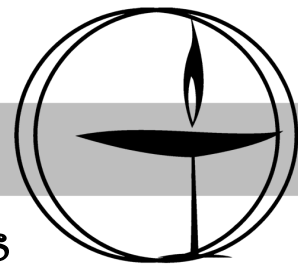


CUUF Link

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. Childcare will be available for nursery and preschooler 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 themes this year will be phrases from our congregational covenant.
Our theme for September is Enter Beloved Community Intentionally.***

September 2, 2018

An Inspirational Journey

10:30am Service:

Speaker: Martha Flores

Celebrant: Steve Clem

Artist and poet, Martha Flores will share her story and the art inspired by her experiences. She will share the stories and reasons why people choose to come to the United States.

September 9, 2018

Annual Water Communion Service: At the Confluence of Beloved Community

10:30am Service

Rev. Laura Shennum

Celebrant: Christina Davitt

We will join together on this Sunday to share our stories of hope and sorrow that touched us during the summer. Please bring water from a meaningful place to share in our communal bowl.

September 16, 2018

Visioning Beloved Community

10:30am Service

Rev. Laura Shennum

Celebrant: Deborah Bryant

There is a history to the term Beloved Community. This morning, we will explore the history as well as learn what it could mean for us to become a part of the Beloved Community

September 23, 2018

To Be Intentional

10:30am Service

Rev. Laura Shennum

Celebrant: Sharon Page

How do we intentionally enter into beloved community together? We will explore the communal act of being intentional and how that may shape our time together this year.

September 30, 2018

This I Believe

10:30am Service

CUUF Members & Friends

Celebrant: Paige Balling

Individuals from the CUUF community will speak about what they believe. This is a favorite service for many and highlights the many beliefs held within our walls.

September 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
98802
(509) 886-4023
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A MESSAGE FROM REV. LAURA SHENNUM



Holy Curiosity...

“Our goal is to create a beloved community and this will require a qualitative change in our souls as well as a quantitative change in our lives.”

— Rev. Dr. Martin Luther King, Jr

This month, we start taking parts of our newly created congregational covenant and looking at them more closely. For September, we will examine what it means to enter into beloved community intentionally. This term, beloved community, comes from a rich religious tradition and has in recent years, become important in the development of our Unitarian Universalist faith.

It does not just call us to create a beloved community within our walls, but it calls us to the active work of creating beloved community throughout our world. This means living into our seven principles each and every day. This might seem like a steep hill to climb, however, if we make that climb together with curiosity, humor, and grace we can become co-creators in the world we want to see.

We will explore the term, history, and concepts more through our worship services, discussions, and classes. I hope you will find opportunities to deepen your own understanding as well as discover how this part of the covenant can be incorporated into your life.

As a reminder, here is our covenant and the monthly themes for this year:

We enter beloved community intentionally, living our values with grace, love, and celebration.
We do this by:

Listening with kindness and respect,
Speaking honestly with sensitivity,
Acting with compassion and acceptance,
Embracing our joys and sorrows,
Encouraging each other's spiritual journey,
Sharing our gifts and strengths in service to the greater good.

When we fall out of covenant, we recognize, reflect and reengage.

We forgive and begin again in love.

Sept – Entering beloved community intentionally

Oct – We forgive and begin again in love

Nov – Embracing our joys and sorrows

Dec – Acting with compassion and acceptance

Jan – When we fall out of covenant, we recognize, reflect, and reengage

Feb – Listening with kindness and respect

Mar – Sharing our gifts and strengths in service to the greater good

Apr – Encouraging each other's spiritual journey

May – Speaking honestly with sensitivity

Jun – Living our values with grace, love, and celebration

In Faith & Love,

Rev. Laura

A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,

Several years ago I took one of Brene Brown's online courses. An early assignment was to pick an *anthem*, the song we would play as we entered our own *arena of life*; a song that would inspire our courage and authenticity. Of course, I can never pick just one and I had an entire playlist. I remember one song on my list back then was Gloria Gaynor's *I Will Survive*.



I believe that things happen in my life for a reason. I also recognize that I rarely take things slow or ease into a task, I usually jump in with both feet and serving on the CUUF board as president will be no exception. Stepping into the role of president at my first meeting could be added to the long list of life's examples where I've jumped into something with both feet. At my first official meeting as president, all the board members picked their anthem and the one I chose was Jack Johnson's *Upside Down*, the theme song for the movie *Curious George*!

