you about some profound topics. This is one you won't want to miss, but consider carefully the age of the children you bring.

Although my role as DRE is ending, I will be here to attend the Youth Service on May 5th, and also again on June 2nd, Flower Communion, to conduct the Bridging Ceremony. I hope to see you then!

I want to take this time and space to tell you how much it has meant to me to be trusted with the children and youth of this community, and this job of Director of Religious Education for the past two years. I have grown personally, as well as professionally, and stepped into my natural leadership abilities that I have always hidden from (run screaming from?) in the past. I learned I was a storyteller, something I never realized, despite my love of theater. My gifts with children and youth have always found a home at CUUF and for that I am grateful, but it is the gifts I've been given that I didn't expect. This job is much more than a job. It is a calling. And it gave me an anchor during some very difficult years emotionally and financially while I casted about with my husband figuring out what our next chapter was to be.

Having a role and a purpose, not just within the CUUF walls, but in the greater DRE community, and even beyond as a Religious Professional in the UUA gave me an identity I didn't know I needed. Whatever my next steps are, I will be taking this identity with me, and the ways I've grown have been integrated into that identity. I am so grateful.

Thank you, thank you, thank you, for being my home and my family for the last twelve years, and my workplace for the last two.

I will miss you all very much and look forward to my visits.

Peace!





**ADULT RELIGIOUS EDUCATION & FELLOWSHIP NEWS****Elder Talks****Wednesday, May 8 10am to 11:30am, CUUF Sanctuary****Topic: PBS Newshour Show: Seniors and Choosing to End Their Life**

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 has shaped us to who we are today. Join us for coffee, tea, and some light refreshments.

**Honest, Direct, Respectful Workshop****Sun, May 26 Noon to 1:30pm, CUUF Sanctuary****Facilitated by Rev. Laura**

Are you looking to build your communication skills in difficult conversations? This workshop will introduce concepts from the book, *Honest, Direct, Respectful: Three Simple Words That Will Change Your Life* by Dennis D. Adams. We will work on recognizing our own styles and how to adjust to be able to be heard as well as how to listen to someone else. This will be an interactive workshop where we will practice the skills we are learning.

**Packing Friendship/End of the Year, 2018/2019**

Here we are looking at the last months of our program for the year. We're grateful for all the support from our CUUF family. We received many generous donations, monetary as well as food, to feed the 15 kids we sponsored. How proud I am to belong to such a loving community. We are never greater than when we stoop to help a child in need. We will deliver through this month and perhaps the first week in June. Wishing you all a summer of fun and discovery!

Teresa Gelb and Pam Toeve

**Capital Campaign and Board Update**

Greetings CUUF Members and Friends,

As we continue into Spring and the new life that it brings, we also continue to make progress with our Annual Campaign and our Capital Campaign. In this process, just a friendly reminder to avoid taking away from your annual gift in order to make a bigger Capital Campaign gift because there is a primary need to fund our 2019-2020 operating and program budgets. On a very positive note, we have already raised over \$638,000 in pledges toward our Capital Campaign! You rock! This speaks volumes about how much CUUF means to all of us.

A couple other items the board has been working on:

- The board approved and signed the Lily grant application to support Rev. Laura's sabbatical leave.
- As we near the end of our fiscal year, the board is busy preparing for year end activities which include the annual board evaluation; reaching out to the identified nominees for board and governance committee open positions; and preparing for the annual meeting which will be after service on June 2nd (please mark your calendars).
- Lastly, there are still two unfilled delegate spots for our UUA General Assembly!

Ask Rev. Laura or Deb Miller if you're interested in attending!!

Know that your voice in our community is heard and appreciated and have a wonderful day!

## SOCIAL ACTION NEWS

### **Share The Plate – Sun, May 19th Small Miracles**

The recipient for April was a special Share the Plate to help with funeral cost for Bree Skye. We raised \$482 .

**Thank you for your generosity!**

The recipient for May will be Small Miracles, which is an organization that provides lunches for children aged 1-18yrs for free during the summer months of June, July, and August at noon throughout the Wenatchee Valley.

## MEMBERSHIP NEWS

### **Newcomer Chat**

**Sun, May 19 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.

## **Nason Creek Fundraiser! Memorial Day Weekend!**

**Friday, May 24 – Monday, May 27**



CUUF is hosting the Nason Creek Rest Stop on Highway 2.

**We need 160 dozen cookies!**  
(Store-bought or homemade)

**Shift volunteer sign-up sheets will be  
posted at the rear of the sanctuary!**



**Project Contacts: Kmbris Bond, Mary Madsen, Carol Oliver and Heather Seman**

# THE POWER OF WE

What do we want Unitarian Universalism to be? It is a time when we are asking big questions in our faith, and GA 2019 will be focused on digging into those questions together. It is a critical chance for congregational leaders and passionate UUs to set new goals and aspirations for our religious community. Help begin to reshape our Association and our congregations in new and powerful ways.

This year's theme is about collective power, "The Power of We," as well as the possibility, the purpose, the struggle and the joy of what it means to be together in faithful community. In the past two years, Unitarian Universalism has recommitted to the work of liberation inside and outside our faith community. The antidote to a time of dangerous dehumanization is a love that connects us to our deeper humanity.

