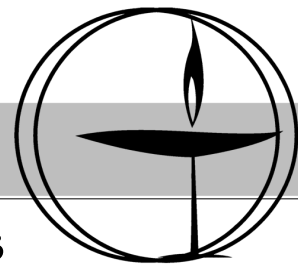


CUUF Link

Cascade Unitarian Universalist Fellowship



February 2018

OUR MISSION:

Seek inspiration and understanding,

Embrace all on their individual spiritual journeys,

Serve our local and world communities.

VISITORS ARE ALWAYS WELCOME!

We affirm the inherent worth and dignity of all people.

We welcome diversity of race, age, abilities, sexual orientation, culture, and religious background.

CUUF Minister:

Rev. Laura Shennum
881-9658
minister@cascadeuu.org

RE Director:

Dylan Spradlin
886-4023
redirector@cascadeuu.org

Office Assistant:

Sharon Page
886-4023
admin@cascadeuu.org

Cascade UU Fellowship

1550 Sunset Highway
East Wenatchee WA
98802
(509) 886-4023
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 the second and fourth Sundays, we have worship for all ages. On the first and third Sundays, children K-5 have religious exploration classes. Please join us for coffee, treats and fellowship immediately following the service.

Our theme from February 4 – March 11 will be The Senses.

February 4, 2018

Reasoning Away Our Senses

10:30am Service:

Rev. Laura Shennum

Celebrant: Chip Balling

When the Age of Reason entered into humanity, there was an inclination to no longer trust or put faith in our sensual experience. How has that shaped our society and our interactions with each other? How can we incorporate both our intellectual and sensual experiences into our life and our faith?

February 11, 2018

Celebrating Sensitivity

10:30am Service

Speaker: Lynn Madsen

Celebrant: Paige Balling

All of us are sensitive in some ways; to sensory experience, to emotions, to ideals. Some of us have sensitive temperaments and are responsive to almost everything. All sensitivity is rooted in our body's response; our senses tell us what is important and what to pay attention to. Sense-itivity. Join us in a multi sensory exploration of the challenges and gifts that go with that exquisite responsivity to our world.

February 18, 2018

Losing Our Senses

10:30am Service

Rev. Laura Shennum

Celebrant: Deb Miller

Many factors can have an impact on the loss of our sensual experience. How does it impact our lives when we can't hear or see or taste, etc? How can we support and allow for people to be supported in their loss? We will work through an activity together to help us understand.

February 25, 2018

Wired for Sound & Sight

10:30am Service

Rev. Laura Shennum

Celebrant: Steve Clem

We will explore the relationship music has in our experience of hearing and seeing. How does that relationship impact our lives and how is it used in our society? Join us for a fun exploration of these two senses.

A MESSAGE FROM REV. LAURA SHENNUM

Holy Curiosity...

“Once you appreciate one of your blessings, one of your senses, your sense of hearing, then you begin to respect the sense of seeing and touching and tasting, you learn to respect all the senses.” -
Maya Angelou



As a parent, I have taken my children to many science museums. The exhibit met with the most enthusiasm is usually the one about the senses. There are different textures to touch and you are supposed to guess where they come from. Or the jars with different smells and you try to guess the spice or food item they are. Of course, there are the ones with the cool optical illusions to test out your sight. The one that has the most intrigue is where someone can whisper something across the room and you can hear as if they were standing right next to you. For probably appropriate reasons, these exhibits don't typically have anything on taste.

The funny thing is we are constantly receiving messages from our senses throughout our day. It helps us process the world around us. It is what the Transcendentalists put trust in to experience their faith instead of a stuffy old preacher. The relationship we have had with our senses throughout history and our society has waxed and waned. There are times the senses are cheered for the information they give us and there are times when they are discarded as being unreliable.

Over the next six weeks, we will be exploring our senses, the relationship we have with them, and how they impact our life and our faith. We will discuss how reason has caused us at times to lose faith in our senses and we will discuss what happens when we lose a sense. Lynn Madsen will take us on an exploration of how each of us can be sensitive to others needs in regards to our senses as well as our own. Then, we will jump into experiencing those very senses. It will be an exciting journey and I look forward to sharing it with you.

