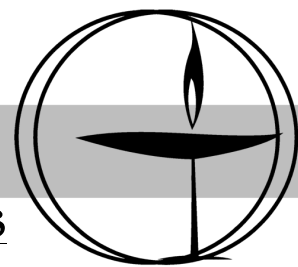


# CUUF Link

*Cascade Unitarian Universalist Fellowship*



*December 2018*

## 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 December is Acting with Compassion and Acceptance.***

***December 2, 2018***

### ***Acting Our Way into Compassion and Acceptance***

10:30am Service

Rev. Laura Shennum

Celebrant: Deb Bryant

Quaker Parker Palmer suggests: "You don't think your way into a new way of acting, you act your way into a new way of thinking." We will explore this concept and how we can embrace it when we think about compassion and acceptance.

***December 9, 2018***

### ***Golden vs. Platinum Rule***

10:30am Service

Rev. Laura Shennum

Celebrant: Paige Balling

The Golden Rule is found in over 20 different religions. We will explore why it is important in religious life. Then, we will learn about the Platinum Rule and see how it compares to help us continue our relationship with compassion and acceptance.

***December 16, 2018***

### ***The Christians and the Pagans***

10:30am Service

Speaker: Christina Davitt

Celebrant: Lynn Madsen

Come find out what happens when a pagan couple reaches out to their Christian relatives in search of a meal and connection on Christmas. What lessons can we learn in acting with compassion and acceptance from these holiday travelers?

***December 23, 2018***

### ***Service of Light***

10:30am Service

CUUF Youth Group

The CUUF Youth will lead us through a celebration of those throughout history and modern times who have brought light to our world.

***December 24, 2018***

### ***Christmas Eve Service: The Give-Away***

7:00pm Service

Rev. Laura Shennum

Celebrant: Joel Courtney

Join us for an evening of storytelling and singing as we engage in the Native American understanding of the Christmas story.

***December 31, 2018***

### ***Healing Circle***

10:30am Service

Speaker: Deb Miller

Celebrant: Joel Courtney

As the end of the year draws near, join Deb and Joel for the annual Fire Communion service where we will draw from our Native American ancestors' traditions and use fire to release unwanted energies and attachments, making space for new intentions.

### **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](mailto:minister@cascadeuu.org)

### **Intern Minister**

Joel Courtney

575-650-0773

[joel.m.courtney@gmail.com](mailto:joel.m.courtney@gmail.com)

### **RE Director:**

Dylan Spradlin

886-4023

[redirector@cascadeuu.org](mailto:redirector@cascadeuu.org)

### **Office Assistant:**

Sharon Page

886-4023

[admin@cascadeuu.org](mailto:admin@cascadeuu.org)

### **Cascade UU Fellowship**

1550 Sunset Highway  
East Wenatchee WA  
98802

(509) 886-4023

[www.cascadeuu.org](http://www.cascadeuu.org)

## A MESSAGE FROM REV. LAURA SHENNUM

*Holy Curiosity...*

*"You may call God love, you may call God goodness.  
But the best name for God is compassion." - Meister Eckhart,  
German Theologian and Mystic*



Our theme this month asks us to act with compassion and acceptance. It seems most religious traditions share lessons, stories, and wisdom about how we can treat each other. I find in talking to many of you and in living my own life that trying to act with compassion and acceptance is a constant endeavor.

As humans, we struggle with how to interact with each other without judgment. It is safer to build groups who think like we do and easy to dismiss those who think differently. I find though that when I set my intention daily (or even sometimes hourly) to lead with compassion and acceptance then that is how I encounter others.

This month, we will explore different ways we can act our way into living lives of compassion and acceptance. It does not mean we leave accountability behind or we allow people to be harmful. Instead, we can hold people accountable within the boundaries of compassion and acceptance. We will look how we can do this for ourselves and others this month through stories, worship, and classes. I look forward to the further conversation.

In Faith & Love,

*Rev. Laura*

## **Board Report to the Congregation November, 2018**

The Board met on November 13th and most of our meeting focused on the first two board goals for the 2018-2019 fiscal year:

1. A decision on whether to build, buy, or hold the physical space of congregation.
2. Finding CUUF's place in the larger Wenatchee Community.

Regarding the first goal:

As some of you recall, last year's Board asked the architect Dennis Chivers to go back to the drawing board and sketch a building designed to meet most of CUUF's needs while keeping in mind results of our 2017 financial feasibility study. The Board received the new drawings from Dennis (which are modifiable) and the drawings will be uploaded to CUUF's website before the end of the month. Handouts will also be available. The board is planning two after-service Q&A sessions to get feedback from the congregation (**on Dec. 9, and Jan. 6**) as well as a Congregational Meeting (**on Jan. 13**) to vote on next steps. Please mark your calendars if you would like to participate. You'll hear these dates again and they'll show up in the order of service as "snacks with the board".

