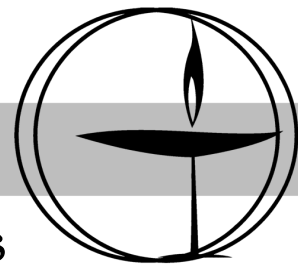


CUUF Link

Cascade Unitarian Universalist Fellowship



October 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, culture, sexual
orientation, and
religious background.

CUUF Minister:

Rev. Laura Shennum

881-9658

minister@cascadeuu.org

Intern Minister

Joel Courtney

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Religious Ed. Director

Connor Dahlin

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Music Director

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Office Assistant:

Sharon Page

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**Cascade UU
Fellowship**

1550 Sunset Highway
E. Wenatchee WA 98802
(509) 886-4023

www.cascadeuu.org

Our Worship Services

Traditional Services

Our traditional services begin at 10:30am and end at 11:45am with messages given by Rev. Laura Shennum, guest speakers or members of CUUF. Childcare is 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 October is:

What does it mean to be a people of belonging?

October 6, 2019

Musical Bonds

10:30am Service:

Rev. Laura Shennum

Celebrant: Steve Clem

Music brings people together and creates magical moments of transformation. Join us for this interactive service with lots of music and insights into bonding through music.

October 13, 2019

Breaking Open Our Boundaries

10:30am Service

Rev. Laura Shennum

Celebrant: Lynn Madsen

What are the messages we hold as UUs and as social beings that hinder us from creating beloved community? We will explore those blind spots we all have in our interactions with others and how they create deterrents to belonging.

October 20, 2019

*Connection Through Grace
Annual Forgiveness Ritual*

10:30am Service

Joel Courtney, Intern Minister

Celebrant: Rev. Laura Shennum

Each year we take notice of those moments when we and others were lacking in our commitments over the past year. This morning, the ritual work with stones will assist us in the work of forgiving ourselves and others

October 27, 2019

Come in Here – For Friendship

10:30am Service

Speaker: Christina Davitt

Celebrant: Deb Miller

Is loneliness the root of what ails us as a society? Let's talk about how we can make the connections we need to begin to heal ourselves and our communities.

A MESSAGE FROM REV. LAURA SHENNUM

Holy Curiosity...

“Where you belong is where you choose to constantly choose to show up” — Karina Antonopoulos

This month, we are exploring what it means to be a people of belonging. The above quote comes from our Soul Matters materials. When I encountered it, I had to keep reading it over and over again, because I couldn't tell if there was a mistake in the wording or not. I have come to the conclusion there is not a mistake and it is intentional to use choose twice.



We belong in those spaces where we are accepted for who we are, what we believe, and who we love. Over the years, I have participated in conversations when people have been in a group where they were not accepted. They were miserable and had self doubts. They worked hard to change themselves to be accepted. Often there is a misunderstanding that there is something wrong with them and the group is the only place they belong. There is a fear of trying something new or making new friends.

We have a choice in how we care for ourselves and allow ourselves to be treated. We are all deserving of love, respect, and kindness. This means, we can choose intentionally those places, groups, friends, etc who honor who we are and cultivate those bonds which feed our soul. My hope is you take the time to evaluate those places of belonging where you choose to show up and make sure they are places worthy of your precious being.

In Faith & Love,

Rev. Laura



A MESSAGE FROM OUR BOARD PRESIDENT

Dear Congregation,

“Expectation is the root of all heartache”
William Shakespeare



I truly value that I belong to a faith community that inspires me to think about my feelings and actions. The theme for last month was a wonderful catalyst for me to look at whether I personally “expect” things, or instead hold out “hope” for them. I find that I do both, and each one creates a very different feeling for me.

The quote above from Shakespeare I have found to be curiously correct. And, I find that my results and emotions are different depending upon whether I am expecting something of myself, or of another person. Anytime I have expectations of myself, it pushes me to meet them, compete with myself, and often to be successful. If I am unable to meet my own expectations, I use it to reflect and learn, although I do usually feel disappointment in myself.