**Come to Spokane to experience what our shared faith can become when we embrace the Power of We.**



## UUA GENERAL ASSEMBLY

Visit [uua.org/ga](http://uua.org/ga) for

- Programming Information
- Registration and Housing
- Financial Aid Information
- Volunteer Opportunities

## 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.

#### **May Small Dinners**

Saturday, May 18 @ 6pm

Please sign up to host or attend by Sunday May 12 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.

**There are no Circle Suppers scheduled for May**

Questions Jackie Halter 860-2978







## Impermanence: (Again)

By Sharon Meho Petit and Todd Daiko Petit

Impermanence is on my mind lately. Perhaps it is the deaths of John Crew and Suzanne Harper, our founders. Or maybe it is having turned seventy last September. Impermanence is the mainstay of all Buddhism. Resistance to it is the cause of our suffering. Acceptance of it is the cause of liberation. In mode of the practice of acceptance I would like to offer this poem by Zen poet and teacher, W.S. Merwin. It was shared by Glen Webb Sensei, his friend and founder of the original Seattle Zen Center that birthed my own mother temple, Dai Bai Zan Cho Bo Zen Ji.

### FOR THE ANNIVERSARY OF MY DEATH

*Every year without knowing it I have passed the day  
When the last fires will wave to me  
And the silence will set out  
Tireless traveler  
Like the beam of a lightless star  
Then I will no longer  
Find myself in life as in a strange garment  
Surprised at the earth  
And the love of one woman  
And the shamelessness of men  
As today writing after three days of rain  
Hearing the wren sing and the falling cease  
And bowing not knowing to what  
-W.S. Merwin (1927 – 2019)*

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](mailto:shayknight@charter.net) or 509-670-883



# 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; 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) !

# May 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).

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>May Sermon Titles</b> <b>May 05</b> — <i>Our Hidden Stories—Youth Service</i> <b>May 12</b> — <i>Being Sensitive in Our Caring-Hand Blessing</i> <b>May 19</b> — <i>Self Kindness</i> <b>May 26</b> — <i>Speaking Honestly</i>			<b>1</b> <i>1-4pm</i> <i>Intern Minister's Coffee Hours With Joel Courtney</i> <b>6pm</b> Youth Group	<b>2</b> <b>6pm</b> Honest, Direct, Respectful Workshop <b>7pm</b> <i>Covenant Group Meeting</i>	<b>3</b>	<b>4</b>
<b>5</b> 10:30am <b>Sunday Service</b> NO K-5 RE class  <b>[3:30pm P R]</b> <b>[5pm Private Rental]</b>	<b>6</b> 10:00am Covenant Group Meeting  <b>5:30pm</b> Executive Mtg  <b>6pm</b> Qi gong group	<b>7</b> 11:30am –1pm Covenant Group Meeting  <b>6pm</b> Ensemble Meeting	<b>8</b> 10am Elder Talks <b>12pm-3pm</b> <i>Minister's Coffee Hours Mela</i>  <b>6pm</b> Youth Group	<b>9</b>  <b>7pm</b> Choir Practice	<b>10</b> <b>6pm</b> [Private Rental]	<b>11</b>
<b>12</b> 10:30am <b>Sunday Service</b> NO K-5 RE class  <b>[5pm Private Rental]</b>  	<b>13</b>  <b>6pm</b> Qi gong group	<b>14</b> <div>             DEADLINE FOR              JUNE              NEWSLETTER           </div> <b>6pm</b> Board Meeting	<b>15</b>  <b>12pm-3pm</b> <i>Minister's Coffee Hours Mela</i>  <b>6pm</b> Youth Group	<b>16</b>  <b>7pm</b> <i>Covenant Group Mtg</i>  <b>7:30pm</b> <i>Covenant Group</i>	<b>17</b>  <b>6pm</b> [Private Rental]	<b>18</b>
<b>19</b> 10:30am <b>Sunday Service</b> Share the Plate K-5 RE class  12pm Newcomer Chat  <b>[5pm Private Rental]</b>	<b>20</b> 10:00am Covenant Group Meeting  <b>6pm</b> Qi gong group	<b>21</b> 11:30am –1pm Covenant Group Meeting	<b>22</b> <b>12pm-3pm</b> <i>Minister's Coffee Hours Mela</i>  <b>6pm</b> Youth Group	<b>23</b> 12pm Pastoral Care Retreat  <b>6pm</b> Finance Committee	<div>Nason Creek Fundraiser</div> <b>6pm</b> [Private Rental]	
<b>26</b> <div>Nason Creek Fundraiser</div> 10:30am Sun Service K-5 RE class  10:30am Honest, Direct, Respectful Workshop  <b>[5pm Private Rental]</b>	<b>27</b>  NO Qi gong group	<b>28</b>	<b>29</b>  <b>6pm</b> Youth Group	<b>30</b>	<b>31</b>  <b>6pm</b> [Private Rental]	

# 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

Linda Herrington

#### **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](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.  
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**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*

1550 Sunset Highway N.  
East Wenatchee, WA 98802