July 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.

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**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

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**Our Worship Services**

**Traditional Services**
Our traditional services begin at 10:30am and end at 11:45am with messages given by Rev. Laura Shennnum, guest speakers or members of CUUF. During the summer, there are busy bags for children available during the service. Please join us for coffee and fellowship immediately following the service.

**Our theme for the summer is our 7th principle – Respect for the interdependent web of live, of all existence, of which we are all a part.**

**July 7, 2019**
**Building Bridges, Not Walls**

10:30am Service:

Speaker: Norma Gallegos
Celebrant: Paige Balling

Born in Mexico and raised in Kansas, Ms. Gallegos is a regional and state-wide leader in social justice issues for immigrants and children and is passionate about strengthening community and learning from and valuing the culture of immigrants - all within a framework of providing guidance and advocacy toward achieving United States citizenship.

**July 14, 2019**
**Question Box Sermon**

10:30am Service

Rev. Laura Shennnum
Celebrant: Kmbris Bond

Do you have burning questions for our minister? This Sunday, Rev. Laura will collect questions from the pews and answer them during the service.

**July 21, 2019**
**Human Networking**

10:30am Service

Speaker: Joel Courtney
Celebrant: Lynn Madsen

Computer networking is often used as an analogue for the human mind to help us understand computers better, but what can those comparisons teach us about the human condition and the challenges we face?

**July 28, 2019**
**CUUF in the Anthropocene**

10:30am Service

Speaker: Eliot Scull
Celebrant: Paige Balling

This Sunday, we will explore how we, as a congregation and as individuals, can work to preserve and heal a damaged and threatened world in which we as a species are in control.
Holy Curiosity...

“Our 7th UU Principle is respect for the interdependent web of all existence of which we are all a part.”

This Summer, we will explore our 7th principle and how we can engage it in different ways. I offer these words from our hymnal #550 and attributed to Chief Noah Sealth to begin our journey:

We Belong to the Earth

This we know.
The earth does not belong to us,
We belong to the earth.

This we know.
All things are connected
like the blood which unites one family.

All things are connected.
Whatever befalls the earth
befalls the [people] of the earth.

We did not weave the web of life;
we are merely a strand in it.
Whatever we do to the web,
we do to ourselves.

In Faith & Love,

Rev. Laura
A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,

As I write this final president’s message, my heart is filled with deep gratitude for the year that has passed. Having the honor to serve as the board president this past year, I’m grateful for all that I learned. While my leadership education began at a very early age when I belonged to four different 4-H clubs in my small Oregon hometown, this year I have found there is ALWAYS something new to learn!! I wish to thank the board, the nominating committee, the governance committee, the congregation and Rev. Laura for your faith, grace and patience as I learned about CUUF leadership as president during my first year of tenure. I look forward to another year with an officer role and to continue to learn from you all. I found these words adapted from Patrick Murfin a perfect parting sentiment as I pass the president’s baton on to Julie McAllister for the coming year:

We gather as leaders, as servants.

We gather as ears, as voices.

We gather as memory, as hope.

We gather as family, as pilgrims.

We gather as faithful, as skeptics.

We gather as objects, as subjects.

We gather as wisdom, as folly.

We gather as action, as reflection.

We gather as many, as one.

As we are, we shall be.

As we serve, so shall we lead.

In Service,

Deb
SOCIAL ACTION NEWS

Share The Plate –
The recipient for June was Sacred Fire UU. We raised $527.29.

The recipient for May was Small Miracles and we raised $904.80

Thank you for your generosity!

The list of Share the Plate recipients for 2019-20 will be published in the August newsletter.

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.

Attitude of Gratitude

From the June 2019 Board Packet

Thank you to the following people:

Thank you to Chris Rader for spreading the bark outside our fellowship.