However, when I hold expectations of others, my experience is very different. I feel stress that they may not meet them, I tend to nag them about them (although not effective at all and quite annoying to them, I seem to still do it – just ask Steve or Morgan). And if others don’t meet my expectations, I am disappointed, sad, and at times angry. None of these feelings are pleasant for me, nor realistically is it right for me to project my expectations onto them. Why do I think I get to choose their path?

Hope, on the other hand, always seemed like a “wish” – I am very action oriented, so hoping for something seemed passive and automatically doomed to fail. How effective is it to just hope for peace, or for women’s equality? However, I find that I have less feelings of disappointment if the hope does not immediately manifest.

So, where does that leave me with this topic? I am not done processing, but I think I am much more open to hope as an acceptable action. And I know that I am going to strive to have expectations for myself, but for others have hope.

“While expectations trap us in an infinite mess, hope helps us stride with courage towards infinity” Veena Mishra

Julie

Intern Minister's Letter

As part of my second year of internship with Cascade Unitarian Universalist Fellowship and third year at Meadville Lombard Theological School, I will be working with the congregation and the larger community on a Focused Initiative. For those of you familiar with Scouting, the closest analogue I've found is the Eagle Scout Project, something that is lasting for the community and sustainable.



During this church year, we will be working to create a Severe Weather Response Network that allows churches and community organizations to open their doors to those without a warm place to sleep during the cold and snowy Wenatchee Valley nights. The planning group is being led by Laurel Turner of the Women's Resource Center, which the program will operate under, which is a huge advantage due to their existing relationship with our city and county governments. The SWRN hopes to have three locations available for this winter, and while we have a large amount of enthusiasm in the community to help, we are still developing the relationships with the many community partners that will be necessary to make the program a success.

I will host a short Focused Initiative Update shortly after the Oct. 13 Sunday service in the sanctuary to allow anyone to get more information on the program as it develops and to ask questions about SWRN and how you might get involved. If you are looking for a more immediate way to make a difference, I would encourage you to volunteer for a shift at the PowerHouse Ministry Network. The PowerHouse provides the only low-barrier shelter in the valley, welcoming many people in need that cannot or will not receive help from other sources. Volunteers are always needed for shifts from 9 a.m. to 1 p.m. or from 1 p.m. to 5 p.m. every Monday through Friday, and working alongside the people in need in our community helps me better understand the universality of these issues.

Blessings,
Joel Courtney
Intern Minister

Reintroducing Your CUUF Pastoral Care Team

The Pastoral Care Associates (PCAs) are here to serve congregants in need. The following people serve as PCAs: Pat Taylor, Lori Nitchals, Betsy Peirce, Dawn McKenzie, Mary Peterson, Louise Rasmussen, Verna Zuttermeister, and Patty Ostendorff.

These individuals seek to provide assistance to congregants who are experiencing health concerns, loss, or have other personal needs for which they would like assistance. We extend a ministry of presence and caring, nonjudgmental companioning, and compassionate listening. Associates offer one-on-one listening to members and friends of the church during times of difficulty or crisis. We maintain confidentiality, connect members with community resources to provide assistance, and offer spiritual support, comfort, and prayer.

PCAs are responsible directly to the minister. We can help with rites of passage such as memorial services, child dedications, and weddings. We help solicit CUUF volunteers to serve as "helping hands" in times of congregant need. PCAs can be contacted directly after CUUF Sunday services, and they can also be reached at: pastoralcare@cascadeuu.org.

Board Update From Luke Evans

The Board met Sep 19th and discussed a full agenda of items:

1) **Finances:** The migration to Quickbooks is complete and the board reviewed the financial reports for 2018-19 fiscal year that ended June 30th. Thanks to generosity of the congregation, and work by the Fundraising Committee, Reverend Laura and others, CUUF ended the fiscal year with surplus of \$24k. The surplus allowed us to fulfill our 10% contingency fund goal for the year and apply \$3,400 to additional Intern Minister hours, which will be especially needed during Reverend Laura's 12-week sabbatical. The Board's application of surplus is consistent with CUUF policy as well as recommendations from the Finance Committee, Treasurer and Minister.

