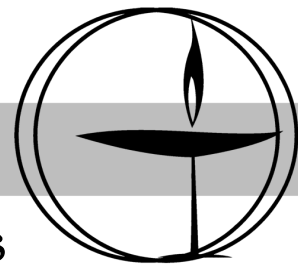


CUUF Link

Cascade Unitarian Universalist Fellowship



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.

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. 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 life, 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 Shennum
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.

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

A MESSAGE FROM REV. LAURA SHENNUM

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 Sealath 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.

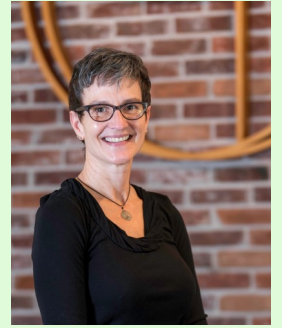
In Faith & Love,

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

Merci!

Gracias!

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

Barbara Edwards

LeRoy Farmer

KC Kwak

Peggy Love

Sandy Limbeck

Dawn McKenzie

Eliot Scull

Pam Toevs

Pat Taylor

Pat Whitfield

Vikki Williams

THANKS!

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

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 !

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.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00am Covenant Group Meeting 5:30pm Executive Mtg	2 6pm Ensemble Meeting	3 12-3pm Intern Minister's Coffee Hours With Joel Courtney	4 7pm Covenant Group Meeting	5 6pm [Private Rental]	6
7 10:30am Sunday Service [3:30pm Private Rental] [5pm Private Rental]	8	9 6pm Board Meeting	10 12-3pm Intern Minister's Coffee Hours With Joel Courtney	11	12 6pm [Private Rental]	13 6pm Circle Supper
14 10:30am Sunday Service [5pm Private Rental]	15  10:00am Covenant Group Meeting	16 DEADLINE FOR AUGUST NEWSLETTER	17 12-3pm Intern Minister's Coffee Hours With Joel Courtney	18 7pm Covenant Group Mtg 7:30pm Covenant Group	19 6pm [Private Rental]	20
21 10:30am Sunday Service [5pm Private Rental]	22	23	24 12-3pm Intern Minister's Coffee Hours With Joel Courtney	25 10:30am Worship Brainstorming	26 6pm [Private Rental]	27
28 10:30am Sunday Service [5pm Private Rental]	29	30	31 12-3pm Intern Minister's Coffee Hours With Joel Courtney	<div> July Sermon Titles July 07—Building Bridges Not Walls July 14—Question Box Sermon July 21—Human Networking July 28—CUUF in the Anthropocene </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

Julie McAllister, President 669-0246
 Vern Smith, Vice President..... 860-2008
 Deb Miller, Secretary 750-9707
 Luke Evans, Treasurer 470-1941
 Leslie 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

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, 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

Mail: CUUF, 1550 Sunset Highway N.,
East Wenatchee, WA 98802

Unitarian Universalism

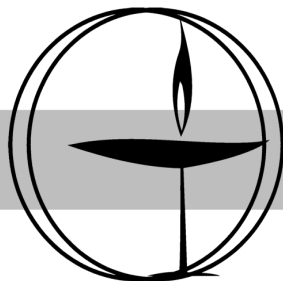
There are seven principles which

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