In Faith & Love,

Rev. Laura



A MESSAGE FROM OUR BOARD PRESIDENT

Seek, Embrace, Serve

My dear friends,

What a joy it was to see so many of you at last Sunday's service – when Steve Clem and Deb Miller reminded us of the importance of the words and deeds of the Rev. Dr. Martin Luther King right now in our time. I remember a time, not so long ago, when on a holiday weekend, especially if the minister wasn't in the pulpit, that there would be more than a few empty seats. I attribute our increase in attendance to three factors: need, hard work and growth.



First: our message. Did you notice that on the same Sunday we had a predominantly secular worship service lifting up one of the great lights of our time, there was an announcement in the bulletin of a multi-week class lifting up one of the great lights of ancient times, offered by CUUF members Ben Knecht and Sandy Limbeck on "The Challenge of Jesus." As Unitarian Universalists we don't all find meaning in the same place but take a broad look at Six Sources: (1) direct experience of that transcending mystery and wonder; (2) words and deeds of prophetic women and men; (3) wisdom from the world's religions; (4) Jewish and Christian teachings; (5) Humanist teachings; and (6) spiritual teachings of Earth-centered traditions. I am so grateful to have found a congregation that lives Rev. Dr. King's vision of Beloved Community – his global vision in which all people can share in the wealth of the earth. In the Beloved Community, poverty, hunger and homelessness will not be tolerated because international standards of human decency will not allow it. Racism and all forms of discrimination, bigotry and prejudice will be replaced by an all-inclusive spirit of sisterhood and brotherhood.

Here at CUUF we provide what people need: Beloved Community and a way to find your place in it.

Second: hard work. Our Worship team has been hard at work along with Rev. Laura, training, learning and experimenting with presenting meaningful and transformative worship for all ages. Thanks to the continuing efforts of our professional minister and our lay worship leaders, we have raised the bar so that the congregation can count on a terrific service on any given Sunday. What a gift! And the attendance shows that.

Third: growth. We now have 136 members in our Fellowship. Not so long ago we were skirting with 80, then 90 then 100 – and rising. Visitors, no, better yet, seekers come through our doors every week to see what we are about. They come from near and far to see if it is true that there is a welcoming, alive, liberal religious presence here in the Wenatchee Valley. I know for me that answer is yes – we are a welcoming, alive liberal religious presence that welcomes the wisdom and teachings of both the Rev. Dr. Martin Luther King, Jr. and Jesus and so many more.

So, let's say Yes, and....

Yes, we have a message that is needed, yes, it takes hard work, and yes, we are growing into a Beloved Community, which is an alive, liberal religious presence here in the Wenatchee Valley.

Looking forward to seeing you at church, my friends.

Christina

P.S. Please come join me at our Town Hall meeting on Sunday, February 25 at noon. I am excited that we'll be getting your feedback on our six year program goals. We are creating dreams for our very real future. See you there!



CUUF BOARD UPDATE

The Board met on January 9 and the first item discussed was the new committee that will work on preparing the church and congregants for any emergency that could arise called the Safety Plan Committee. Vern Smith, Jameson O'Neal and Reverend Laura have been working on writing a charter for this important committee and will be seeking committee members soon.

The budget season has officially started for the 2018-2019 church year with the various committees and teams working on their budget goals for next year. One of the first items to be considered for the draft budget presented to the board was the list of financial goals that the Finance Committee recommends, and the board approved, based on the recent congregation discussions and survey focusing on programmatic goals. The next item up will be crafting the board budget goals.

During the Board's monthly education portion of the meeting, Jeff Lau presented an essay on "In Support for an Autonomous Board" for review and discussion. A lively discussion focused on questions including: How do we honor each other's varying opinion? How do we utilize opinions from consultants and discern the value and best choices for CUUF? Laura reviewed the board history for the past several years and Jeff encouraged the board to review the policies, covenants, and the work that has already been done by previous boards.

Finally there was much excitement and discussion at the board meeting of the upcoming Town Hall Meeting on January 21 after the service. Everyone is invited to come and have lunch and discuss the Financial Feasibility study. Bring your questions and an open mind!



A Mission Moment

By Jeff Lau

The Unitarian Universalist Navigator's class was developed by Reverend Laura and has been taught through three classes to 27 congregants. It is a nine-month study of theology, history, religious literacy and social consciousness. Additionally, the human condition is explored to include death, forgiveness and joy. The goal is to deepen our understanding of Unitarian Universalism and personal beliefs.

