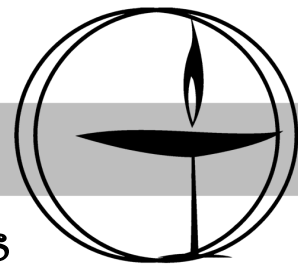


CUUF Link

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. There are busy bags for children available during the service. Please join us for coffee, treats and fellowship immediately following the service.

Our Summer Theme is the 6th Principle:

The goal of world community with peace, liberty, and justice for all

August 5, 2018

Engaging Justice

10:30am Service:

Speaker: Lisa Herrera

Celebrant: Christina Davitt

Guest, Lisa Herrera is an attorney with Northwest Immigration Rights Project or NWIRP. She will share her experience and insights about the families being separated and detained. NWIRP continues to do the work to reunite these families and remove them from detention centers.

August 12, 2018

Dynamic Detail

10:30am Service

Speaker: Steven B Reddy

Celebrant: Kmbris Bond

For those who have always wanted to, or tried and failed to learn to draw, Steven Reddy provides a simple step-by-step instruction. He will offer his story through vibrant visuals during worship and a workshop for those who wish to engage in this experience!

August 19, 2018

Building Community in Troubled Times

10:30am Service

Speaker: Rufus Woods

Celebrant: Deb Miller

Drawing upon his experience with the Art of Community series, Rufus Woods will share his thoughts, ideas and wisdom gathered through these inspirational interviews. In the spirit of the words of song writer Carrie Newcomer "Although there will be struggle we'll make the change we can." Join us for this inspiring service on building community through our own personal choices.

August 26, 2018

Reflections from the Arizona Desert

10:30am Service

Rev. Laura Shennum

Celebrant: Sharon Page

On Aug 3-7, Rev Laura joined other faith leaders to support the humanitarian work of the organization, No More Deaths/No Mas Muertes. She had the opportunity to observe Operation Streamline, the immigration court system. This morning, she will share her reflections of what she encountered and observed.

August 2018

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

RE Director:

Dylan Spradlin
886-4023
redirector@cascadeuu.org

Office Assistant:

Sharon Page
886-4023
admin@cascadeuu.org

Cascade UU Fellowship

1550 Sunset Highway
East Wenatchee WA
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(509) 886-4023
www.cascadeuu.org

A MESSAGE FROM REV. LAURA SHENNUM

Holy Curiosity...

"Never forget that justice is what love looks like in public." - Cornel West



I am writing this article in the middle of July. This morning, I spent time ordering proper clothes for my trip to the Arizona desert at the beginning of August. I am answering the call for faith leaders to flood the desert the first weekend in August. We are going to support the work of No More Deaths/No Mas Muertes. An organization that has fought tirelessly to ensure basic necessities (water, food, clothing, etc.) are found throughout the desert on the Arizona/Mexico border. They have provided medical assistance to those on both sides of the border. They have documented abuse by immigration officials. They have helped search for those who have gone missing and reunited people with their personal belongings after being detained.

This group has been doing this work since 2004. At the beginning of this year, aid workers with No More Deaths began getting arrested and charged with the felony crimes of harboring and conspiracy. Faith leaders are being called to help with this work and raise awareness to the ways our government is shutting down humanitarian aid.

When I asked myself what am I willing to sacrifice, suffer for, and struggle with, this is the effort that came to mind. I will share what I learned, observed, and prayed about at a worship service at the end of August. In the meantime, I hope you are continuing to ask yourself what you are willing to sacrifice, suffer for, and struggle with to help create a world community with more peace, more liberty, and more justice.

In Faith & Love,

Rev. Laura

A MESSAGE FROM OUR BOARD PRESIDENT

Coming Soon!

*Messages from our new
Board President*



Deb Miller

A MESSAGE FROM OUR MINISTERIAL INTERN

Coming Soon!