Thank you to our wonderful greeters:

Chris Rader, chair
Deborah Bryant Dawn McKenzie
Barbara Edwards Eliot Scull
LeRoy Farmer Pam Toevs
KC Kwak Pat Taylor
Peggy Love Pat Whitfield
Sandy Limbeck Vikki Williams
WORSHIP NEWS

Worship Brainstorming Session
Thurs, Jul 25 10:30am to 12:30pm
CUUF Sanctuary

Do you want to participate in the creative space which develops our themes each month?
Do you have ideas for art, messages, readings, music, or other suggestions for worship?
Please join us for the brainstorming session and bring your ideas.

Worship Themes for 2019-20

In 2019-20, we will subscribe to a service called Soul Matters, which will create theme materials and offer new resources to our worship team. The themes identified by Soul Matters for the upcoming year are:

What Does It Mean to be a People of...

September: Expectation
October: Belonging
November: Attention
December: Awe
January: Integrity
February: Resilience
March: Wisdom
April: Liberation
May: Thresholds
June: Play

FELLOWSHIP NEWS

July Circle Suppers
Saturday, July 13 @ 6pm
Hosts: Don & Barbara Flick
6760 Forest Ridge Drive
Wenatchee
RSVP: 888-4670
At least one day in advance

Parking is limited carpool if possible.

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.

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 July

Questions Jackie Halter 860-2978
Emptiness Is Not Really Empty
Sharon Meho Petit and Todd Daiko Petit

It is often hard to interpret terms in Buddhism and Zen into modern English. Emptiness is one such term. In the West when we say empty, we mean a lack of something. In Zen and Buddhism, it means the opposite. We say that we are Empty of Self in Buddhism and what we mean is that we are interwoven out of everything. Always in Zen you are encouraged not to simply accept but to sit with a so-called truth and combust it until we know for ourselves whether it is true or not. I have done a lot of sitting with this concept and have gone from a cursory intellectual acceptance to a deeper intuitive understanding.

One of the best explanations of Emptiness I have found has come from UU’s own Zen Roshi, Rev. James Ishmael Ford. He says we are all interwoven out of each other and the Cosmos Itself. If you sit with this in seated meditation or walk with it in CUUF’s beautiful meditation garden, you can begin to unpack this. Start with the Big Bang and you end up with Earth and us human beings. Look at your life and you will see all your biological ancestors from the single cell amoeba that evolved into the colony of cells that make up your body, right through to grandma. Look at your language and cultural environment and see the generations of humans who have lived and created our society. But if you do this with an open mind and don’t let your opinions sway you, then you can know this directly.

When you look at the Buddhist group you can see our ancestors from the historical Buddha right down to CUUF. We are truly all interwoven out of each other and the Cosmos Itself.

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

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<tr>
<th>Activity</th>
<th>Time</th>
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<tr>
<td>Morning Meditation</td>
<td>9:30 am to 10:30 am</td>
<td>Wednesday</td>
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<td>Zen</td>
<td>5:30 pm to 6:30 pm</td>
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<tr>
<td>Tibetan</td>
<td>6:30 pm to 7:30 pm</td>
<td>Wednesday</td>
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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@cascadecuu.org!
## July 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.

### Monthly Calendar

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<tr>
<td>10:00am Covenant Group Meeting</td>
<td>6pm Ensemble Meeting</td>
<td>12-3pm Intern Minister’s Coffee Hours With Joel Courtney</td>
<td>7pm Covenant Group Meeting</td>
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<td>5:30pm Executive Mtg</td>
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<td>6pm Board Meeting</td>
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<td>Circle Supper</td>
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<td>10:30am Worship Brainstorming</td>
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### Deadline for August Newsletter

12-3pm Intern Minister’s Coffee Hours With Joel Courtney

### July Sermon Titles

- **July 07**—Building Bridges Not Walls
- **July 14**—Question Box Sermon
- **July 21**—Human Networking
- **July 28**—CUUF in the Anthropocene
CUUF MINISTER
Rev. Laura Shennum
881-9658 | minister@cascadeuu.org

CUUF INTERMINISTER
Joel Courtney
575-650-0773 | internminister@cascadeuu.org

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

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
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
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.