Classes meet monthly for three hours and generally require several hours of reading or preparation by the students. Additionally, participants are expected to meet once per month in clearness circles. A question related to the current theme is presented and each member answers it while the others listen intently. After silently assimilating what was heard the listeners are permitted to comment or ask questions. The speaker then clarifies or answers the questions of the other members. This is a powerful way to learn about each other and oneself.

I particularly enjoyed the historical and religious sessions. To understand our evolution from Christianity to Humanism, and then sense a return to spirituality affirmed Unitarian Universalism as a faith. And the heroes – so flawed yet courageous. Truly the stuff of Greek myth! Sincerely, the most impactful moments always came when we shared our thoughts on our own humanity. I pondered the prophetic voice, forgiveness and death for months beyond the sessions. The insights I gained motivated me to continue religious study. Judging by the 5 out of 6 members of our class that went on to the UU Explorer group, I was not the only one to be so inspired.

CONGRATULATIONS!
to our Fundraising Committee

Special thanks to those on the Fundraising Committee--Luke Rummell, Carol Oliver, Kmbris Bond, Rich Trifeletti and Emily Siroky, who gave of their time and energy to make the Citrus Sale & Service Auction a big success! In fact together, these two events produced \$558 more than was expected. The Citrus Sale netted \$755 and the Service Auction brought in \$3,753.

CITRUS SALE

A big THANK YOU to all who purchased oranges and grapefruit during the CUUF 2017 Citrus Sale! We hope you were more than pleased with your purchase and are already thinking ahead to the 2018 Citrus Sale. We're always looking for new customers inside and outside CUUF.

SERVICE AUCTION

Our December Service Auction was a big success, earning almost \$4000 of income for the fellowship! Thanks to all of you who contributed such generous and inventive donations and of course to those of you who purchased those services and items! Also, a big shout-out to our Fundraising Committee, who worked on this event: Emily Siroky, Carol Oliver, Kmbris Bond, Rich Trifeletti, Luke Rummel, and special helpers: Chris Rader, Jackie Halter, and Carol's two grand-daughters!

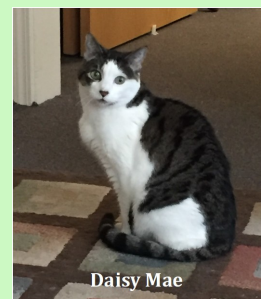
If you donated or purchased something at the auction, please follow up soon to make arrangements between donor and buyer to redeem the promised service! If you have any questions about who bought your item, please contact Emily Siroky at 884-9628.

**Looking For a New Home
for Pat Brooke's Cats**

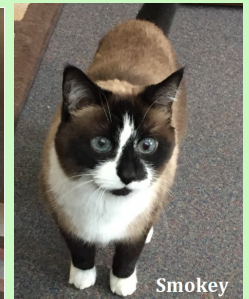
Daisy Mae and Smokey lost their mom when she went to Heaven this December. They are in search of a new home.

They are 9 years old, Siamese-mix, and are sisters.

They must stay together (2 cats are easier to care for than one ☺)



Daisy Mae



Smokey

They are VERY shy and pretty traumatized by recent events.

They need someone who will be VERY patient with them. They will probably hide in the closet for about 6 weeks, but with the right amount of love, coaxing and trust, they will eventually be very cuddly and loving pets. It will take work, but it will be worth it! My mom loved them dearly and they were a huge comfort to her. Being so skittish, I don't think they will do well with small children or other animals in the home.

They are declawed, so they are inside only cats. They are litter box trained, have all of their shots, and are chipped.

Please call or text Brooke at 669-7937 if you are interested in adopting. If not, please ask around for others you know who would give them a loving home.

RELIGIOUS EXPLORATION

Greetings!

I am so giddy with excitement that our young people - K-5th graders and the Youth Group - have been so involved in our congregation the last few months. I hope you all are enjoying getting to know them better, and seeing what I see when I am connected with them. What wise, thoughtful, silly, and intelligent young people we have here!

Coming up in RE: February introduces our fourth Unitarian Universalist Principle, a free and responsible search for truth and meaning, through the story of Egbert Ethelred Brown, a Jamaican man who converted to Unitarianism. Though he experienced many hardships to fulfill his calling to the Unitarian ministry, Brown devoted his life to inviting others to learn about our free faith.

