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. Starting September 15, childcare will be available for nursery and preschoolers each Sunday. On Sunday mornings, children K-5 will have religious exploration classes after the Time for All Ages. Please join us for coffee and fellowship immediately following the service.

Our theme for September is:
What does it mean to be a people of expectation?

September 1, 2019
Hope vs. Expectation
10:30am Service:
Speaker: Steve Clem
Celebrant: Jim Bryant
The Power of Anticipation
We anticipate the future through our hopes and expectations. When is our anticipation a hope? When is it an expectation? Can we use our understanding of hope and expectation as a means of effecting change?

September 8, 2019
Have Faith in the Drip!
Annual Water Communion
10:30am Service
Rev. Laura Shennum
Celebrant: Joel Courtney
What does it mean to have faith in our church community? Join us this morning as we gather for our annual water communion and explore our connections to each other. Remember to bring water to share in our communion. We will also commission Joel Courtney as an Intern Minister.

September 15, 2019
Faithful Expectations
10:30am Service
Rev. Laura Shennum
Celebrant: Jim Bryant
How are faith and expectation intertwined? When we encounter challenging times, can faith help us set up a path of expectation and survival?

September 22, 2019
Great Expectations
10:30am Service
Rev. Laura Shennum
Celebrant: Deb Bryant
Each of us develops expectations for ourselves and others. How does our faith support us when our expectations dissolve? How do we support each other by continuing to set up expectations?

September 29, 2019
Challenging Expectations
10:30am Service
Speaker: Joel Courtney
Celebrant: Sharon Page
With so many major acts of hate in the world, it can be easier for the smaller acts of hate to fly under our radar. How does that constant exposure affect our perceptions? What is a better counteraction, acts of resistance or acts of love?
Holy Curiosity…

“When we have nothing to cling to as our own and cease thinking of ourselves as people who must defend privileges, we can open ourselves freely to others with the faithful expectation that our strength will manifest itself in our shared weakness.” -Henri Nouwen, Theologian

This church program year is full of many expectations!

After a successful capital campaign, we now will step into the process of developing building plans; develop a timeline for building; and solicit additional funding sources to move us one step closer to a new home for our church community. Don't worry, the congregation will continue to be involved in the process and no decisions will be made without a congregational vote.

In addition, we have a new team forming, Congregational Life Team, which is enthusiastically planning activities to enrich our fellowship together. Watch for walks on the loop; coffee house music; potlucks, and more! If you are interested in hosting an event or want to be part of the group, contact Steve Clem or Kmarsh Bond.

This year, also marks Joel Courtney’s second year with us. This year, we will formally commission him as an Intern Minister and he will step into more leadership. Joel is working on a project to bring faith communities together to help with emergency shelters during the winter months. Watch how you can be involved. In addition, Joel will be in the pulpit more and take a leadership role during my sabbatical. During this time, it is important to remember Joel is still learning and developing as a minister. It is our job to provide a supportive space for him to grow in his ministerial presence.

Finally, from January to April 2020, I will be on sabbatical. There will be guest speakers and lay leaders speaking in the pulpit. The congregation will explore where they are and what they want to do next. I will take the time to deepen my spiritual practices, to explore process theology, and to spend time with family. In addition, I will take the time to understand how I want my ministry to go forward and develop over the next few years. This fall, we will develop materials to support the congregation while I am away.

I am excited about this year and hope you are as well. Watch for new ways you can get involved and be part of the conversation.

In Faith & Love,

Rev. Laura
Dear Congregation,

I always look forward to September as a time of transition. The beginning of autumn, my favorite season, changing colors of the leaves, the entire lighting changes – the sky and river become periwinkle at twilight, the hills become gold instead of brown; children (and adults) starting back to school, and not to be missed - the start of football season and my league’s fantasy football draft!!!

For CUUF, this is also the start back to our formal church year in September. Our annual water ceremony is Sept. 8th, we welcome back all of our friends who have been adventuring through the summer. We reconnect and honor our journeys.