(continued on next page)

## Board Report to the Congregation (continued)

Moving along to the second goal of finding CUUF's place in the larger Wenatchee Community:

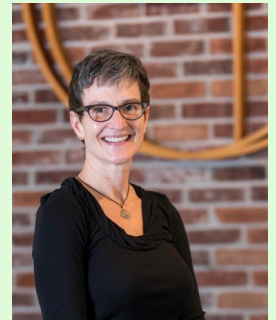
Board members discussed Krista Tippet's Civil Conversations Project. A few sentences from the website: "The Civil Conversations Project seeks to renew common life in a fractured and tender world. We are a conversation-based, virtues-based resource towards hospitable, trustworthy relationship with and across differences. We honor the power of asking better questions and model reframed approaches to entrenched debates." If this interests you, go to [civilconversationsproject.org](http://civilconversationsproject.org) to learn more and please share your ideas and impressions with a board member. Also, CUUF's adult education classes that meet on the second Friday and second Saturday of the month are exploring the principles and practice of civil conversations, so touch base with Reverend Laura if that is of interest to you.

## A MESSAGE FROM OUR BOARD PRESIDENT

Dear Friends,

*"Everyone has a purpose in life and a unique talent to give to others. And when we blend this unique talent with service to others, we experience the ecstasy and exultation of own spirit, which is the ultimate goal of all goals."*

~**Kallam Anji Reddy**



I recently returned from a weekend with childhood girlfriends where I was able to rest and re-charge. I am thankful every day for the gifts of these lifelong friendships. After all, it seems rare to be able to say I've known my best friend since the day I was born and now...a certain number of years later...we continue to get together regularly and cherish this special bond. We all grew up in a community where service to others was taught from an early age and the gift of community was a treasure that we all have held on to.

Today as I sat at the Pateros Success Summit, I experienced that *exultation of spirit* through listening to the many stories of success and resilience from around our region. As the attendees were challenged to suggest success stories for the next event, I felt a huge sense of pride knowing that our congregation has MANY stories to share. I see our fellowship, a faith community that has become my home, as one of generous giving. We have unique talents and generous hearts that support our wider community as well as our own spirits.

The goals we have set for this church year are exciting and I believe quite achievable. I am excited to help host a series of meetings that will move us forward in one of our three goals. Please watch for notices of the upcoming conversations with the board to learn and discuss the proposed revised building plans from architect Dennis Chivers. As always, the board is interested in hearing from our congregation and welcome your questions and feed back!! We hope to see you at one of our series of meetings.

In service,

In Service, *Deb*

## Attitude of Gratitude

from November 2018 Board Packet

*Merci!*

*Gracias!*

*Thank you to the following people:*

- ☞ A giant **Thank You!** to **Bonnie Orr** for her 23 years of service in adding warmth and color to our sanctuary every month by putting up new timely cloth hangings at the front and sides of our fellowship. We will deeply miss this thoughtful touch welcoming all to a colorful softness. Thank you also to **Emilie Fogle** who was Bonnie's "ladder assistant" in this process.
- ☞ We have new shelving in the RE room kindly installed by **Don Oliver, Alex Leslie and Doug Taylor**. Thank you!
- ☞ **Thank you!** to our youth, **Darius and Isaac Severson**, for raking up leaves after church on Sunday.
- ☞ A big thank you to everyone who assists in so many ways to make this community so wonderful.

Submitted by  
Patty Ostendorff

*THANKS!*

# RELIGIOUS EXPLORATION

## *Happy Holidays to You!*

While I am scurrying around gathering gifts for the families we've adopted (THANK YOU for your generosity, everyone!) we are also busy in the youth group preparing for the Service of Light once again.

A rich service, full of somber reflection, care and thoughtfulness, our youth are pleased to bring this sacred hour to you. I hope you will join them and witness the light in their hearts, reaching out to yours.



Our youth group has grown this year to eleven youth who regularly attend! This is so exciting. We have a wonderful mix of middle schoolers and high schoolers, and vibrant discussions and activities each week.

**NOTE: There will be no Youth Group on December 26th or January 2nd for Winter Break.**

In the Sunday K-5th Class we will be exploring how sometimes we need to act how we want to be treated, and act our way to accepting others, until we actually do. We'll examine, through activities and discussion, how knowing what's right in our minds sometimes has to be our guide when our hearts want to be in charge and act out of fear or anger.