In the first session the children will explore the basics of a Unitarian theology. They engage in their own search for truth and meaning and investigate the concept of a call to ministry. We add the signpost "Seek Truth" to our Faithful Journeys Path.

Our faith not only allows but also supports us to question, to seek answers, and to reevaluate our answers by posing new questions. To explore our fourth Unitarian Universalist Principle, our second session draws particularly on our fifth Source, humanist teachings that counsel us to heed the guidance of reason and the results of science. We demonstrate that the search for truth and meaning is an ongoing quest. The children learn about Clyde Tombaugh, the Unitarian Universalist man who discovered Pluto, and the decision in 2006 to change Pluto's status from planet to dwarf planet. The children will experience the relative scale of the planets in an activity with modeling dough. We will add the signpost "Ask Questions" to our Faithful Journeys Path.

Keep a look out for our "COIN JAR" for collecting spare change to raise money for the Wenatchee Valley Humane Society. This is the first project by the Faithful Journeys Action Club! Please help fill the jar!

In our Youth Group we will be exploring and discussing the six sources of Unitarian Universalist Living Tradition, and the idea of spiritual authority. Later we'll be learning about the sacred texts of many different religions, including the Bible, and have a chance to create their own sacred text. I am looking forward to some deep thinking in the coming month!

Wishing love and happiness for you and your Valentine!

Dylan

Attitude of Gratitude

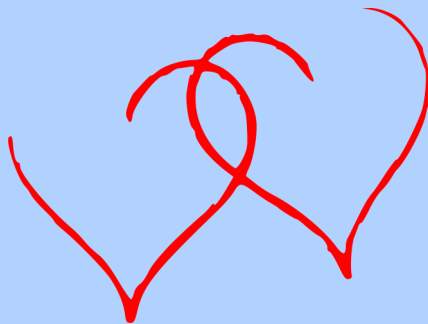
from January 2018 Board Packet

THANKS!

Gracias!

Thank you to the following people:

- Thank you to **Chris Rader** and **Emily Siroky** for volunteering to learn Sharon Page's office assistant duties so they can help out in the event of her absence.
- Thank you for putting up Christmas lights in the fellowship:
Mathew Del Fave, Alex Leslie, and Doug Taylor.
- Thank you to **Bonnie Orr** and **Emilie Fogle** for creatively hanging wall decorations at the two side fronts of our Fellowship.
- Thank you to **Louise Buchanan** for writing the joys and sorrows cards to constituents.
- Thank you to **Dylan Spradlin** for coordinating the adopted families for Christmas.
- Thank you to the **youth group** for the Christmas Eve morning service and thank you to the **worship team** for the evening service.



Merci!

Share The Plate – The Wellness Place

Sun, Feb 18

The recipient for January was Children's Home Society and we raised \$1,190! Thank you for your generosity!

The recipient in February will be The Wellness Place.

The Wellness Place offers free support to cancer patients including wigs, gas cards, supplements, lodging and more! And free exercise classes for adults 65 and older.

Adult RE Class

Popcorn Theology – “The Class”

Fri, Feb 23, 6pm to 8pm, CUUF Sanctuary



Let's pop some popcorn and watch a movie! This is a great way to explore theological questions about ethics and morality as well as social justice. This month, we will watch the movie, “The Class.”

The Class is a film about Teacher and novelist François Bégaudeau who plays a version of himself as he negotiates a year with his racially mixed students from a tough Parisian neighborhood.

UU Family Group

Friday, Feb 9 6pm to 8pm

Join us for a family potluck and activities. Please bring a dish to share for the potluck. We will have games for all to enjoy after we enjoy dinner together. All ages welcome.

Covenant Groups/Clearness Circles

We have two small group programs available at Cascade UU.

The first is our Covenant Group program. This is a program for groups of 6-8 people, who meet regularly to explore topics as well as listen to each other in deep ways. The groups typically have a check-in, reflection, and a sharing of beliefs/thoughts on the offered reflection. These are not groups to offer counseling or advice. Rather they are meant to deepen listening to others as well as develop your own truth and meaning.



