June 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

Office Assistant:
Sharon Page
886-4023
admin@cascadeuu.org

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 June is
Living Our Values with Grace, Love, and Celebration.

June 2, 2019
Flowers of Love & Celebration: Annual Flower Communion
10:30am Service
Rev. Laura Shennum
Celebrant: Joel Courtney
We will gather to celebrate the connections and work we have done over this past year. Our celebration will include new members, new transitions, and new connections. Please bring flowers from your garden or the store to share in this colorful communion of love.

June 9, 2019
What Is Grace
10:30am Service
Rev. Laura Shennum
Celebrant: Lynn Madsen
We will explore the concept of grace and how it can be expanded to hold the complexity of human relationship and interaction.

June 16, 2019
Living Our Values
10:30am Service
Rev. Laura Shennum
Celebrant: Deb Miller
We will review what we have learned by engaging the elements of our covenant all year. What new lessons in relationship and in being in community have you discovered?

June 23, 2019
Knowing Ourselves
10:30am Service
Speaker: Deb Bryant
Celebrant: Page Balling
By examining our patterns and where they come from we can maximize our happiness as well as our usefulness to the community and to the world. Join us today as we explore this topic!

June 30, 2019
Spirituality in Nature
10:30am Service
Speaker: Christina Davitt
Celebrant: Jim Bryant
Let's dive into an exploration of the 7th UU Principle which affirms the interdependent web of life of which we are a part. Come join us as we explore the question: When do you feel the presence of God in this interdependent web of Life?
A MESSAGE FROM REV. LAURA SHENNUM

Holy Curiosity...

“Celebration is an active state, an act of expressing reverence or appreciation. To be entertained is a passive state--it is to receive pleasure afforded by an amusing act or a spectacle.... Celebration is a confrontation, giving attention to the transcendent meaning of one's actions.” – Abraham Joshua Heschel

This month, we are wrapping up our exploration of the deeper meanings within our congregational covenant. In addition, we are finishing a successful capital and annual campaign. We have lots to celebrate. We have grown in our membership and in our faith development. We have been intentional about how we worship, where we worship, and what we worship. We have walked with Joel in his development as a minister and offered lessons for new learning.

We will have opportunities this month to celebrate all we have accomplished. First, we will celebrate during our Annual Flower Communion and then, we will celebrate at our Celebration dinner on June 8. As a community, it is important to be just as intentional about recognizing our accomplishments as it is to set the goals for our future.

When do you celebrate your accomplishments? Do you intentionally recognize when you have achieved a goal you set for yourself? I hope you will take the month of June to reflect on what you have helped the congregation achieve as well as your own achievements. Let’s all find time to celebrate ourselves and each other.

In Faith & Love,

Rev. Laura
A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,

“Patience is a form of wisdom. It demonstrates that we understand and accept the fact that sometimes things must unfold in their own time.” ~Jon Kabat Zinn

This month we begin winding down our church season and the combined stewardship/capital campaign. I am looking forward to this month’s worship theme of Living out values with grace, love, and celebration.

We truly have so much to celebrate at our annual congregational dinner on June 8th!! For me, celebration often times brings the excitement, enthusiasm and desire to see the fruits of my labor...NOW! Through the wisdom gathering life lessons of my journey I have come to learn that patience is truly a virtue, or as Jon Kabat Zinn states, “...is a form of wisdom.”

I recall when I read Malcolm Gladwell’s book The Tipping Point years ago, I had one of those wisdom forming realizations. I recognized I can’t do it all and there are others around me that may have a particular skill that complements my own. When I do my part, then let go with patience to the next phase of the process, I find more satisfaction with the end product than if my own impatience caused me to rush through by doing it all myself.

As our faith community prepares to look at the next phase our collective journey, let us all find the wisdom of patience with grace, love and ongoing celebration. Together we will accomplish so much!

In Service,

Deb
**SOCIAL ACTION NEWS**

**Share The Plate – Sun, June 16**

**Sacred Fire**

The recipient for May was Small Miracles and since the date was changed to Sunday May 26th the total amount collected will be posted in our next newsletter. Thank you for your generosity!

The recipient for June will be Sacred Fire UU, 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.

**MEMBERSHIP NEWS**

Both Newcomer Chats and Elder Talks will be taking a break over the summer. Join us again in September!

Also: Joel Courtney, our Intern Minister will be taking over the Wednesday’s Coffee House Hours.
Come Joins Us As We Celebrate!

At our June 8th Celebration Dinner

Every year at the close of our annual pledge drive, we gather to celebrate our UU values and friendships. This year we’re also applauding the capital campaign that’s raising money for our new, larger, nicer church facility! All are welcome to the free Celebration Dinner on Saturday, June 8, at the Wenatchee Valley Museum and Cultural Center. Socializing will begin at 6 p.m. with a grand taco feast starting around 6:30.

Chef Leslie Marshall and other volunteers will prepare meat, rice, vegetarian beans and all the trimmings – and we’ll have a delicious selection of desserts made by other CUUFers. If you’d like to help with the meal or bring a dessert, please contact Leslie at 670-2957. We’ll also have entertainment provided by fellowship members and friends. If you’d like to sing, play, read a poem or story, perform magic tricks or share any other form of talent, we’d love to have you! Contact Chris Rader to sign up: crader@nwi.net or 888-0181.

You’re welcome to bring beer or wine; non-alcoholic beverages will also be available. There will be activities for children in addition to the chance for kids to perform. Please RSVP for the dinner by contacting office administrator Sharon Page at 886-4023 or admin@cascadeuu.org. See you at the museum for fun and sharing!
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.

No Small Dinners in June

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.

June Circle Suppers
Saturday, June 29 @ 6pm
Host: Chris Rader
1700 Rainier St.
Wenatchee
RSVP: 888-0181

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 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 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!
### Monthly Calendar

**June 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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### June Sermon Titles
- June 02—Flower Communion
- June 09—What Is Grace
- June 16—Living Our Values
- June 23—Knowing Ourselves
- June 30—Spirituality in Nature
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 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
Dawn McKenzie
Patty Ostendorff
Betsy Peirce
Mary Peterson
Louise Rasmussen
Pat Taylor
Verna Zuttermeister

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

CUUF OFFICE ASSISTANT
Sharon Page
886-4023 | admin@cascadeuu.org

CUUF COMMITTEES AND TEAMS

BOARD COMMITTEES:

FINANCE COMMITTEE
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
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.

The CUUF Link is published monthly.

Newcomers may receive complimentary paper copies for 3 months. Paper subscriptions are free with your annual contribution of $15 or more. Electronic subscriptions are always free!

To subscribe, contact the CUUF Office Assistant at: 886-4023, admin@cascadenuu.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@cascadenuu.org
Mail: CUUF, 1550 Sunset Highway N., East Wenatchee, WA 98802

Cascade Unitarian Universalist Fellowship

1550 Sunset Highway N.
East Wenatchee, WA 98802