I am excited for this church year! Our Board held its annual retreat August 12th. We developed our Board Goals for 2019-2020 and our Open Questions that we will use for 2019-2021 to gain input from you, the congregation to help guide the Fellowship in shaping our actions and our budget for the future. Watch for a Congregational Town Hall in October after a service to participate in exploring the Open Questions and provide your input.

Please join us in friendship, reflection and spiritual growth as we begin a new year, taking steps into our future as a fellowship together!

Julie

Two short quotes this month:

“Autumn is a second spring when every leaf is a flower.” – Albert Camus
“Life starts all over again when it gets crisp in the fall.” – F. Scott Fitzgerald
**Children & Youth Religious Education News**

The Children’s Religious Education (K-5th grade) will use the curriculum developed by Soul Matters to explore the same themes the adults will explore through worship and small groups. The program will start on Sunday, Sept 15.

Youth Group starts on Wed, Sept 18 from 6pm to 8pm at CUUF. They will meet each week on Wednesday evenings. This year, the group will have a Middle School Group (6-8th grades) and a High School Group (9-12th grades). The Middle School group will explore different faith traditions and some material from Our Whole Lives. The High School group will explore Soul Matters small group ministry, Coming of Age, and material from Our Whole Lives.

If you are interested in teaching or advising for either program, then contact Rev. Laura.

**WELCOME!**

To Our New Religious Education Director

We are pleased to welcome **Connor Dahlin** as our new Religious Education Director. Connor is not new to our community. He has spoken in our pulpit and shown his artwork. He will initially start work with the K-5th grade program. Come and meet him on Sun, Sept 8 during our Water Communion service.

**New Music Director**

We are pleased to welcome Kmbris Bond as our new Music Director. Kmbris has been involved with the congregation for the past several year and brings a ton of enthusiasm to the position. We are excited about what this new position and Kmbris can bring to our worship music.

Come and welcome her to the new role on Sun, Sept 8 during our Water Communion service.
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.
To sign up, use the sign up sheet on Rev. Laura’s door.

If you have questions, contact Rev. Laura at minister@cascadeuu.org or 509-881-9658

The Shared Pulpit: A Sermon Seminar
Facilitated by Rev. Laura Shennum
Date & Time: TBD By Participants
This is a workshop designed to give people experience writing and preaching full-length sermons for the congregation. Workshop members learn about the theory and theology of preaching, then practice writing and speaking with authenticity, gradually building toward composing quality 20-minute sermons. This is a 6 week seminar with reading and writing outside of class expected. To sign up, sign up on the sheet on Rev. Laura's door.

Elder Talks
Wednesday, September 11 10am to 11:30am, CUUF Sanctuary
What does it mean to age and how are you supposed to do it gracefully? This is a time to gather and explore the topic of aging. We will take the time to discuss the lessons we have learned in life that has shaped us to who we are today. Join us for coffee, tea, and some light refreshments.

Google Drive Introduction
With the addition of G Suite to our online tools for the church, each committee and team will have access to more tools to share information and collaborate on future projects. Joel Courtney will teach 2 introductory classes in September for those that have little to no experience with Google Drive. Please plan to bring a laptop or tablet if possible.
The Class will be held at CUUF from 10am to 11:30am on Friday September 13th and again on Saturday September 14th

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
Attitude of Gratitude
From the August 2019 Board Packet

A Big Thank you!
to Suzanne Sorom
for Painting the Front Door!

SOCIAL ACTION NEWS

Share the Plate — Sunday September 15
Black Lives UU (BLUU)
Formed in the wake of several conversations among Black UUs at the July 2015 Movement for Black Lives Convening in Cleveland, OH - the BLUU Organizing Collective is committed to:

♦ Expanding the power & capacity of Black UUs within our faith
♦ Providing support, information & resources for Black Unitarian Universalists.
♦ Justice-making and liberation through our faith

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.

No Circle Suppers in September

Questions contact:
Jackie Halter 860-2978

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.

One SMALL DINNER
Saturday, September 21 @ 6pm
Please sign up by Sunday, September 15
Sign-up sheets are in the kitchen at the back of the sanctuary.