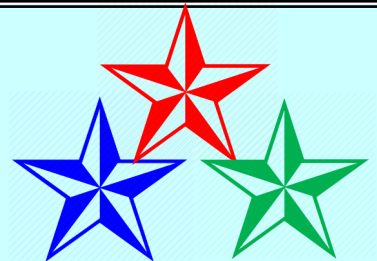
Our K-5th grade class has grown and we average between 7-9 kids each Sunday. It's getting crowded in that wee room! But thanks to Doug, Don and Alex, we now have cupboards that are mounted on the walls for storage, leaving more floor space (and Doug changed the lightbulb to a brighter one so now we can see in there too!) Yay! Thanks, for your work, Doug, Don and Alex!

**NOTE: There will be no Children's K-5th Grade Class November 25th for Thanksgiving Holiday, or December 30th (5th Sunday of the month).**

*Dylan*

## STAR Explosion!

Our star cluster took on galactic size at the Star Making Workshop with 20 participants folding, cutting and gluing these colorful stars for our December visual art! We began making 'supergiant' stars and then tested our folding prowess on 'pulsars!' THANK YOU! to all who attended, Nancy Barrett at Class With A Glass for the hospitality and to Kmbris Bond for organizing.



You are all STARS!





## December Auction Preview PARTY

at CUUF on December 1st!

We are excited to launch our annual December Service Auction this year with a special Preview Evening! Come to CUUF between 5:00 and 7:00 pm on Saturday, December 1st for a Festive First Look at our varied and interesting auction offerings. You can even wear your ugly Christmas sweater!



For a small donation at the door, you'll get a chance to bid early, while sampling yummy appetizers and enjoying a beverage with friends. Some items will be offered on a "buy it tonight" basis, so you can go home with a unique gift for someone!

Bid on exotic offerings like a Murder Mystery Dinner, a Guided Geology Hike, or a Bee-keeping Excursion!

We hope to see lots of you there, as we get into the Holiday mood at CUUF.

## Neighborhood Groups Update

from Lori Nitchals



### What are Neighborhood Groups?

"The purpose of our neighborhood group is to get to know one another better, as well as to be there for each other in times of need. We do more than just socialize.

For example, if someone in our group contacts Rev. Laura for a need, such as a ride or a meal due to illness or recent surgery, she will reach out to that person's neighborhood group's leader to let that group know before she reaches out to the entire congregation.

Another example is if someone sees a wildfire heading our way, we can text the rest of the group for a heads up and check to see if anyone needs help.

Another example would be if there is a wildfire or other natural disaster in another neighborhood group's area and they need to evacuate, Rev. Laura will be checking in with other group leaders to put out the word to see if anyone can house evacuees. We also maintain a list of emergency items that are available for evacuees.

One thing I have learned about being a member of CUUF, is that we do not have to do it alone."

## Social Action News

### **Share The Plate – Garden Terrace Meal Program**

**Sun, December 16**

The recipient for November was The Spectrum. We raised \$756.

Thank you for your generosity!

The recipient for December will be **Garden Terrace Meal Program**, Garden Terrace provides vulnerable senior citizens with a caring environment, socialization with others, and assistance with nutritional needs. The meal program helps provide nutritional meals to seniors daily.

### **Social Action Education Group: “So You Want to Talk About Race”**

**Thursday, Dec 13, 6pm to 8pm Chapters 4-7 CUUF Sanctuary**

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.” Books are available at the local library under UU Social Action Group. For more information, contact Rev. Laura

## **Packing Friendship Update**

Our Packing Friendship program now serves 17 students, 15 from CUUF and 2 from Baha'i. Thanks to your generosity we are serving 60 meals a week, including snacks and treats. Each child receives 2 breakfasts and 2 lunches each week plus snacks. These meals go first to the children who are homeless and then to the low-income families. This is but a small population of the great need in our valley. In this big complicated world, we are caring for the most vulnerable here at home, THANK YOU! We have had some wonderful donations to help us meet this need, big thanks to all who have contributed! Please consider purchasing any of the following during your next shopping trip. We also accept cash donations!

