November 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

Intern Minister
Joel Courtney
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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 is available for nursery and preschoolers each Sunday. On Sunday mornings, children K-5 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 November is Embracing Our Joys & Sorrows

November 4, 2018
Being BRAVE
10:30am Service: Rev. Laura Shennum
Celebrant: Lynn Madsen
Brene Brown suggests the anatomy of trust is built through BRAVING (Boundaries, Reliability, Accountability, Vault, Integrity, Non-Judgment, and Generosity). We will explore how this helps us create a space of intimacy for our joys and sorrows.

November 11, 2018
Creating Intimacy
10:30am Service Rev. Laura Shennum
Celebrant: Christina Davitt
How do we create intimacy for a 135+ member congregation? Is it even possible? We will build on the concepts from the previous Sunday to explore how we create intimacy within our community.

November 18, 2018
Remembering Our Past Joys & Sorrows
CUUF Anniversary
10:30am Service Rev. Laura Shennum
Celebrant: Joel Courtney
It is time to recognize the anniversary of Cascade UU’s founding. We will hear stories about our past joys and sorrows. We will celebrate where we are now and where we hope to go in the future.

November 25, 2018
Gratitude for Our Joys & Sorrows
10:30am Service Speaker: Christina Davitt
Celebrant: Steve Clem
Bring your whole self, as you are today, on this Thanksgiving Sunday, as we gather in Beloved Community to support each other in our Joys and our Sorrows. Come join us as we discover how can we find gratitude for all of our lives, for both the answered and unanswered prayers; for the balloons and for the bagels.
A MESSAGE FROM REV. LAURA SHENNUM

Holy Curiosity...

“Go forth into the busy world and love it. Interest yourself in its life, mingle kindly with its joys and sorrows.” - Ralph Waldo Emerson

“Embracing our joys and sorrows,” is our theme for this month. In order to truly embrace our joys and sorrows as a church community, we have to build trust within our congregation, to deepen relationship with each other, and to offer grace when we make mistakes. Of all the rituals we do in our worship services, it is our joys and sorrows I hear the most about. Everyone loves them, except when...people go on too long...get political..or any other numerous ways we become human while stepping up to the microphone.

For me, and this is rare for a minister to say, the joys and sorrows are the heart of our congregation. They connect us to each other. They remind us we each are carrying burdens or celebrations not known until spoken or even unspoken. They are the most human moment of our services. And as we know, by being human, we are imperfect. We make mistakes, get overexcited, and lose sight of why we have the ritual. My hope is we can learn this month how to embrace this ritual in love and grace for each person who participates.

“In Faith & Love,

Rev. Laura

Board Report to the Congregation
October, 2018

The Board met on Oct 9th and discussed the following items:

❖ New Building

Our architect, Dennis Chiver and Leroy Farmer joined us to look at updated plans for a 5000 sq. foot building on the North lot. The new plan has a Sanctuary that will hold 150 people. Building in phases will be considered. Dennis will come up with basic conceptual drawings to add to his existing floor plan. The board will present the plans to the congregation before the end of the year depending on when we get the drawings. The Cost of the building and parking will be about one million dollars.

❖ CUUF's Place in the Larger Community

We talked about Dar Williams’ ideas on community and explored the idea of partnering with other faith communities to do a “Civil Conversations” program created by Krista Tippets.
A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,

“There is something incredibly nostalgic and significant about the annual cascade of autumn leaves.”
— Joe L. Wheeler

I continue to be amazed at the speed at which time passes and here we are in my favorite season of the year, Fall!! In the early days of this new season, the CUUF board of directors gathered for the annual board retreat. Thank you to Leslie Marshall for hosting, Rev. Laura for leading, and the Governance Committee for the fun and spirited game of CUUF Governance Jeopardy!! We were able to set the following goals for the year and plan the ways to carry them out:

♦ A decision on whether to build, buy, or hold the physical space of congregation.
♦ Finding CUUF’s place in the larger Wenatchee Community.
♦ Have new safe congregation policies in place.

Over the coming months we will be planning gatherings to seek feedback and guidance from the membership in order to make important decisions that will help us achieve these newly identified goals. At our October board meeting the board and members of the architectural committee spent time with architect Dennis Chivers to go over his revised plans for a new building. It is such an exciting time for us all.

As always, we welcome feedback from the congregation and look forward to the upcoming months as we work on our new goals.

Deb

Attitude of Gratitude

A Big Thank You!

➢ To everyone who helped make the Nason Creek Cookie Caper Happen!
  We made $1,507
➢ To everyone who helped with the Highway Clean Up!
  10 big bags of trash were picked up!!
We are winding our way through autumn much like a leaf finding its way to the ground, spinning, lifting and swooping, but always steadily heading toward its destination.

Fall has been a mixed bag of emotions for many of us, with personal events as well as world and political ones. As we navigate our own feelings, contemplate the lessons we learned last month regarding forgiveness, we come to this month’s theme:

**Embracing Joys & Sorrows.**

In Youth Group and Children’s Class, we’ll be exploring how we experience our own range of emotions, as well as how we witness and support others in theirs.

The Youth Group will be watching the documentary The Mask You Live in, which looks closely at the ways our society asks boys and men to define themselves within a narrow definition of masculinity. During the month, we’ll explore “toxic masculinity” and the emotional life of those who identify as male, and how that in turn, reflects on those who identify as women, and how they experience their own emotional life.

Our K-5th grade class will be exploring through activities and discussions how our joys and sorrows affect our physical bodies, as well as how we can learn to hold space for the joys and sorrows of those who share with us. We will focus on empathy, active listening, and boundaries.