Deep Listening

The second program is our Clearness Circles. These are based on the work of Parker Palmer and the idea each of us have an inner wisdom. The groups meet monthly to listen deeply to each other and help each other to tap into that inner wisdom. The groups are structured in a way where each person gets 15 minutes to explore a question or topic in their life while others listen. Others then ask questions to assist the person to find the answers within themselves. Group sizes range between 3-4 people. If you have a discomfort with holding silence, these groups will help you grow in that area.

If you are interested in either of these groups, then please contact Rev. Laura at minister@cascadeuu.org or 509-881-9658 and she can connect you to already formed groups or create a new group for you to participate in.

MEMBERSHIP NEWS

**Come One - Come All!
To Our Town Hall Meeting
Sunday February 25 at Noon at CUUF**



I am excited that we'll be getting your feedback on our six year program goals. We are creating dreams for our very real future. See you there!

Contact Christina Davitt for more information [\(509\) 393-9467](tel:5093939467) christina@davittlaw.com

NEWCOMER CHAT

Sun, Feb 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 is provided. We take this time to get to know you, share some basic information about our Fellowship, and answer any questions you may have.

FELLOWSHIP NEWS

CIRCLE SUPPERS

Circle Suppers are large potluck dinners held in the homes of Fellowship members and friends. They are a good way to socialize with other friends and members of CUUF while sharing a great meal.

**February Circle Supper
Saturday February 10 @ 6pm**

Host: Chris Rader

1700 Rainier Street, Wenatchee

Kids Welcome!

RSVP: 888-0181



Please RSVP to the hosts at least one day in advance, then bring a side dish, appetizer or dessert to share with 10-12 people and, if desired, a beverage of choice. Carpooling recommended if possible. Questions: Contact Jackie Halter 860-2978

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. Sign up sheets to host or attend are on the red board on north wall at back of sanctuary. Questions: Contact Jackie Halter 860-2978.

There will be No Small Dinners in February.



The Deadline to Sign-Up for March Small Dinners Is Feb 25

BUDDHISTS' CORNER

No Self

Sharon Meho Petit & Todd Daiko Petit

Wherever I turn these days I am reminded of Buddhism's most profound and hardest truth. That there is no permanent self. This truth is hard for us to understand. We all believe from the time we are a toddler that we are a separate, permanent self. And, certainly when we pinch our leg or arm, we feel it, and that affirms our belief, and our memories tend to reinforce that sense of self.

On PBS a few months ago, I watched a program on neuro-biology. The researcher stated that our sense of who we are is based on memories and that our memories are not necessarily true. They are changeable. He discussed evidence that we change memories all the time to fit new circumstances that arise. One example he offered was of a conversation he had with a couple he admired and believed were made for each other. After the same couple broke up his memory changed to say that his original impression was wrong and that he saw the signs of impending trouble that evening in the same conversation. Human beings do this all the time. If you don't believe it, just ask what a sibling remembers about a favorite event from your childhood. Just this last week I experienced this with my sister-in-law when I posted a picture on Facebook. The picture was clearly marked as having been taken in the 1970's at our home in Kirkland. My sister-in-law commented how well she remembered this gathering right after her parents had both died and we were sharing wonderful memories in the photo. Her parents died in 1988 and 1998. Hummm...



Thich Nhat Hahn writes most eloquently about the doctrine of Anatman or No-Self. He says, *Impermanence is the same as non-self. Since phenomena are impermanent they do not possess a permanent identity. Non-self is also empty. Empty of a permanent self. Non-self also means inter-being. Because everything is made of everything else, nothing can be by itself alone. Non-self is also interpenetration, because everything contains everything else. Non-self is also interdependence, because this is made of that. Each thing depends on all other things to be, that is interdependence. Nothing can be by itself alone, it has to inter-be with all other things. That is non-self.*

The Morning Meditation Group has had the great privilege this last year of sitting with Dr. Bob Anderson, one of the founders and proponents of the Christian Process Theology. This theology proposes we are all Process, from birth to death, expressing the energy that is the Cosmos or God. We are all the Process of *It* expressing *Itself*.

You are invited to join us any Wednesday at any of our groups for practice. We will also be offering Beginning Zen Classes for those who want to learn more about this ancient spiritual path which seems to speak to so many in these times. The classes continue on Sunday through March 4. We will meet from 2-3:30 pm, culminating in a special one-day Zen retreat with Genjo Marinello Osho. Contact me at shayknight@charter.net to sign up. There is a \$50 requested donation which is all inclusive, no one will be turned away for lack of funds. See details on Stone Blossom Sangha Facebook page.