We appreciate all your help! Teresa Gelb 663-8240 & Pam Toevs 398-2339



### **Packing Friendship Grocery List**

- ♦ Chef Boyardee Ravioli and/or Spaghetti and Meatballs
- ♦ 15 oz plastic jars of peanut butter
- ♦ Cans of tuna
- ♦ Boxes of individually wrapped Ritz crackers
- ♦ 15 oz cans of refried beans
- ♦ Boxes of Mac and Cheese
- ♦ Packages of flour or corn tortillas
- ♦ 100% Fruit juice boxes, applesauce pouches, fruit cups
- ♦ Dried fruit, ie: raisins, fruit leather,
- ♦ Craisins in individual packages
- ♦ Snacks such as energy bars, candy bars, peanut butter crackers, individually packaged nuts

## 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](mailto:revlaurashennum@gmail.com) or 509-881-9658

## MEMBERSHIP NEWS

### **Newcomer Chat**

**Sun, December 16 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.

### **Elder Talks**

**Wednesday, Dec 12 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 topic of aging and the wisdom each of us brings to the topic. Join us for coffee, tea, and some light refreshments.

## 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.

**Saturday, December 8 @ 6pm**

Hosts: Pam and Jack Toevs

9768 Road V NW, Quincy

RSVP: 509-787-2626 or [pjtoevs@yahoo.com](mailto:pjtoevs@yahoo.com)

Let's Carpool



**SMALL DINNERS IN DECEMBER**— 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, December 22 @ 6pm**

**Please sign up by Sunday, December 16 to Host or Attend.**

**Any questions contact Jackie Halter 860-2978**



## Lessons in Compassion

Sharon Meho Petit and Todd Daiko Petit

As I write this article, I am one week back from a trip to the Big Island of Hawaii in celebration of Todd Daiko and my 50th wedding anniversary. I was called on to use my new title as Zen sensei to dedicate a restored, 100-year-old Buddhist temple. The temple is being restored by our friend Rick Edward's sister and her husband. Rick came with us to the Big Island as our guide.



We went to the northern most point on the island and the Temple Blessing & Dedication Hilo, Hawaii southern most point in the USA. We visited Volcanoes National Park and toured the Botanical Gardens. But the most significant adventure we had was the result of a wrong turn in a park near Hilo.

It was there that our Bodhisattva vows were tested. On this stretch of beach, we were stopped by a young local man pounding on the roof of our rented car, asking for help, asking us to call 911. He had been badly beaten and claimed his truck had been stolen. Our first instinct was to be cautious because we were tourists, not locals. We were aware of warnings about venturing onto beaches that locals reserve for themselves. This could be dangerous. My reaction was to go to my breath and remember my vow to care for all sentient beings. This young man's face was swelling fast. He said he was having trouble breathing. I called 911 and since I did not have any details, I handed the phone to him to explain to the police what had happened.

As he talked on the phone, a jacked up green truck came up and snorted its engine on our right. I could see that the driver was a local man but, since the windshield was tinted, I could not identify him. The guy on the phone said, That's my truck! Then another dark SUV with a young local woman drove up only inches from our vehicle, actually touching the young man still on the phone. She said, "Why you doing this? You goin' to get us in trouble." Noticing me studying her face she said, switching her gaze to the victim, "Then you goin' be in trouble." Since the victim refused to hang up on 911 and go with her, she drove off toward the entrance to the beach.

By then we could see that the injuries to the young man's face were significant, one eye was completely swollen shut and the other was barely open. As he described his injuries to 911, he began to struggle with his breathing and reported that the attacker had jumped on him. Finally, he gave back the phone to me and turned to walk back toward the entrance to the beach. By then we realized he was in significant danger, as he pointed out that his truck was still there, parked on the side of the road. He turned to us and said he thought that his attacker was still nearby. All three of us assured him we would stay until the police finally got there.

The truth is that the Bodhisattva vow is the human vow and sometimes you just need to be present and not turn away from a scary or unpleasant situation to fulfill it. No heroics. Just doing what is needed in the moment.

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

**Contact: Sharon Meho Petit, shayknight@charter.net or 509-670-883**

# Groups & Programs

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**Book Group, Afternoon — *2<sup>nd</sup> 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](mailto: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](mailto:easiroky88@yahoo.com).

**Choir — *The two Thursdays preceding the 2<sup>nd</sup> 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](mailto:ltobiska@nwi.net) or 881-5020; or Kmbris Bond, at [kmbris.bond@gmail.com](mailto: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](mailto: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](mailto:admin@cascadeuu.org) !