*Messages from our new
Ministerial Intern*



Joel Courtney

MESSAGES FROM THE BOARD

REPORT FROM THE BOARD FOR JULY 2018

The Board met July 10th. And Deb Miller, our new President, opened with a very important question for board members: what is your favorite motivating anthem? Mine was “Eye of the Tiger” Survivor.

Moving on to business, the Board reviewed terms from Washington Trust Bank to refinance our North Lot loan which comes due in next year. Preliminary terms from Washington Trust are satisfactory and our next steps are to receive and review a formal loan document. We also approved the engagement of a real estate agent to help ascertain the value of our property.

The Board discussed ways to weave our new Congregational Covenant into the fabric of our community and we officially elected two more officers for the 2018/19 year. I'm pleased to share that Julie McAllister is our new Vice President and Leslie Marshall is Secretary.

NEXT BOARD MEETING Tuesday August 14, 6:00 p.m.



Save the date
Sunday September 9th
Water Communion
And a Welcome Potluck for
Joel Courtney and his wife Rachel
immediately following the service

*Merci!**Gracias!***Attitude of Gratitude**

from July 2018 Board Packet

Thank you to the following people:

- ☞ Thank you to **Steve Clem** for learning about the Finance Committee.
- ☞ Thank you to **Luke Evans** for learning about CUUF financials so he can be our new treasurer.
- ☞ Thank you to the **NCW Eco Challenge team** for working so hard and winning first place with \$1,000 donated to CUUF.

Lori Nitchals.....leader extraordinaire.**Vern Smith****Laurie Riegert****Joyce Stevens****Mary Peterson****Luke Evans****Kmbris Bond****Julie Smith****Patty Ostendorff****Rebecca Lyons****Mary Ellen Rundell****Heather Seman****Richard Trifeletti***THANKS!*

- ☞ Thank you to **Emily Siroky & Chris Rader** for heading up the very successful yard sale fundraiser.
- ☞ Thanks for loaning us a tarp: **Ken & Daina Toevs, and LeRoy & Sandie Farmer.**
- ☞ Thanks for taking a shift and working at the yard sale:
Dawn McKenzie, Patty Ostendorff, Jackie Halter, Pat Whitfield, Mary Ellen & John Rundell, Betsy Peirce, Rebecca Lyons and Barbara Edwards.
- ☞ Thanks for helping to set up and price things for the sale: **Barbara Flick, Mary Madden, Connie Risley, Alex Leslie and Diane McKenzie.**
- ☞ Thanks for loaning us a table for the event: **Christina and Mary, Mark and Heather Seman, Laurie Riegert, and Bonnie Orr.**
- ☞ **Ralph (Cookie) Caldwell**—thank you for staying overnight with your trailer to watch over the sale before it opened.
- ☞ A big thank you to **Kmbris Bond & Richard Trifeletti and Don & Carol Oliver** for helping to organize, sign making, set-up, sales, teardown, tables, tarps, rain mitigation and so much more.

Gratefully submitted by Patty Ostendorff

ADULT RELIGIOUS EDUCATION OPPORTUNITIES

Qi-gong Practice Group

Mondays 6-7pm at CUUF

All are welcome to join a weekly Qi-gong practice group. The practice is open to all abilities. It is gentle movement that promotes positive energy in our lives. We have an opening meditation, two practices, a feedback session, quiet meditation, and a closing circle. For questions, please contact Rev. Laura at revlaurashennum@gmail.com or 509-881-9658

Worship Brainstorming Sessions

Thursdays 6pm to 8pm, CUUF Sanctuary
For more information, contact Rev. Laura

This Summer we will be brainstorming ideas for next year's worship themes using different liturgical arts during the service. If you have ideas and would like to participate, then please feel free to join a session. They are scheduled as follows:

Jul 26 – Dramatic Arts;

Aug 2 – Media Arts;

Aug 9 – Verbal Arts

FELLOWSHIP NEWS

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.



