October 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
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Cascade UU Fellowship
1550 Sunset Highway
East 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 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 themes this year will be phrases from our congregational covenant. Our theme for October is We Forgive and Begin Again in Love.

October 7, 2018
Communal Forgiveness
10:30am Service:
Rev. Laura Shennum
Celebrant: Chip Balling
How does forgiveness work when harm has been done to a community?
Who forgives and who apologizes? We will work through these questions as we explore the concept of communal forgiveness.

October 14, 2018
The Work of Forging
Annual Forgiveness Ritual
10:30am Service
Rev. Laura Shennum
Celebrant: Joel Courtney
Each year we take notice of where we have fallen short of our own expectations and the expectations of others. This morning, we will use stones and ritual to do the work of forgiving of ourselves and others.

October 21, 2018
The Wounded Healer
10:30am Service
Speaker: Joel Courtney
Celebrant: Rev. Laura Shennum
We all carry wounds from our past, and those wounds affect our behaviors, habits, and our relationships with every other person. By sharing our woundedness we can not only adjust our habits to a more loving nature but also grow more meaningful bonds.

October 28, 2018
Transylvania Partner Church
10:30am Service
Speaker: Donna Starr
Celebrant: Kmbris Bond
Did you know we have a partner church in Transylvania? This morning, we will hear from Donna Starr, who represents the UU Congregation in Blaine, WA. The Blaine church is a partner with the same church as Cascade UU and Donna will give us an update as well as let us know how we can get more involved.
A MESSAGE FROM REV. LAURA SHENNUM

Holy Curiosity...

“To err is human; to forgive, divine.” - Alexander Pope, 18th C. English Poet

“We forgive and begin again in love,” is our theme for this month. I believe forgiveness is truly spiritual work. The easiest form of this work is to see the harm others have caused us and expect them to ask for our forgiveness. A more strenuous work of forgiveness is reflecting on where we have caused harm and apologizing for our mistakes. It makes us humble and requires we set aside our lofty egos. The most difficult work of forgiveness is forgiving the harm others have done whether or not they have offered an apology. It frees us from the burden of that harm and heals us from within.

Each of these types of forgiveness calls us to examine ourselves and our relationships. It makes us understand what we value and what is no longer worth our time. As a church community, our congregational covenant calls us to engage in forgiveness as a community. This means, we have to find ways for us to examine our congregation and the relationships we hold in our community and in our faith. Where can we, as a congregation, offer forgiveness or learn to forgive?

This month, we will have opportunities through worship and discussion to understand how we can engage in this spiritual work as individuals and as a church.

“In Faith & Love,
Rev. Laura

Board Report to the Congregation
September, 2018

The Board met on Sept 11th and discussed the following items:

- CUUF ended the congregational year with a budget surplus of a little over $19,000. The decision was made to use $14,000 to fully fund the Contingency Fund per the policy. The rest was used to pay the refinancing fees, and a little over $3,000 put into the Looking Toward the Future fund.

- The refinancing of the North Lot closed, we shared the details previously, but if you have questions, please ask one of the Board members.

- The annual Board retreat is coming up at the end of the month. We will be working on the development of the Board goals for 2018-2019, and some teambuilding and leadership skills.

- We received the updated sketches from the architect. We will be reviewing the plans with the architect, Board and the Architectural Task Force. Then we will plan a congregational meeting in the next few months to share with the congregation and get your input.
A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,

As many of you know, I lead a regional non-profit here in North Central Washington and I jump into action with both feet in my day job just as much as I do in any other part of my life!! This week I was sitting in a meeting with some local and national leaders when one of my local peers made the comment “I feel this is the year before the year when EVERYTHING will come together”. While that statement seems a bit circular and may seem to elude that we are simply spinning our wheels, the more I think about it, the more I feel she may be on to something!

I have heard comments from folks both inside our CUUF walls and out in the larger community of the busy and even chaotic lives many of us lead. EVERYTHING that we work on seems important to the greater good, yet there are only so many minutes in a day to get it all done. Sometimes it may seem that each of us is on a different track of the roller coaster we call life. We have our individual jobs and passions for making a difference in our world and there are days that it seems (at least to me) that I’m alone in my work because all my peers are busy doing work around what they are most passionate about.