Morning Meditation	9:00 am (setup)- Sit 9:30 to 10:15 am
Zen	5:30 pm to 6:30 pm
Tibetan	6:30 pm to 7:30 pm



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



Pacific Western Region

PWR Regional Assembly

STORIES OF HOPE, COURAGE, RESISTANCE, & RESILIENCE

DoubleTree Hotel
Portland, Oregon
April 27-29, 2018



PWR 2018 Regional Assembly

Stories of Hope, Courage, Resistance, and Resilience

April 27-29, 2018 - Lloyd Center DoubleTree in Portland, OR.

Register now!

Keynote speaker on Saturday, April 28, will be Congresswoman Pramila Jayapal. Jayapal is the first Indian-American woman to be elected to the U.S. Congress. Before being elected to represent Washington State's 7th District in 2016, Congresswoman Jayapal was an immigration and labor activist in Seattle. Her writing has been featured in The New York Times and The Nation. She has been written about in Mother Jones as well as many other publications.

Worship service on Sunday, April 29, will be led by the Rev. Dr. William Barber. As an NAACP leader and civil rights activist in North Carolina, Barber led the "Moral Mondays" protests in that state beginning in 2013. The founder of Repairers of the Breach, an organization formed to train religious leaders across the country in social justice work, Barber is currently leading a new "Poor People's Campaign." His most recent book is *The Third Reconstruction: Moral Mondays, Fusion Politics, and the Rise of a New Justice Movement*.

Rev. Susan Frederick-Gray, the newly elected president of the Unitarian Universalist Association, will speak to us to share her emerging vision for the future of the UUA and our wider movement.

In addition to these three speakers during the Regional Assembly, on Friday, April 27, immediately before the regional assembly, we also have two workshops for religious professionals. Rev. Erika Hewitt and Dr. Glen Thomas Rideout will be presenting a workshop for ministers, religious educators, and music directors, on multi-generational, multicultural worship. Hewitt is a UUA staff member serving as the Minister of Worship Arts and is the editor of Braver/Wiser, a weekly spirituality series, while Rideout has served as Director of Music at First Unitarian Universalist Congregation of Ann Arbor for the past eleven years. There will also be a development day for Community Ministers on Working with Secondary Trauma, led by Emily Brault, a UU minister and full-time Chaplain at the women's prison of the Oregon Department of Corrections; Susan Maginnis a UU minister and a chaplain with the US Navy; and Elizabeth Stevens, minister of the UU Church of the Palouse in Moscow, ID.

Learn more about the [RA Professional Development Day](#).

Registration Fees

- Adult: **\$162** available through January 31 (Early Bird). Beginning February 1, \$180.
- Young Adults (18-35) or Ministerial Aspirants, Retired Ministers & Partners: **\$120**
- Youth (ages 14-18 AND in high school or equivalent): **\$90**
- Child (ages birth-14): **\$30** Should be included on their parent/guardians' online registration.
- Walk-in: **\$180**. No meals. Walk-in Registration for adult only, no guarantee of meals. Minors cannot be accommodated without advance registration.

Fees include: All programming Friday night through Sunday noon; Saturday breakfast, lunch and dinner; Sunday breakfast.

WAKE NOW OUR VISION

COLLABORATIVE CAMPAIGN

Legacy Challenge

**We are Unitarian Universalists.
Together, we can change the world.**

WELCOME TO A MOVEMENT that calls you to put more
faith in yourself, your community, and your world.

We invite you to join us in the Wake Now Our Vision (WNOV) Collaborative Campaign Legacy Challenge. Simply put, our goal is to support one another in our work, so that we might become better, stronger, more effective institutions and congregations, capable of sharing our talents and expertise in the service of liberal religion.

The Legacy Challenge will strengthen the future of Unitarian Universalism through planned giving. You can help. Your planned gifts support our institutions and congregations in bringing people together and standing up for love and justice. Plus, thanks to a generous grant from the UU Congregation at Shelter Rock, new legacy gift intentions designating one or more of the WNOV partner institutions, or a UU congregation or fellowship, are eligible for a 10% matching cash gift, up to \$10,000.

10%

Your gift will be matched. A matching donation of 10% (up to \$10,000) will be made now to the UU organizations you designate.

Have a Question? I Can Help.