We Have Two Circle Suppers In August

#1 Saturday, August 11 @ 6pm

Hosts: Chris Rader

1700 Rainier St, Wenatchee

RSVP: 888-0181

Children Welcome

#2 Saturday, August 25 @ 6pm

Hosts: Mary Timiras and Christina Davitt

2508 Columbia Ave NW East Wenatchee

RSVP: 393-9467 or christina@davittlaw.com

Children Welcome

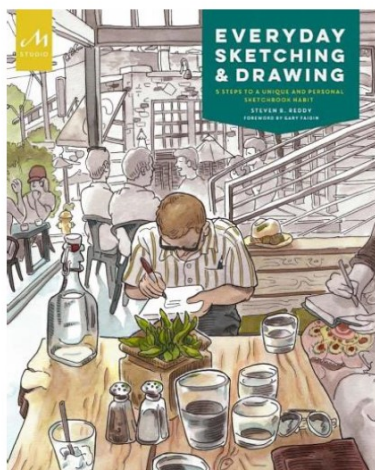
Please RSVP at least one day in advance.
Questions Contact Jackie Halter 860-2978



Steven B. Reddy – Dynamic Detail

Gage Academy of Art instructor Steven Reddy offers an easy-to-follow, unfussy approach to drawing, teaching beginner-friendly techniques necessary to make drawing and sketching an everyday habit.

Capture gorgeous scenes as you learn how to draw details with techniques for creating contour drawings, grisaille underpaintings, beautiful watercolors and more. With artist and instructor Steven Reddy as your guide, you'll learn how to draw detail to depict the world around you in ink and watercolor!



**Workshop at
RadarStation 115 S
Wenatchee Ave**

**August 12, 2018
12:30-4:30 PM**

**Cost: \$100, Limited
to 15 Participants**

**Outside Food
Welcome!**

**NO Outside
Drinks; available
for purchase!**

Supplies Provided!

REGISTRATION:

**CASCADE UNITARIAN
FELLOWSHIP**

1550 SUNSET HWY

**CASH OR CHECK,
OR ONLINE**

<https://goo.gl/forms/ZuLLoNlcH1BCqPgk1>

Questions? Call/email Kmbri Bond at 541-953-4442 kmbri.bond@gmail.com

BUDDHISTS' CORNER

The Language of the Seventh Principle

By Sharon Meho Petit, Sensei and Todd Daiko Petit

Summer heat is beginning to drive us into the shaded places. The Columbia River offers refuge in it's many parks and trees and we seek relief near the water. Find a quiet spot and open your copy of the *Diamond Sutra*, also named *The Sutra that cuts through illusion*. The sutra is a short read but can allow your mind to find new ways of understanding old mysteries.



Don't have a copy? Just search online and read it on your device.

Summer is *Diamond Sutra* time in *Rinzai Zen*. This sutra takes about 40 minutes to read so you will not be making a big time investment here. The sutra was printed on paper in 868 making it the oldest printed book in the world. The Gutenberg Bible came 600 years later. Scholars who translated the original wood block scroll thought it was nonsense at first.

It's significance for Buddhists lies in its message which underlies all Buddhist thought from the time of Gautama Buddha to the present. Buddha, in a dialogue with his disciple Subhuti, outlines the path to enlightenment:

This is how to contemplate our conditioned existence in this fleeting world.

Like a tiny drop of dew, or a bubble floating in a stream;

Like a flash of lightning in a summer cloud,

Or a flickering lamp, an illusion, a phantom, or a dream.

So is all conditioned existence to be seen.

Thus spoke Buddha.

Come join us for practice at 119 S Miller Street. You are invited to the sangha for any of our practice groups:

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

Sutra Study 10:00 am to 11:30 am Saturday at Petit Residence call or email for directions to Petit residence. Bring a dish to share for a casual breakfast. Space is limited.