2) **Steve Clem** presented a report on behalf of the Capital Campaign Management Committee covering investment options for Capital Campaign gifts, discussions with Randy Zelinski, a local builder, on estimated building costs, and updated DoT plans for the Sunset Highway expansion.

The Board voted to invest capital campaign funds in a series of CD's to provide a bit of additional interest without additional credit risk. The Board also approved establishing a task force to develop immediate strategies to improve the RE experience. The task force will include all feasible options ranging from renting nearby school space to purchasing a "portable" structure.

3) Finally, the Board scheduled a series of congregational updates and meetings in October and November [these will also be noted in CUUF newsletters]:

- ♦ **Oct 6th:** after service meeting to discuss our Open Questions and gather input from the congregation. That input helps guide the future direction of CUUF in many ways and its an important part of our governance model.
- ♦ **Oct 20th:** Capital Campaign Management Committee will provide an update to Congregation
- ♦ **Nov 10th:** Congregational Meeting regarding decisions that we face in the building process and in our growth.

Please try to attend these meetings. These are exciting times for CUUF and its inspiring to see how much we can learn and grow and have fun, as we work together toward our common goals.

Building and Capital Campaign Update Sunday, October 20 after service

What Now? Building and Capital Campaign Update

Join the Capital Campaign Management Committee (CCMC) on for an update on where we are in the building process and our capital campaign. The CCMC will present materials which the congregation will need to decide and vote on next steps. The congregational meeting for that decision and vote will be on **Sunday, November 10 after service**. Materials will be distributed in October for review before both meetings.

Attitude of Gratitude

From the September 2019 Board Packet

The board would like to express our thanks to these talented artists for creating such lovely, inspirational art pieces that have freshly graced our sanctuary every month.

A Big THANK YOU to the following people:

Merci!

**Kmbris Bond,
Rachel Courtney,
Emily Siroky,
Suzanne Sorom,
Martha Flores,**

**Rich Trifeletti
Joel Courtney,
Mary Madsen,
Nancy Warner,
Lynn Madsen,**

Gracias!

Help Wanted for CUUF Coffee House!

Coffee house and open mike is coming:
Friday evening October 25, 7:00 to 9:30.
We'll have drinks and treats available.

If you want to sign up to perform please Email
Lynn Madsen[lamadsen@nwi.net] or Vern Smith [vernonsmith66@gmail.com].



We'll also need volunteers to make treats, help in the kitchen, set up and take down and help with sound. Again, If you want to sign up to help out please Email [lamadsen@nwi.net] or Vern [vernonsmith66@gmail.com].

Calling all Litter Day Saints

Time for the fall cleanup along the CUUF stretch of highway near Rock Island.
Let's meet on
Saturday, October 12th, 10am at BJ's Truck Stop parking lot.



Newcomers are always welcome. It takes about 2 hrs. to pick up the litter, then stay for conversation and lunch at the truck stop afterwards. Should wear sturdy shoes and gloves. Please let Jeff Lau know if you will be able to help,
Jeff Lau, Ph: (509) 679-8424 or email jrlau@earthlink.net

RELIGIOUS EXPLORATION

Children & Youth Religious Education News

Connor Dahlin is our new Religious Education Director. He is starting up the K-5th grade program in the month of September and brings some great ideas to explore with the children. Watch for magic, stories, and drumming!

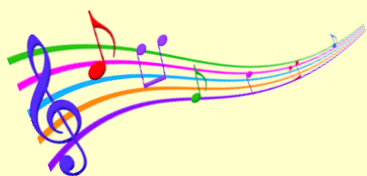
Youth Group started on Wed, Sept 18. We took the month to create a group covenant, to get to know each other, and to solidify a plan for the year. The youth are great to work with and we are looking for additional advisors. If you are interested, then contact Rev. Laura for more details.