FUNDRAISING UPDATE

AUCTION Follow-up
Remember that dinner, service or outing you purchased last December at our annual Holiday Auction? Have you enjoyed what you bought? Or do you still need to contact the person who donated the service?

The Fundraising Committee just wants to be sure that all our auction transactions have been concluded to everyone's satisfaction, since it won't be long before we'll start thinking about our 2019 Auction!

If you have any questions about the auction or need help following up on what you purchased in 2018, please give Emily Siroky a call at 509-679-4143. Thanks for your participation!
CONGREGATIONAL LIFE NEWS

The CUUF Evening Book Group
Sept 9th, Sept 23rd and Oct 7th at 7pm

The Evening Book Group will start up again in September with a book called, The God-shaped Heart, by Timothy Jennings, MD. This book looks at how the message of Christianity has been misconstrued over time, and how to return to the basic premise that God is Love. We will be discussing the first 4 chapters on Sept 9th. This is an open group, and anyone is welcome to come and join in. We meet every other Monday evening, September through June.

For this first book, Gloria and Gene Kupferman will host the group and Gloria has purchased the books for a reduced price of $6 each. She can bring copies to CUUF for pick-up. To purchase a book or for more information please contact Gloria at 509-679-7529

Directions to Gloria and Gene’s house in Sunnyslope: 181 Fuji Lane, Wenatchee, WA 98801
Follow Easy St across Hwy 2 past W Peter St and School St and turn right at Mile marker 1. When you get to the bridge over High Ditch take the right-hand fork and the house will be on the left.

CUUF River Walk-Pybus Market to Walla Walla Park

What- “CUUF River Walks”
Where- Meet at the south entrance of Pybus Market
When- Saturday, Sept 21 at 9am
Who- Open to all ages who would like a group walk on the Loop Trail
Why- An opportunity for socializing, exercise, and getting to know fellow CUUFers better!

Join Lori and Mija, Lori’s Golden Retriever, for a walk on the Loop Trail, may include going to the Farmer’s Market, and even a beverage and snack afterwards at Pybus. We will walk as a group from Pybus Market to Walla Walla Park or until someone wants to turn around!

This fun event will be offered by Lori every third Saturday of the month through December, weather permitting. Questions? Email Lori Nitchals at parishnurse@cascadeuu.org

CUUF After Worship Walk

A few years ago some of us would walk from CUUF after church for 20 or 30 minutes, not long, just enough to visit a little and stretch our legs. Pat Taylor has volunteered to lead our AW walks the first Sunday of each month. That would be Sept 1st — Oct 6th — Nov. 3rd — Dec 1st.
For more info contact Pat @ 907-230-5944
Sharon Meho Petit and Todd Daiko Petit

Todd Daiko and I are in New Hampshire on vacation this month. It is a joy to know that all is well at the Sangha and practices will continue during August as usual. In September we will have a full schedule of Wednesday morning and evening practices. We look forward to adding additional practice times and classes in October. One offering we are looking forward to is a morning Zazen each week day from 7-8 am. So if you want to start your day with a little peace and mindfulness please plan on giving Morning Meditation a try.

With a bow,
Sharon Meho Petit, Sensei

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

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<th>Practice Type</th>
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<td>Morning Meditation</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@cascadeuu.org!
## September 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.*

**September Sermon Titles**
- **Sept 01**—Hope vs. Expectation
- **Sept 08**—Have Faith in the Drip! (Water Communion)
- **Sept 15**—Faithful Expectations
- **Sept 22**—Great Expectations
- **Sept 29**—Challenging Expectations

### Monthly Calendar

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**DEADLINE FOR OCTOBER NEWSLETTER**

### September Sermon Titles
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- **Sept 08**—Have Faith in the Drip! (Water Communion)
- **Sept 15**—Faithful Expectations
- **Sept 22**—Great Expectations
- **Sept 29**—Challenging Expectations
CUUF Leadership & Staff

CUUF MINISTER
Rev. Laura Shennum
881-9658 | minister@cascadestructu.org

CUUF INTERN MINISTER
Joel Courtney
575-650-0773 | internminister@cascadestructu.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@cascadestructu.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 Trifletti
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
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.