August 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. 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.

August 4, 2019
CommUnity
10:30am Service:
Speaker: Connor Dahlin
Celebrant: Deb Bryant & Joel Courtney
Returning speaker, Connor Dahlin will be outlining the nuances of community. This talk will speak on how to become more involved with our local community, what it takes to form healthy communities, and the subtle intricacies of individualism and communal mindedness.

August 11, 2019
The Ecology of Human Connection
10:30am Service
Speaker: Lynn Madsen
Celebrant: Steve Clem
We know humans are social animals; we naturally organize into pairs, families and tribes. But how and why does that happen? What are the actual bonds that hold us together, how do they form and how do they operate? How do we maintain them and how can they be repaired? We will see what light science and story and song can shed on these questions.

August 18, 2019
Heroes to Helpers
10:30am Service
Speaker: Joel Courtney
Celebrant: Lynn Madsen
The stories we tell ourselves and each other shape our lives and how we see the world. Popular culture often shows us one version of supporting others. How have those stories affected our perceptions and what stories would better serve our world?

August 25, 2019
Hope For our Earth
10:30am Service
Worship Leaders:
Christina Davitt & Marya Madsen
Our Seventh UU Principle calls us to respect the interdependent web of life of which we are a part. Join us for an interactive, practical and fun service as we use this Principle to discover the light we can shine as UUs to bring hope to our earth in the face of continuing climate change.
Holy Curiosity…

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

As we continue to explore this summer our 7th principle, I offer this blessing. It is one of my favorites that reminds me of all the way we are blessed each day by the natural world.

**Grateful for Creatures A to Z**

By Gary Kowalski

We give thanks for the earth and its creatures and are grateful from A to Z:

For alligators, apricots, acorns and apple trees;
For bumblebees, bananas, blueberries and beagles;
Coconuts, crawdads, cornfields and coffee;
Daisies, elephants, and flying fish;
For groundhog, glaciers and grasslands;
Hippos and hazelnuts, icicles and iguanas;
For juniper, jackrabbits and junebugs;
Kudzo and kangaroos, lightning bugs and licorice;
For mountains and milkweed and mistletoe;
Narwhals and nasturtiums, otters and ocelots;
For peonies and persimmons and polar bears;
Quahogs and Queen Anne's Lace;
For raspberries and roses;
Salmon and sassafras, tornadoes and tulipwood;
Urchins and valleys and waterfalls;
Yaks and yams and yogurt.
We are grateful, good Earth, not least of all,
For zinnias, zucchini, and zebras,
And for the alphabet of wonderful things that are simple as ABC.

What would you add to the blessing?

In Faith & Love,

*Rev. Laura*
Dear Congregation,

It is with humbleness, excitement and a little trepidation that I begin my term as your Board President. I am excited for the continued work that we will do together to discern our next steps to create our future together. The “future” that I have in mind is multifaceted:

♦ Our next steps for a bit more functional and spacious home;
♦ Use of ‘open questions’ this year to help guide our place in the community and larger society;
♦ Social action that we want to participate in this year;
♦ And our thoughtful work together to support ourselves and our minister spiritually during her sabbatical this winter.

I use analogies frequently, so for those of you who went to Disneyland at some point – I see this as similar to the Jungle Cruise rather than Space Mountain – areas of calm water, beauty and learning, with a few surprise hippos charging in the water just to keep you on your toes – rather than a fast, plunging space ship in the dark. I found this reading that I hope will guide our year together.

“May we go forward in purposeful rhythm,
That we may give voice to the melody of our imaginations,
The music of our souls,
And all the possibilities of a just world
As we might together create it.
Go in Peace.”

Matt Meyer

P.S. Please remember to drop your pocket change in the birdhouse and encourage children to participate in our new church path through giving. The birdhouse is out each Sunday near the nametag lanyards!

In Service,

Julie
MEMBERSHIP NEWS

Both Newcomer Chats and Elder Talks will begin again in September!

Also: There will be No Coffee House Hours in August. They will begin again in September.

Attitude of Gratitude

From the July 2019 Board Packet

Thank you to all the volunteers that helped make our CUUF garage sale so successful!

CUUF Yard Sale 2019 – Volunteers

Emily Siroky, co-chair
Chris Rader, co-chair
Kmbris Bond
Jim & Deb Bryant
Barbara Edwards
Shannon Eisert
Diane Groody
Jackie Halter
Jaime Krish
Gene Kupferman
Alex Leslie
Sandy Limbeck
Rebecca Lyons
Diane McKenzie
Dawn McKenzie

Marya Madsen
Carol Oliver
Don Oliver
Patty Ostendorff
Betsy Peirce
Mary Peterson
Sara Severson
Rachel Courtney
Pam & Jack Toevs
Jan Scott
Heather Seman
Pat & Doug Taylor
Rich Trifeletti
Verna Zuttermeister
ADULT EDUCATION OPPORTUNITIES

Soul Matters Small Groups
Coming in September new small groups will be forming! We will have materials to easily explore our monthly themes. This is a great opportunity to meet new people, improve your listening skills, and have meaningful conversations. There are opportunities to lead or join. If you want to be a facilitator, then watch for facilitator training in early September. If you want to be part of a group, then watch for sign ups starting on Sept 8. If you have questions, then contact Rev. Laura at minister@cascadeuu.org or 509-881-9658

SOCIAL ACTION NEWS

Share the Plate Organizations for 2019-20

National Organizations:
Black Lives UU
UU Service Committee

Local Organizations:
Chelan Douglas CASA
Literacy Council
NAMI of Chelan-Douglas
Suicide Prevention Coalition
Children’s Home Society
Panther House (Wenatchee High School)
No More Deaths
Wenatchee Valley Humane Society

Thank you for your vote to choose these organizations!