Adult Education Opportunities

Elder Talks

Wednesday, October 9 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



Make a Joyful Noise!

by Kmbris Bond, Music Director

"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." Plato



Music is powerful and an amazing force in our world. It can soothe a heart and soul, it can 'raise the roof' in hope, it can quiet a fussy child and empower a throng to march for a cause. As the new Music Director I hope you will join me on the journey as we make music together. We will build on our rich history and on strengths of our current program while we dream into our future and musical potential.

If you identify as a musician, in any way, I would love for you to join me and Pastor Laura for a kick-off meeting to discuss music at CUUF on **Mon, Sept 30 at 7:15pm at CUUF.**

SOCIAL ACTION NEWS

Share the Plate— Sunday October 20 PowerHouse Ministry Center Wenatchee

In **September** we raised **\$399 for BLUU** (Black Lives UU).

Thank You! For you generosity!

Our Share the Plate Recipient for the month of October is the PowerHouse Ministry. PowerHouse helps to meet the pressing needs of people in our community who are dealing with problems like alcoholism, drug addiction, mental illness, poverty, gangs, and homelessness. They provide a drop-in day shelter that, unlike many other service providers, doesn't require a I.D. or other barriers that keep some in need from seeking assistance. PowerHouse also provides food, clothing, toiletries and other donations for those in need.

Packing Friendship

Our program to feed hungry kids from Rock Island School will be starting up on October 4th. Once again CUUF will be providing two breakfasts and two lunches, plus snacks) each weekend to kids in need. We really appreciate our congregation's dedication to our program, thank you for thinking of us when you are shopping! We also gratefully accept monetary donations. Please make checks out to CUUF, write Packing Friendship in the memo. Feel free to contact Teresa Gelb, 663-8240.



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.

**October Circle Suppers
October 5th @ 6pm**

Hosts: Nancy & Chuck Warner
911 Woodward, Wenatchee
RSVP: 509-881-1812

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, October 19 @ 6pm**

Please sign up by Sunday, October 15
Sign-up sheets are in the kitchen at the back of the sanctuary.

Questions contact: Jackie Halter 860-2978

FUNDRAISING UPDATE

Dreaming up New Auction Items

The CUUF Annual Auction: 2019 Starry Night is just around the corner!

We're blasting off into the starry night by taking our auction online. Don't worry, we'll keep our live silent auction. Be thinking about ways you can contribute a service, experience, class or item.

Possible offerings include experiences such as suiting up to care for bees, wooden spoon carving, classes like alcohol ink creations and services such as rides to the airport and bagels 6 times in a year.

To donate a service or to help the fundraising committee with the auction, please contact Emily Siroky (easiroky88@yahoo.com) by Friday, Nov. 22.

If you have any questions, ask any committee member.

Mark your calendar for our **Starry Night Preview Party on Saturday, Nov. 30, 5 to 7 p.m.**

Many items will only be available there!

The auction will close with a breakfast on **Sunday, Dec. 15 from 9 to 10 a.m.**

Thank you!

Kmbris Bond, Emily Siroky, Mary Madsen, Carol Oliver and Rich Trifeletti

WORSHIP UPDATE

CUUF Fall Worship Workshop Series

Reading and Leading: Worship Skills for Celebrants

Christina Davitt

Saturday October 12 11:30-2 pm (follows Worship Meeting - bring your lunch)

Celebrants: Sharpen your presentation skills and managing transitions during worship

Planning Your Worship Service for Worship Leaders

Rev. Laura Shennum and Christina Davitt

Saturday November 9 9:30 am-12 pm

Have you taken the Shared Pulpit class? Are you ready for the next step? Do you want to learn how to put a service together? Come work with colleagues to create hopeful and transformative worship.

Creating Presence and Hope

Christina Davitt

Saturday December 14 11:30-2 pm (follows Worship Meeting - bring your lunch)

As celebrants and worship leaders, we hold sacred space in worship for the joys and sorrows that are present and hold open a container for hope. Let's work on skills to create presence and hope together.