So, how do we begin to align all the good every one of us is doing? How do we move from our silos of best intention to an interconnected community of service so that we can become more efficient and effective in our service to others? How do we ensure that the care of our congregation and our own self care is not lost in the work? The CUUF Board of Directors will be looking at these questions and others at our upcoming retreat. We will be planning activities for the larger congregation for this upcoming faith year and look forward to participation from each and everyone of you.

I leave you with a quote I keep near me as my reminder that we may very well be in the “year before the year when EVERYTHING will come together”:

“Chaos is the space of change that has not yet harmonized or synchronized.” ~Jamye Price

With gratitude for this faith community,

Deb

P.S. Here is the reminder of the first few lines of my chosen anthem for the year:

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
Happy Halloween! Blessed Samhain!

October’s theme for both Youth Group and Children’s Class is on Forgiveness. What is it, how does one go about it? And what’s the importance of forgiving self and others?

We will explore these concepts and ask these questions, not to gain any “right” answers, but to broaden understandings and ignite more questions and deeper thinking.

As we seek to be in relationship in our beloved community together, forgiveness is something we will likely be faced with as we fall out of covenant and “forgive and begin again in love.”

Children and youth are faced with opportunities for this daily, at school in friendships, parents/caregivers, teachers, and with themselves as they strive or struggle to meet their own expectations and standards.

What ways do you guide the young people in your life to move through conflict and disappointment either with themselves or with another? How do you move through conflict and disappointment yourself? Do you share your own process with them?

If there are children around you - whether you are a parent or not - do you gossip or gripe about people you are frustrated with within their hearing? What are you modeling about forgiveness?

This is a deep and complex topic, I look forward to exploring it with our young people!

CHILDREN’S CLASSES

We will meet on each Sunday in October.
Our agenda will include some music on one of the Sundays, as well as an activity and discussion relating to the theme of the story presented in the Time For All Ages in the service.

YOUTH GROUP

On the first Wednesday in October we’ll be watching the film Coco.
Throughout the month, we’ll discuss themes brought up in the film relating to forgiveness, family and ancestry, and hopefully we will have a guest come in to lead a Dia De Los Muertos activity.

**STAY TUNED FOR WHAT THE YOUTH DECIDE TO DO ON HALLOWEEN**

DATES TO REMEMBER:
High School Youth: Fall Youth Conference, October 26-28
Middle School Youth: Lock-In at CUUF, October 26-28
(one night only, which night not finalized yet)

**MORE INFORMATION COMING**
Attitude of Gratitude
from September 2018 Board Packet

A Big Thank You!

to everyone who helped to paint the sanctuary!

Kymbris and Richard......our skilled leaders
Mark and Heather Seman
Luke Evans
Chip and Paige Balling
Lynn Madsen
Maite Madsen
Diane McKenzie
Rev Laura Shennum
Bree Shennum
Conor Shennum
Doug Taylor
Patty Ostendorff
Christina Davitt...for loaning painting equipment and providing a delicious lunch.
LeRoy Farmer
Kandi Davitt-Timiras and Daniel

And to those whose name did not make it on this list, or if you were just a part of the brainstorming process, we thank you too!!

THANKS!
The Nason Creek Cookie Caper Was a Success!!
We raised $1,507
Good Job Everyone!!

Social Action News

Share The Plate – NAMI Chelan-Douglas
Sun, Oct 21
The recipient for September was Black Lives of Unitarian Universalists. We raised $425.
Thank you for your generosity!

The recipient for October will be NAMI Chelan-Douglas, which is the local chapter of the National Alliance on Mental Illness. The volunteer-based organization provides support, education, and advocacy for families and individuals affected by mental health challenges.

Social Action Education Group: “So You Want to Talk About Race”
Thursday, Oct 11, 6pm to 8pm

We will take the next couple of months to study the book, “So You Want to Talk About Race” by Ijeoma Oluo. The book is described as “an actionable exploration of today’s racial landscape, offering straightforward clarity that readers of all races need to contribute to the dismantling of the racial divide.” We will read through Chapter 3 for the first session. For more information or to find a copy of the book, contact Rev. Laura at 509-881-9658 or minister@cascadeuu.org

PACKING FRIENDSHIP UPDATE

This is the month we begin servicing our students at Rock Island School. CUUF will begin delivering Packing Friendship packages the first Wednesday in October. Our student count is 10 so far. Please keep that in mind when you are purchasing items for our pantry.