From the spirited musical accompaniment, to the first few lines of the first verse,

*Who's to say What's impossible
Well they forgot
This world keeps spinning
And with each new day
I can feel a change in everything*

to the playful lyrics of the chorus:

*I want to turn the whole thing upside down
I'll find the things they say just can't be found
I'll share this love I find with everyone
We'll sing and dance to Mother Nature's songs
I don't want this feeling to go away*

I am inspired and energized to jump in with both feet and serve this congregation through "each new day" as we all feel "a change in everything". What about the congregation? If you were to choose a song that inspires you, lifts you up and provides the extra shot of motivation you need to carry you out into the arena of life, what would it be?

With gratitude for this faith community and for sharing the love we have with everyone!!

Let's turn this crazy world upside down!!

P.S. Did I mention I LOVE roller coasters?

Deb

Intern Update

Welcome Potluck

Sun, Sept 9 Noon to 1pm

Join us for a CUUF community potluck to welcome our Ministerial Intern, Joel Courtney. All are encouraged to bring main dishes, salads, and fruit trays. A cake will be provided for all to enjoy.



Moving Help

Joel and his wife, Rachel would love any & all help with moving into their new apartment on Fri, Sept 14. If you are able to help out, then let Rev. Laura know by phone 509-881-9658 or email minister@cascadeuu.org

RELIGIOUS EXPLORATION

Director of Religious Education Moment

What do the TARDIS, Music, New Advisors and RE teachers have in common?
(Maybe nothing, but you won't know unless you read on!)

Greetings from the front edge of autumn!
(Scroll to the end for Religious Exploration start dates)

I'm glad for the promise of cooler weather to come, as I expect many of you are too. As I write, we are socked in with smoke, so hopefully that has cleared by the time you read this as well!

After a fairly slow July, August had me beginning to pick up the pace again planning the fall programming! I am so excited for this coming year and all the things I have planned for our children and youth.

I recently attended the Liberal Religious Educator Directors Association (LREDA) retreat and met an entire community of DRE's in the Pacific NW region to collaborate with, and learn from. I'm excited to bring this learning home with renewed spirit!

I will be introducing more social action to both the Youth Group and Children's programs this year. I also want to introduce a Junior Worship team for those youth that want to participate in worship in various ways.

In addition to sharing plans for the month in the YG and RE classes, I will be using this Newsletter space to offer some nuggets of wisdom, insights, stories and ideas for not only parents - but for others too. As you are here to support our young people, I'll offer helpful ways to do that.

YOUTH GROUP

Youth Group will be working from some pop culture - using films - fiction and documentary - and musicals that we watch together, one each month - and using themes and concepts from those films for discussion and activities. That will begin in October. In September, we'll be sorting out how we want the year to go, getting to know the new advisors, and getting to know each other. We are happy to welcome back Heather Coonrod, Dick Murphy and Pearl Wolfe, Paige Balling and Penny Tobiska to the advisor team, and welcome (again) Don Shennum and Brandi and Amy Hightower!

Heads up! At the end of October, our high school youth have the opportunity to go to Fall Youth Conference in Randle, WA at Camp Cispus. This is a youth directed event, with advisor and DRE sponsors as support, and when I discussed it with the youth last spring, they seemed eager to attend.

(continued on next page)

RELIGIOUS EXPLORATION

(continued from previous page)

PARENTS OF HIGH SCHOOL YOUTH: More info will be coming but please mark October 26-28 in your calendar for those Youth Con dates!

Middle school youth won't be left out! I am hoping to plan an overnight at CUUF that same weekend for the Middle School Youth!

PARENTS OF MIDDLE SCHOOL YOUTH: More info will be coming but please mark this week-end in your calendar!

CHILDREN'S CLASSES BIG NEWS!!!

