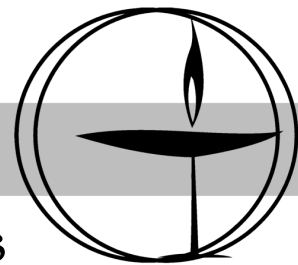


# CUUF Link

*Cascade Unitarian Universalist Fellowship*



## Our Worship Services

*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.

### 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.

### 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...*

*“Our 7<sup>th</sup> 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*

## A MESSAGE FROM OUR BOARD PRESIDENT



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**

*Merci!*

### 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

*Thank you to the following people:*

*Gracias!*

*THANKS!*

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](mailto: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**

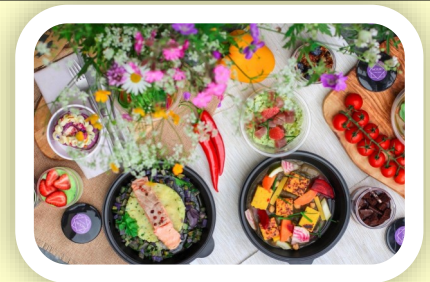
#### **#1 Saturday, August 10 @ 6pm**

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](http://www.youtube.com/watch?v=QDYfEBY9NM4)

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

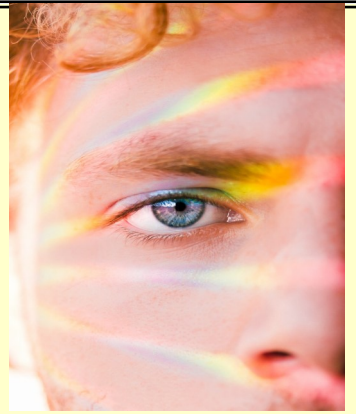
**Contact: Sharon Meho Petit, [shayknight@charter.net](mailto:shayknight@charter.net) or 509-670-883**



## 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](mailto:rachel.l.courtney@gmail.com).

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

# Groups & Programs

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**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) !



# August 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
<div> <b>August Sermon Titles</b>  <b>Aug 04</b>—<i>CommUnity</i>  <b>Aug 11</b>—<i>The Ecology of Human Connection</i>  <b>Aug 18</b>—<i>Heroes to Helpers</i>  <b>Aug 25</b>—<i>Hope for our Earth</i> </div>				<b>1</b>  <i>7pm Covenant Group Meeting</i>	<b>2</b>	<b>3</b>
<b>4</b> 10:30am Sunday Service [3:30pm Private Rental] [5pm Private Rental]	<b>5</b> 10:00am Covenant Group Meeting  5:30pm Executive Mtg	<b>6</b> 6pm Ensemble Meeting	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>  <i>6 pm Small Dinners (off site)</i>
<b>11</b> 10:30am Sunday Service [5pm Private Rental]	<b>12</b>  4pm Board Retreat	<b>13</b>	<b>14</b>	<b>15</b>   <i>7pm Covenant Group Mtg</i> <i>7:30pm Covenant Group</i>	<b>16</b>	<b>17</b>
<b>18</b> 10:30am Sunday Service [5pm Private Rental]	<b>19</b> 10:00am Covenant Group Meeting	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>  <i>6 pm Small Dinners (off site)</i>
<b>25</b> 10:30am Sunday Service [5pm Private Rental]	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>

DEADLINE FOR  
SEPTEMBER  
NEWSLETTER

# 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:

#### **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	
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

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

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

## Unitarian Universalism

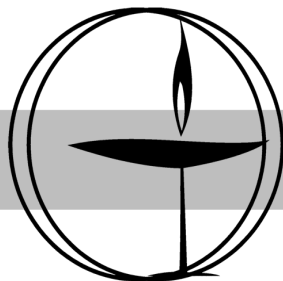
*There are seven principles which*

*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