Sharon Meho Petit and Todd Daiko Petit

Promises to Keep

Sharon Meho Petit and Todd Daiko Petit

We had the great privilege, on our trip to New Hampshire, to stand in the woods behind Robert Frost's house in the White Mountains and read his poetry. As I stood in the woods reading *Stopping By A Woods On A Snowy Evening* I read the famous lines I had learned in high school long ago in Iowa,

*"The woods are lovely, dark and deep
But I have promises to keep
And miles to go before I sleep
And miles to go before I sleep."*

I thought of the impermanence of everything, but most of all the impermanence of my life. Once the famous poet had stood on this very spot and wrote poetry. Now it was a tourist stop on my tour of New Hampshire and no one lived here in this lonely place at the end of a rough road that led into the great North Woods. When I first read this poem, I was a 16 or 17-year-old high school girl, living with my mother and step-father on a lonely Iowa farm where I explored our own woods. The snow fell every winter until it was literally over my head. Now I was in Frost's own woods with my husband of over 50 years and about to celebrate my 71st birthday. Robert Frost had long ago faced his impermanence. Now I know that I have at the most only about 20 years, maybe less to travel the miles and complete the promises that the teenager made to herself and the world back in the 1960s.

Then there are the promises I made as I received my ordination and bodhisattva vows to care for all sentient beings (really the whole Earth and all Her creatures and woods), to combust my own delusions, and go wherever the Truth takes me and never mind the miles that are required. And the wonderful words of the poem that I memorized as a young girl have come full circle.

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 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 !

October 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.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	7pm <i>Greeter's Meeting</i> <i>(off site)</i>	1 6pm Ensemble Meeting	2 6pm Youth Group 6:30pm <i>Soul Matters Small Group</i>	3 6pm Shared Pulpit 7pm <i>Covenant Group Meeting</i>	4	5 6 pm <i>Circle Supper</i> <i>(off site)</i>
6 10:30am Sunday Service K-5 RE class 12pm Board Open ?? [3pm Private Rental] [5pm Private Rental]	7 10:00am Covenant Group Meeting 6pm Qi gong Group 7pm <i>Evening Book Club</i>	8 6:30pm <i>Soul Matters Small Group</i>	9 10:00am Elder Talks 5:30pm Executive Team Mtg 6pm Youth Group	10 7pm Choir Practice	11	12 9am Monthly Theme Collab 10am Worship Team 10am <i>Hwy Clean up</i> 10:30am Worship Wrkshop
13 10:30am Sunday Service K-5 RE class 12pm Severe Weather Response Network [5pm Private Rental]	14 6pm Qi gong Group	15  <div>DEADLINE FOR NOVEMBER NEWSLETTER</div>	16 6pm Youth Group	17 6:30 Board Meeting 7pm <i>Covenant Group Mtg</i> 7:30pm <i>Covenant Group</i>	18	19 9am <i>River Walk</i> 6 pm <i>Small Dinners</i> <i>(off site)</i>
20 10:30am Sunday Service K-5 RE class 12pm CCMC Presentation & QA [5pm Private Rental]	21 10:00am Covenant Group Meeting 6pm Qi gong Group	22	23 6pm Youth Group	24 6pm Finance Committee 6:30pm Soul Matters Small Group	25 7pm CUUF Coffee House	26
27 10:30am Sunday Service K-5 RE class [5pm Private Rental]	28 6pm Qi gong Group	29	30 6pm Youth Group	31	<div> October Sermon Titles Oct 06—Musical Bonds Oct 13—Breaking Open Our Boundaries Oct 20—Connection Through Grace Oct 27—Come in Here — For Friendship </div>	

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

boardoftrustees@cascadeuu.org

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 RELIGIOUS EDUCATION DIRECTOR

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CUUF MUSIC DIRECTOR

Kmbris Bond
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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 Rhonnie Craven

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

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

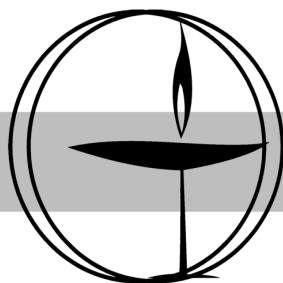
There are seven principles which

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

1550 Sunset Highway N.
East Wenatchee, WA 98802