We have enough RE teachers stepping in to serve our children to have RE on the first four Sundays each month (some exceptions for holidays and school vacations)! This is so exciting! We will also be bringing MUSIC to our classes this year with Jim Bryant who is one of our new RE teacher assistants! This makes me very happy! A big thank you to returning teachers, Marya Madsen, Carrie Gavin, Sara Sorensen, and Linnea Shannon and a HUGE welcome to Jim and Deb Bryant, and Jameson O'Neal! I am still waiting for confirmation for another new teaching assistant, so be sure to read next month's newsletter to find out who, should that person be able to join us!

The small RE room itself has made some changes too! The small piano has found its way in there, and a small table that will serve as my workspace, and a place to keep registration forms and sign in sheets! I was able to rearrange some things and declutter a bit so we have a similar amount of space ("It's bigger on the inside"....should we turn the door into a TARDIS?) (Anyone else a Whovian?)

I'm excited to share that I'll be taking over the Story for All Ages, and developing the RE curriculum to align with the Sunday worship themes too.

START DATES!!!

Infant/Preschool Childcare begins on September 9th - Water Communion

K-5th Grade (or home/unschool equivalent) Classes begin Sunday, September 16, and continue the following Sunday the 23rd, then our regular schedule will begin in October! THERE ARE NO RE CLASSES ON THE 5th SUNDAY OF ANY MONTH.

Youth Group meetings begin Wednesday, September 12, 6-8pm, and will continue weekly, with the exception of during school vacation weeks, or holidays (Halloween TBA).

Thank you to everyone who is stepping up to support our youth in so many ways!



Social Action News

Share The Plate – Black Lives of Unitarian Universalists

Sun, Sept 16

The recipient for September will be Black Lives of Unitarian Universalists. This organization provides information, resources and support for Black Unitarian Universalists and works to expand the role & visibility of Black UUs within our faith. The UUA has encouraged all congregations to financially support the effort of BLUU.

“I Am Willing” Social Action Education Group

Second Thursdays, starting Sept 13, 6pm to 8pm

Musician Holly Near composed a song called, “I Am Willing” and the chorus goes, “I am open and I am willing, for to be hopeless would seem so strange, It dishonors those who go before us, so lift me up to the light of change.” It is in this spirit the group will explore the topics of privilege, white supremacy, racial injustice, mass incarceration, immigration, and many more topics. No one has all the answers, we just have to be open and willing to the exploration and possible change that exploration may bring. For more information and to sign up, contact: Rev. Laura at 509-881-9658 or minister@cascadeuu.org

PACKING FRIENDSHIP UPDATE

Well it's back to school and time to start thinking about our students at Rock Island School. We won't get a head count until late in September. Now is the time to collect your donations and stock our pantry. Once again we ask your help in collecting donations of nutritious food to provide for the students of our school. Although we don't yet know the exact head count, we generally serve between 10 and 15 students.

Staples include:

15oz plastic jars of peanut butter

Small boxes of 100% fruit juice

Pouches or cups of 100% fruit

Cans of refried beans, soups, chili, Chef Boyardee products

Dried fruit, i.e. individually packaged raisins, fruit leather

Chips, cookies, snacks in individual packages

Boxes of Mac and Cheese

Cans of tuna

12 count tortillas, white or corn

No perishable food please.

We gratefully accept monetary donations, please make checks out to CUUF, write Packing Friendship in the memo line.

“No person stands so tall as when they stoop to help a child!” — James C Dobson

Thank you for helping us to help them!

Attitude of Gratitude

from August 2018 Board Packet

1. Thank you to Doug Taylor for spending 4 hours plus shampooing the carpet in the sanctuary.
2. Thank you to Emily Siroky for helping Sharon sort through and reorganize the white cupboard in the office to make room for our new ministerial intern, Joel Courtney.
3. A huge thank you to Rev Laura Shennum for traveling to Arizona to join others putting water bottles in the desert for the various people coming over the border for a better life.
4. Thank you to Dylan Spradlin for being willing to give up her desk to make room for our new Ministerial Intern and thank you for cleaning out and organizing the RE room to make room for yourself and the kids in the coming year.

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

UU Navigators Class Starting in October

Facilitated by Rev Laura Shennum

First Sat of the month from Oct – June

First class: Oct 6, 9am to Noon, CUUF Sanctuary

This class will explore in-depth Unitarian Universalism. We will explore history, theology, spirituality, and belief systems. There will be homework for each session. This class will be limited to 10 people and a high commitment to attend all classes will be expected. In addition to the monthly classes, participants will be expected to participate in monthly clearness circles of up to five people. These circles are based on work by Quaker Parker Palmer. To sign up for this class or for more information, please contact Rev. Laura Shennum by Sept 30 to obtain the readings for the first class.

