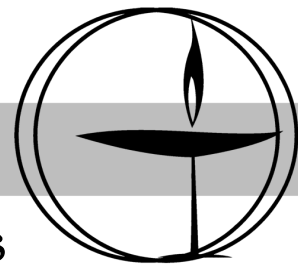


# CUUF Link

*Cascade Unitarian Universalist Fellowship*



## 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?

*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](mailto:minister@cascadeuu.org)

### Intern Minister

Joel Courtney

575-650-0773

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

### Office Assistant:

Sharon Page

886-4023

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

### Cascade UU Fellowship

1550 Sunset Highway  
East Wenatchee WA  
98802

(509) 886-4023

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

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*



## Have Fun Helping the Cause!

In just a few weeks, CUUF will hold its annual **Yard Sale** to raise money for fellowship programs. We hope everybody will participate! There are several ways to help out:

- ◆ Donating sale items (no clothing, please!)
- ◆ Loaning clean tarps or tables,
- ◆ Offering use of your truck,
- ◆ Helping price and organize sale items,
- ◆ Taking a shift during the sale, and especially –
- ◆ Buying somebody else's former treasures!

The sale will be held in the big yard behind the Blue House on Friday, June 14, from 9 a.m. to 4 p.m. and Saturday, 9 a.m. to 2 p.m.



Labeling/pricing/organizing day will be all day Thursday June 13. We need several people on site at all times, including a crew to pack stuff up after Saturday closing. At the end of the sale we will transport leftover goods to Mark and Heather Seman's house for a second sale at the end of June (thanks, M&H!).

It's fun working the sale with other CUUFers!

Please contact Emily Siroky ([easiroky88@yahoo.com](mailto:easiroky88@yahoo.com), 679-4143), or Chris Rader ([crader@nwi.net](mailto:crader@nwi.net), 888-0181) if you'd like to help out in any way.

## 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](mailto: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](mailto:admin@cascadeuu.org). See you at the museum for fun and sharing!



2017 Celebration Dinner



2011  
Celebration  
Dinner

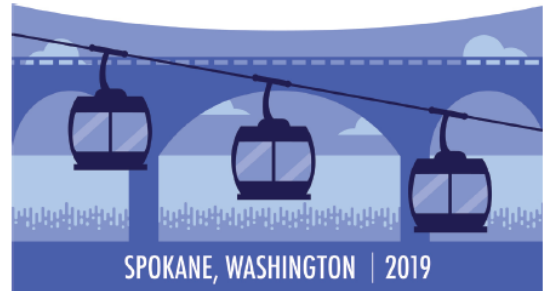


# THE POWER OF WE

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.

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



# Groups & Programs

---

**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) !



# 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](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
						1
2 10:30am Sunday Service 12pm Congregational Mtg [3:30pm P R] [5pm Private Rental]	3 10:00am Covenant Group Meeting 5:30pm Executive Mtg	4 6pm Ensemble Meeting	5 12-3pm Intern Minister's Coffee Hours With Joel Courtney	6 7pm Choir Practice 7pm Covenant Group Meeting	7 6pm [Private Rental]	8 6pm Celebration Dinner
9 10:30am Sunday Service 12pm Worship Team Mtg [5pm Private Rental]	10 11:30am Pastoral Care Team	11 6pm Board Meeting	12 12-3pm Intern Minister's Coffee Hours With Joel Courtney	13	14 DEADLINE FOR JULY NEWSLETTER 6pm [Private Rental]	15 
16 10:30am Sunday Service Share the Plate [5pm Private Rental]	17 10:00am Covenant Group Meeting	18	19	20 7pm Covenant Group Mtg 7:30pm Covenant Group	21 6pm [Private Rental]	22
23 10:30am Sunday Service [5pm Private Rental]	24	25	26 12-3pm Intern Minister's Coffee Hours With Joel Courtney	27	28 6pm [Private Rental]	29 6pm Circle Supper
30 10:30am Sunday Service [5pm Private Rental]				<div> <b>June Sermon Titles</b>  <b>June 02</b>—<i>Flower Communion</i>  <b>June 09</b>—<i>What Is Grace</i>  <b>June 16</b>—<i>Living Our Values</i>  <b>June 23</b>—<i>Knowing Ourselves</i>  <b>June 30</b>—<i>Spirituality in Nature</i> </div>		

# 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 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

## 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

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@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.  
.....

**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

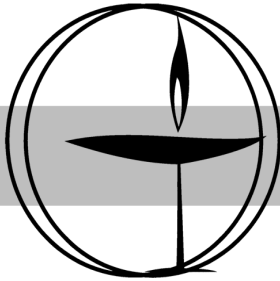
*There are seven principles which*

*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