Laura Randall, Legacy Campaign Director | lrandall@uua.org | (617) 948-6511



The information contained herein is not intended as legal or tax advice. For such advice, please consult an attorney or tax advisor. Figures cited in examples are for hypothetical purposes only and are subject to change. References to estate and income taxes include federal taxes only. State income/estate taxes or state law may impact your results.

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 — *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 for meals, activities, service projects, or whatever the group chooses to do! Come and meet your CUUF neighbors!

Contact our Neighborhood Groups Coordinators to join!

Carol & Don Oliver can be reached at 509-679-3308 or email Carol at clh.oliver@gmail.com

or Don at don62oliver@gmail.com

or the Office Assistant at 509-886-4023 or admin@cascadeuu.org

UU Family Group — *2nd Friday of the month, September—June, 6:00pm to 8:30pm*

Join us for a family potluck at the church.

Then, children will move to their own activities while parents have a discussion. Please bring a dish to share.

This group is facilitated by Rev. Laura Shennum.

February 2018



ALL EVENTS ARE HELD IN THE SANCTUARY UNLESS OTHERWISE NOTED.

For details of Sunday mornings and special events, see the newsletter. To schedule an event using CUUF facilities or to include your event on the calendar, contact the office assistant at **886-4023** or admin@cascadeuu.org.

[] indicate non-CUUF events or facility rentals. *Italicized entries indicate they occur off-site.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
See Front Page for sermon titles		<i>Noon</i> <i>Every Tuesday</i> <i>Is Deadline for</i> <i>OOS</i>		<i>1</i> 6:30pm Worship Team Prep 7pm <i>Covenant</i> <i>Group Meeting</i>	<i>2</i>	<i>3</i> 9:00 am UU Navigators Class
<i>4</i> 10:30am Sunday Service RE K-5th Class 12:30pm Worship Team Mtg [3:30pm Private Rental]	<i>5</i> 10:00 am Covenant Group 4:30pm Executive Committee	<i>6</i> 11:30 am Covenant Group Meeting 7pm <i>Covenant</i> <i>Group Meeting</i>	<i>7</i> 12—3pm Minister's Coffee House Mela-Wen 6pm Youth Group	<i>8</i> 7pm Choir Practice	<i>9</i> 6pm Family Group	<i>10</i> 6 pm Circle Supper
<i>11</i> 10:30am Sunday Service 12:30pm <i>The Challenge of</i> <i>Jesus (offsite)</i> [4pm Private Rental]	<i>12</i>	<i>13</i> 6:30 Board Meeting	<i>14</i> 12—3pm Minister's Coffee House Mela-Wen 6pm Youth Group	<i>15</i>  7pm Worship Music Team Building 7pm <i>Covenant</i> <i>Group Meeting</i> 7:30pm <i>Covenant</i> <i>Group Meeting</i>	<i>16</i> 10:30am UU Explorers <div>DEADLINE FOR MARCH NEWSLETTER</div>	<i>17</i> 9am UU Explorers 2
<i>18</i> 10:30am Sunday Service RE K-5th Class Share the Plate 12:30pm Newcomer's Chat 12:30pm <i>The Challenge of</i> <i>Jesus (offsite)</i> [4pm Private Rental]	<i>19</i> 10:00am Covenant Group Meeting 6pm Finance Committee mtg	<i>20</i> 11:30 am Covenant Group Meeting	<i>21</i> Minister's Coffee House Mela-Wen 6pm Youth Group	<i>22</i>	<i>23</i> 6pm-8pm Adult Popcorn Theology	<i>24</i>
<i>25</i> 10:30am Sunday Service 12pm Town Hall Mtg Program Goals 12:30pm <i>The Challenge of</i> <i>Jesus (offsite)</i> [4pm Private Rental]	<i>26</i> 9am DM Clearness Circle	<i>27</i> <i>Noon</i> <i>Every Tuesday</i> <i>Is Deadline for</i> <i>OOS</i>	<i>28</i> 12—3pm Minister's Coffee House Mela-Wen 6pm Youth Group	<div> Minister's Coffee House Locations: Mela Coffee Roasting Co. 17 N Wenatchee Ave, Wenatchee Will be at this location every week until further notice. </div>		

CUUF Leadership & Staff

CUUF MINISTER

Rev. Laura Shennum

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