MEMBERSHIP NEWS**Newcomer Chat****Sun, Sept 30 noon to 1pm, CUUF Sanctuary**

If you are new to the Fellowship or have been visiting and want to learn more, then Newcomer Chats are the perfect opportunity for you to engage with us more. A light lunch and childcare is provided. We take this time to get to know you, share some basic information about our Fellowship, and answer any questions you may have.

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.

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.

Small Dinners in September are scheduled for **Saturday September 22 @ 6pm.**

Please sign up by Sunday September 16.

Questions: Contact Jackie Halter 860-2978.

BUDDHISTS' CORNER

August Wenatchee Odayaka Sesshin

Showing Up Sharon Meho Petit and Todd Daiko Petit

Last weekend, August 10-12, Stone Blossom Sangha put on their 1st Odayaka Sesshin.

An Odayaka Sesshin is a three-day retreat with all the traditional rituals and schedule of regular seven-day sesshin. Members filled all the posts and for the first time it was not up to Daiko and I to do more than one role. I am very proud that our members were able to step up and carry this off. Nicole LaFleur did an excellent job as dai-tenzo, head cook. Allyssa Arnold was a very beautiful and compassionate jisha or tea server, caring for all our needs and refreshment. Todd Daiko Petit did a great job as jiki or timekeeper. Matthew Suihei Morgan was a very talented and prepared densu or chant leader. Other members including Jeff Lau and Laurie Rippon assisted ably where needed. We had an old friend from Chobo-ji now living on Badger Mountain, Rick Muken Proctor, join us as inji or abbot's assistant. I only had to serve as shika or temple manager and, of course, when Genjo Marinello Roshi was not present on Friday and Sunday, as sensei or teacher.

You may also join us any Wednesday at 5:30 pm for practice.

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

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 !


September 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 Private Rentals. *Italicized entries indicate they occur off-site.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 10:30am Sunday Service [3:30pm Private Rental]	3 10:00am Covenant Group Meeting 6pm Qi gong Group	4 7pm <i>Covenant Group Meeting</i>	5 12pm-3pm <i>Minister's Coffee Hours</i>	6 7pm Choir Practice 7pm <i>Covenant Group Meeting</i>	7	8
9 10:30am Sunday Service 12pm Welcome Potluck [4pm Private Rental]	10 11:30am Pastoral Care 6pm Qi gong Group	11 6pm Board Meeting	12 12pm-3pm <i>Minister's Coffee Hours</i> 6pm Youth Group	13 6pm I Am Willing Social Action	14	15  <div>DEADLINE FOR NOVEMBER NEWSLETTER</div>
16 10:30am Sunday Service 12pm Worship Team Mtg [4pm Private Rental]	17 10:00am Covenant Group Meeting 6pm Qi gong Group	18	19 12pm-3pm <i>Minister's Coffee Hours</i> 6pm Youth Group 6pm Music Mtg	20 7pm <i>Covenant Group Mtg</i> 7:30pm <i>Covenant Group</i>	21	22 6 pm <i>Small Dinner (off site)</i>
23 10:30am Sunday Service 1pm <i>Board Retreat (off site)</i> [4pm Private Rental]	24 6pm Qi gong Group	25 <i>Noon Every Tuesday Is Deadline For Sunday OOS/Bulletin</i>	26 12pm-3pm <i>Minister's Coffee Hours</i> [1pm Private Rental] 6pm Youth Group	27 6pm Finance Committee mtg	28	29
30 10:30am Sunday Service [4pm Private Rental]						

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

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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

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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

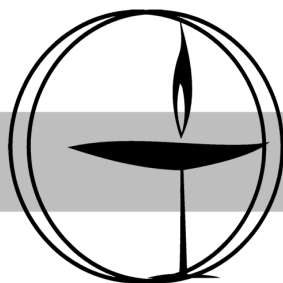
There are seven principles which

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

1550 Sunset Highway N.
East Wenatchee, WA 98802