FELLOWSHIP NEWS

No Circle Suppers in August

TWO SMALL DINNERS in AUGUST

#1 Saturday, August 10 @ 6pm
Please sign up by Sunday, August 4

#2 Saturday, August 24 @ 6pm
Please sign up by Sunday, August 18

Sign-up sheets are in the kitchen at the back of the sanctuary.

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.

Questions contact: Jackie Halter 860-2978
The Woman Let It Be
Sharon Meho Petit and Todd Daiko Petit

There was a woman who lived in China in the eighth or ninth century who was given a koan or question to work with in her practice. Now this woman was very devout and had practiced very hard for many years. The practice she was given was to say to herself *Let it be*. So her house caught on fire and she said, *Let it be*. Then her son fell into the river and a bystander ran to her and told her about it. She said, *Let it be*. Then she was making fried bread in fat over a fire her husband had built. When she dropped a spoonful of dough into the fat and it sizzled, she said, *Let it be*. At that point she began to jump up and down and ran off to her teacher who confirmed that she had indeed *harvested the holy fruit*. I have given this koan to the sangha for this summer to work with and I invite you to participate along with everyone else. If you have any questions or would like to discuss what you find for yourself, please feel free to email or call me. And I love a koan that comes with it’s own ear-worm (that song you can’t get out of your head). Listen to Paul McCartney’s *Let It Be*.

www.youtube.com/watch?v=QDYfEBY9NM4

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

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<tr>
<td>Morning Meditation</td>
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<td>Zen</td>
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<tr>
<td>Tibetan</td>
<td>6:30 pm to 7:30 pm</td>
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Contact: Sharon Meho Petit, shayknight@charter.net or 509-670-883
Visual Arts Team Info

My connection is ...
The Visual Arts Team has an exciting project in August and needs your participation. In order to illustrate our interconnectedness, we would like for you to bring in a small photograph or word art (clipped from magazines or hand-drawn) which shows how you're connected. Each week we will add them to a large community art project for everyone to enjoy.

Aug. 4 My connection to CUUF is ...
Pictures may be from small gatherings, service projects or simply pictures of friends. Word art could be "connection" or "faith" or something which appeals to you.

Aug. 11 My connection to the Region is ...
Pictures may be from rallies, events, beautiful hikes, family or friends. Word art could be "community" or "safety" or something which appeals to you.

Aug. 18 My connection to the Nation is ...
Pictures may be from visits with families, travel photos, marches or whatever you feel connected to in our nation. Word art could be "patriotic" or "involvement" or something which appeals to you.

Aug. 25 My connection to the Universe is ...
Pictures may be related to your cultural heritage, travel photos, magazine pictures, or whatever makes you feel connected to in our universe. Word art could be satellite connection or space walk or something which appeals to you.

Visual Art Supplies Needed

The Visual Arts Team is seeking donations. If you have any of the following which you would like to donate, please contact Rachel Courtney at 575-650-5440 or rachel.l.courtney@gmail.com.

- 24" Ceramic Planter
- Hot Glue Gun/Sticks
- Needle & Thread (black and white)
- Tape (duct, transparent)
- Hammer
- Multipurpose Tool
- Tape Measure
- Staple Gun
- Paint/Brushes
- Drop Cloth
- Decorative Fabric
- Ribbons.
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!
## August 2019

**August Sermon Titles**

- Aug 04 — CommUnity
- Aug 11 — The Ecology of Human Connection
- Aug 18 — Heroes to Helpers
- Aug 25 — Hope for our Earth

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**MONTHLY CALENDAR**

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

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<td>6 pm Small Dinners (off site)</td>
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**August Sermon Titles**

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- Aug 11 — The Ecology of Human Connection
- Aug 18 — Heroes to Helpers
- Aug 25 — Hope for our Earth

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**DEADLINE FOR SEPTEMBER NEWSLETTER**

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**Ensemble Meeting**

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**Small Dinners** (off site)

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**CUUF event**

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**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**
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

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:**

**BUILDING/PROPERTY TASK FORCE**
John Marshall Sharon Petit,
Don Oliver Chris Rader
Rich Trifletti Doug Taylor

**CAPITAL CAPAIGN MANAGEMENT COMMITTEE (CCMC)**
Don Flick, Treasurer and Chairperson
Steve Clem, Operations Manager
Luke Evans, CUUF Treasurer,
Rev. Laura Shennum, Minister

**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

**BOARD COMMITTEES:** (continued)

**GOVERNANCE COMMITTEE**
Ben Knecht, Chair
Carol Oliver
Linda Herrington

**NOMINATING COMMITTEE**
Jaime Krish, Chair
Heather Coonrod

**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
Ryan Jacobsen Pat Taylor
KC Kwak Pat Whitfield
Peggy Love Vikki Williams
Sandy Limbeck

**PACKING FRIENDSHIP**
Teresa Gelb, Chair 663-8240

**PASTORAL CARE ASSOCIATES**
Rev. Laura Shennum
Lori Nitchals, Parish Nurse

**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.