Also a big thank you to our volunteer drivers: Diane McKenzie, Emily Siroky, Bev Press, and Pat Taylor. We are looking for the following items to fill our pantry

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 are happy to accept cash or checks donations, just make checks out to CUUF and put Packing Friendship on the Memo line.

Please feel free to call me if you have any questions, Teresa Gelb, 663-8240, or email teresaagelb@gmail.com. My co-chair, Pam Toevs is unavailable at this time.

Thank you for taking your time to help our students in need!
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

Time for Fall Cleanup along the CUUF stretch of highway near Rock Island.

Let’s meet on Saturday, October 6th, 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. Let me know if you will be able to help, LeRoy Farmer, 669-3941, leroyf@nwi.net.

MEMBERSHIP NEWS

Newcomer Chat
Sun, October 21 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

SMALL DINNERS IN OCTOBER— Small Dinners are potluck dinners for eight people, including host. They are held on Saturday evenings in the homes of CUUF members and friends. We’ll be having only Small Dinners in October

October Small Dinners
Dinners for 8
Saturday, October 20 @ 6pm
Please sign-up by Sunday October 14 to Host or Attend
Any questions contact Jackie Halter 860-2978

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.
Continuation
Sharon Meho Petit and Todd Daiko Petit

I have been thinking a lot about continuation lately. It was triggered by the approach of my 70th birthday. Now there is nothing like a big number decade birthday to make bringing the Buddha’s original teaching of the Four Noble Truths into sharp focus. Buddha claimed that it is our resistance to growing old, becoming sick, dying and losing our loved ones that causes suffering. I thought I had this all-in-hand, understanding that the only thing I can do is to remain focused and practice in this very moment. After all I have been practicing since September 11, 2001 and more or less for over 50 years. But with the oppressive smoke restricting every breath this whole practice took on a deeper more immediate meaning. So, I turned to my favorite Rinzai Zen author, Thich Nhat Hahn.

Thich Nhat Hahn is one of the living Buddhas of our time. Reading his book, The Art of Living, has been a great comfort. Thich Nhat Hahn is now in his 90’s and is currently dealing with the aftermath of a brain aneurism. I read with interest his words on continuation. Our physical bodies are subject to growing old, becoming ill and dying. But this is not all we are. We are also the karma of our thoughts, actions and speech. What we put out to the world is our continuation. We are also the continuation of our ancestors and our children are our continuation. In addition, the children of our family and, in my case, my students are my continuation.

Perhaps most importantly, we are the continuation of the creative force of the Cosmos or ‘God’ if you like. If you are a more scientific type, think Big Bang and what was before that and what will come after our Universe grows cold.

On September 26, 2018 another member of our sangha, Allyssa Arnold, will take her Bodhisattva Vows at Chobo-ji in Seattle, with Genjo Marinello Roshi. Allyssa and Matthew Suihei Morgan and the others, working toward taking their vows, are the continuation of Stone Blossom Sangha and, Daiko and my continuation. For this I am grateful.

Speaking of students and continuation, the sangha is planning to teach a class on Beginning Zen thru the Wenatchee Valley College Continuing Education Program. This will hopefully be Winter Quarter and I invite you to check into this if you are curious about Zen. It will be a four-class series and be aimed less at preparing for participation in religious ritual and more on achieving peace and fulfillment in your everyday life.

You may also join us any Wednesday at 5:30 pm for practice 119 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

Sharon Petit, shayknight@charter.net or 509-670-883
Groups & Programs

Book Group, Afternoon — 2\textsuperscript{nd} 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 2\textsuperscript{nd} 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 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.

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### October Sermon Titles
- Oct 07—Communal Forgiveness
- Oct 14—The Work of Forgiving
- Oct 21—The Wounded Healer
- Oct 28—Transylvania Partner Church
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

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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
Carol Oliver
Kmbris Bond
Heather Seman

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
LeRoy Farmer Jess Mills
Patty Ostendorff Verna Zuttermeister
Betsy Peirce
Pat Taylor

RELIGIOUS EXPLORATION
Dylan Spradlin, RE Director

SOCIAL ACTION TEAM
Toni Graf, Chair 253-468-6744

STEWARDSHIP TEAM
Rebecca Lyons & Eliot Scull, Co-Chairs
Nancy Warner
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
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.