With gassho,
Todd Daiko Petit – Sharon Meho Petit

Sharon 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 two Thursdays 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 2018



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 facility rentals. *Italicized entries indicate they occur off-site.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
August Sermon Titles Aug 5—Engaging Justice Aug 12—Dynamic Detail Aug 19—Building Community in Troubled Times Aug 26—Reflections from the Arizona Desert				2 6:30pm Worship Brainstorming Media Arts 7pm <i>Covenant Group Meeting</i>	3	4
5 10:30am Sunday Service [3:30pm Private Rental]	6 10:00am Covenant Group Meeting 5:30pm Executive Team Mtg 6pm Qi gong Group	7 7pm <i>Covenant Group Meeting</i>	8	9 6:30pm Worship Brainstorming Verbal Arts	10 9am –5pm CPR Class	11 6 pm <i>Circle Supper (off site)</i>
12 10:30am Sunday Service [4pm Private Rental]	13 6pm Qi gong Group	14 6pm Board Meeting	15  DEADLINE FOR SEPTEMBER NEWSLETTER	16 6pm Shared Pulpit 7pm <i>Covenant Group Mtg</i> 7:30pm <i>Covenant Group</i>	17	18
19 10:30am Sunday Service [4pm Private Rental]	20 10:00am Covenant Group Meeting 6pm Qi gong Group	21 Noon <i>Every Tuesday Is Deadline For Sunday OOS/Bulletin</i>	22	23	24	25 6 pm <i>Circle Supper (off site)</i>
26 10:30am Sunday Service [4pm Private Rental]	27 6pm Qi gong Group 7pm Qi gong Facilitator Mtg	28 6pm Shared Pulpit	29	30 5:30pm Executive Team Mtg 7pm Choir Practice	31	

CUUF Leadership & Staff

CUUF MINISTER

Rev. Laura Shennum
881-9658 | minister@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 RE DIRECTOR

Dylan Spradlin
886-4023 | redirector@cascadeuu.org

CUUF OFFICE ASSISTANT

Sharon Page
886-4023 | admin@cascadeuu.org

CUUF COMMITTEES AND TEAMS

BOARD COMMITTEES:

FINANCE COMMITTEE

Jeff Lau, Chair 509-679-8424
Luke Evans, Treasurer
Rev. Laura Shennum
Laurie Rippon
Mark Seman
Paige Balling

FUNDRAISING COMMITTEE

Anita Janis, Chair
Luke Rummell Heather Seman
Carol Oliver Emily Siroky
Kmbris Bond

GOVERNANCE COMMITTEE

Ben Knecht, Chair
Carol Oliver
Jeff Lau

NOMINATING COMMITTEE

Jaime Krish, Chair
Heather Coonrod
Mary Ellen Rundell

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 Pam Toevs
Barbara Edwards John Rundell
LeRoy Farmer Mary Ellen Rundell
KC Kwak Eliot Scull
Peggy Love Pat Taylor
Sandy Limbeck Pat Whitfield
Dawn McKenzie Vikki Williams

PACKING FRIENDSHIP

Teresa Gelb, Chair 663-8240

PASTORAL CARE ASSOCIATES

Rev. Laura Shennum
Lori Nitchals, Parish Nurse
Carol Oliver Leroy Farmer
Patty Ostendorff Jess Mills
Betsy Peirce Verna Zuttermeister
Pat Taylor

RELIGIOUS EXPLORATION

Dylan Spradlin, RE Director

SOCIAL ACTION TEAM

Toni Graf, Chair 253-468-6744

STEWARDSHIP TEAM

Rebecca Lyons & Eliot Skull, Co-Chairs
Nancy Warner
Chris Rader
Don Flick
Leroy Farmer
Rev. Laura Shennum

WORSHIP TEAM

Deborah Bryant, Chair
Jim Bryant
Chip Balling Paige Balling
Christina Davitt Deb Miller
Sharon Page Pam Toevs
Lynn Madsen Steve Clem
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@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

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

Unitarian Universalism

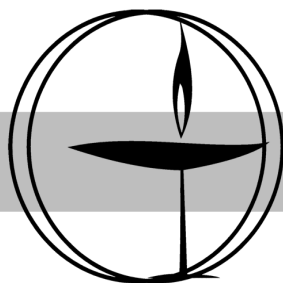
There are seven principles which

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

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East Wenatchee, WA 98802