**There will be NO Youth Group on the Wednesday before Thanksgiving, November 21!**

**There will be NO K-5th grade Class on Sunday, November 25th, for the Thanksgiving Holiday!**

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**And we need help! For our Christmas Eve Drama**

Our December 24 "Christmas Eve Service" will include a theatrical performance.

If you are interested in helping direct, produce, create costumes/masks, play an instrument, act, dance or help with the set design and creation, please contact Kmbris Bond or Rev Laura.
Annual CUUF Service Auction

Save the dates: December 2nd through 16th

Do you have a favorite activity, meal or location that you’d like to share with others at CUUF? Could you offer it as an item for our annual Holiday Service Auction?

This enjoyable fundraiser will begin soon, and the Fundraising Committee is looking for donations. Last year’s offerings included a Sound of Music Sing-along Party, sailing on Lake Chelan, a pool party, and a tour of the Wenatchee World!

Other suggested donations include services and fun experiences like guided tours, stays in vacation properties, dinners, lessons or classes, airplane or boat rides, lunches, gardening advice or help, computer trouble-shooting, pet-sitting, breakfasts, brunches, photography or any other service you can think of.

To donate a service or to help the Fundraising Committee with the auction, please contact: Emily Siroky (easiroky88@yahoo.com) by November 28th.

Here’s your chance to share a fun experience with friends (or make some new friends!) and support CUUF at the same time.

We hope you will participate in this annual event.

CUUF Coffee House

Nov 16th at 7pm

Tom Rawson, CUUF’s Longtime friend, banjo player and singer, will be performing. It’s always a treat to hear him when he comes to our area. Coffee, tea and treats will be served.

Come and be entertained with fun for the whole family

Invite your friends too!
Social Action News

Share The Plate – The Spectrum
Sun, November 18
The recipient for October was NAMI Chelan-Douglas. We raised $648
Thank you for your generosity!

The recipient for November will be The Spectrum, which is an advocacy and support organization for the LGBTQ+ community in the Wenatchee Valley. They provide education to area businesses, financial support, and emotional/peer support.

Social Action Education Group: “So You Want to Talk About Race”
Thursday, Nov 8, 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

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2018 Fall Chalice Lighter Update
A New Chance to Pay It Forward!

The Fall Chalice Lighter Call is open until November 19th.
The recipient is the UU church in Hillsburo, Oregon.
They are replacing the roof on their historic 1910 building.

If you are already a Chalice Lighter, this is just a gentle reminder.

If you would like to join this effort, here is how it works:
This fund supports fellowships throughout our district with grants for building improvements and technology updates. There are three calls per year. As a Chalice Lighter you would pledge $20 to each call. I find it convenient to pay $60 once for the year. This can be done on line.

To make your donation on line use this link: https://pnwduua.org/programs-resources/chalice-lighters/

This link should take you to the Chalice Lighters page on the Pacific Northwest District Web site. You will see the “Become a Chalice Lighter” link. Click on it to fill out the enrollment form. Once you complete the form or if you are already in the Chalice Lighter Program, then click on the “PNWD’s online donation page” link to make your donation.

If you prefer to mail in a check we have enrollment forms in the office and then your check may be sent to: PNWD Chalice Lighters
7511 Greenwood Avenue North, #414
Seattle, WA 98103-4627

Please include the PNWD-CL designation on both your check and payment envelope.

Warm regards,
Cathie Lau
Chalice Lighter Ambassador
(509) 679-8434
FELLOWSHIP NEWS

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.

Thanksgiving Day Circle Supper
Thursday, November 22 @ 2pm
Hosts: Mary Timiras and Christina Davitt
2508 Columbia Ave. NW
East Wenatchee
RSVP: christina@davittlaw.com or 509-393-9467
Children Welcome

SMALL DINNERS IN NOVEMBER— Small Dinners are potluck dinners for eight people, including host. They are held on Saturday evenings in the homes of CUUF members and friends.

Saturday, November 10 @ 6pm
Please sign up by Sunday, November 4.
Any questions contact Jackie Halter 860-2978

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

MEMBERSHIP NEWS

Newcomer Chat
Sun, November 18 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 are provided. We take this time to get to know you, share some basic information about our Fellowship, and answer any questions you may have.
Many exciting things have happened to Stone Blossom Sangha this year. One of the most special for any Zen teacher is when a student takes Jukai or Bodhisattva vows. I had the privilege, in September, of attending Allyssa Tsukisatsu Arnold’s ceremony. Tsukisatsu has become an important member of Stone Blossom Sangha. It has been wonderful to watch her come into fullness as she expressed it in her petition to Genjo Marinello Roshi. She speaks of the symbolism of the Moon in her spiritual journey and received the dharma name Tsukisatsu or Moon Tara. This reflects the name that our Tibetan teacher, Khentrul Lodro Thaye, gave her when she took refuge with him last summer. Here is the haiku that I wrote for the occasion of her Jukai ceremony:

Coming Into Fullness
Moon filling with light
Love spilling down on sentient beings
This vow never ends

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

Contact: Sharon Meho Petit, shayknight@charter.net or 509-670-883
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!
### November 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@cascaduu.org.

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| Nov 25—Gratitude for Our Joys & Sorrows

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<td>10:30am Sunday Service</td>
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<td>1pm Ensemble Practice</td>
<td>6 pm Small Dinner (off site)</td>
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CUUF MINISTER
Rev. Laura Shennum
881-9658 | minister@cascadeuu.org

CUUF INTERN MINISTER
Joel Courtney
575-650-0773 | joel.m.courtney@gmail.com

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 OFFICE ASSISTANT
Sharon Page
886-4023 | admin@cascadeuu.org

CUUF COMMITTEES AND TEAMS
BOARD COMMITTEES:
FINANCE COMMITTEE
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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
Patty Ostendorf
Betsy Peirce
Pat Taylor
Verna Zuttermeister

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

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.