# December 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](mailto:admin@cascadeuu.org).

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>December Sermon Titles</b> <b>Dec 02</b> — <i>Acting Our Way into Compassion &amp; Acceptance</i> <b>Dec 09</b> — <i>Golden vs. Platinum Rule</i> <b>Dec 16</b> — <i>The Christians and the Pagans</i> <b>Dec 23</b> — <i>Service of Light</i> <b>Dec 24</b> — <i>Christmas Eve Service: The Give-Away</i> <b>Dec 30</b> — <i>Healing Circle (Fire Communion)</i>						<b>1</b>  <b>1pm</b> Play Rehearsal  <b>5pm</b> Service Auction Preview
<b>2</b> <b>10:30am</b> <b>Sunday Service</b> <b>K-5 RE class</b>  <b>12pm</b> Service Auction <b>[4pm Private Rental]</b>	<b>3</b> <b>10:00am</b> Covenant Group Meeting  <b>5:30pm</b> Executive Mtg <b>NO</b> Qi gong in December	<b>4</b> <b>11:30am – 1pm</b> Covenant Group Meeting	<b>5</b> <b>12pm-3pm</b> <i>Minister's Coffee Hours With Joel</i>  <b>6pm</b> Youth Group	<b>6</b> <b>7pm</b> Choir Practice  <b>7pm</b> Covenant Group Meeting	<b>7</b> <div>COMMUNITY MEAL AT ST. LUKES 9AM TO 1PM</div>	<b>8</b> <b>9:30am</b> UU Explorers 2  <b>6 pm</b> <i>Circle Supper (off site)</i>
<b>9</b> <b>10:30am</b> <b>Sunday Service</b> <b>K-5 RE class</b>  <b>12pm</b> Service Auction <b>12pm</b> Snacks w/ Board <b>[4pm Private Rental]</b>	<b>10</b> <b>11:30am</b> Pastoral Care Team	<b>11</b> <b>6pm</b> Board Meeting	<b>12</b> <b>10am</b> Elder Talks  <b>12pm-3pm</b> <i>Minister's Coffee Hours</i>  <b>6pm</b> Youth Group	<b>13</b> <b>6pm</b> Social Action Education Group	<b>14</b> <b>10am</b> UU Explorers 1	<b>15</b> <div>DEADLINE FOR JANUARY NEWSLETTER</div>
<b>16</b> <b>10:30am</b> <b>Sunday Service</b> <b>K-5 RE class</b>  <b>12pm</b> Service Auction <b>12pm</b> Newcomer Chat <b>[4pm Private Rental]</b>	<b>17</b> <b>10:00am</b> Covenant Group Meeting	<b>18</b> <b>11:30am – 1pm</b> Covenant Group Meeting	<b>19</b> <b>12pm-3pm</b> <i>Minister's Coffee Hours</i>  <b>6pm</b> Youth Group	<b>20</b> <b>7pm</b> Covenant Group Mig  <b>7:30pm</b> Covenant Group	<b>21</b>	<b>22</b> <b>4pm</b> Play Dress Rehearsal  <b>6 pm</b> <i>Small Dinner (off site)</i>
<b>23</b> <b>10:30am</b> <b>Sunday Service</b>  <b>[4pm Private Rental]</b>	<b>24</b> <b>5:30pm</b> Call for Play  <b>7pm</b> Christmas Eve Service	<b>25</b> <div>Merry Christmas</div>	<b>26</b> <b>NO</b> <i>Minister's Coffee Hours</i>  <b>NO</b> Youth Group	<b>27</b> <b>6pm</b> Finance Committee	<b>28</b>	<b>29</b>
<b>30</b> <b>10:30am</b> <b>Sunday Service</b>  <b>[4pm Private Rental]</b>	<b>31</b>					<b>Noon</b> <i>Every Tuesday Is Deadline For Sunday OOS/Bulletin</i>

# 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

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 RELIGIOUS EDUCATION 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**

Carol Oliver

Kmbris Bond

Rich Trifeletti

Heather Seman

Mary Madsen

#### **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

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Lori Nitchals, Parish Nurse

Leroy Farmer

Patty Ostendorff

Betsy Peirce

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Verna Zuttermeister

#### **RELIGIOUS EXPLORATION**

Dylan Spradlin, RE Director

#### **SOCIAL ACTION TEAM**

Toni Graf, Chair 253-468-6744

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Pick up a printed calendar of events at the church's Greeters' table.  
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## Unitarian Universalism

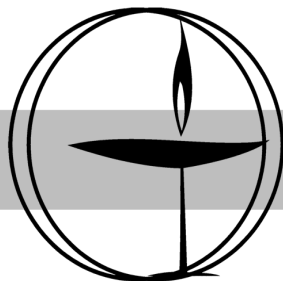
*There are seven principles which*

*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