

CUUF Link

Cascade Unitarian Universalist Fellowship



Our Worship Services

February 2020

OUR MISSION:

Seek inspiration and understanding,

Embrace all on their individual spiritual journeys,

Serve our local and world communities.

VISITORS ARE ALWAYS WELCOME!

We affirm the inherent worth and dignity of all people. We welcome diversity of race, age, abilities, culture, sexual orientation, and religious background.

CUUF Minister:

Rev. Laura Shennum
On Sabbatical until April 2020

Intern Minister

Joel Courtney
575-650-0773

internminister@cascadeuu.org

Religious Ed. Director

Connor Dahlin
612-558-4317

redirector@cascadeuu.org

Music Director

Kmbris Bond
541-953-4442

musicdirector@cascadeuu.org

Office Assistant:

Sharon Page
886-4023

admin@cascadeuu.org

Cascade UU Fellowship

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

www.cascadeuu.org

Traditional Services

Our traditional services begin at 10:30am and end at 11:45am with messages given by guest speakers or members of CUUF. 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 theme for February is:

What does it mean to be a people of resilience?

February 2, 2020

Becoming a Resilient Leader

10:30am Service:

Worship Leader/Speaker: Deb Miller

Celebrant: Deb Bryant

"Blessed is [the one] who has learned to admire but not envy, to follow but not imitate, to praise but not flatter, and to lead but not manipulate." ~William Arthur Ward

What qualities do you look for in a leader? Are you a leader or a joiner? Join us as we explore the ways to become a resilient leader within our fellowship and beyond.,

February 9, 2020

Stories of Resilience

10:30am Service

Speakers: CUUF Members

Worship Leaders: Christina Davitt & Joel Courtney

Share the Plate: NAMI

What is your story of resilience? Come join us and be inspired by the compelling stories of resilience from our own CUUF members who have survived and thrived after facing difficult times.

February 16, 2020

Practicing Gratitude

10:30am Service

Speaker: Lynn Madsen

Celebrant: Marya Madsen

From ancient philosophy to modern science, Gratitude has been seen as essential for resilience, contentment, and joy. How do we cultivate a grateful heart? How do we move from grateful feelings to grateful actions so that we tend what and who we are grateful for? Join us as we explore Gratitude in story, song, and self reflection.

February 23, 2020

Bend, Don't Break

10:30am Service

Speaker: Joel Courtney

Celebrant: Christina Davitt

Creating a welcoming community can bring up uncomfortable feelings. How can we allow for new perspectives that allows for flexibility in our attitudes and our environment?

A MESSAGE FROM REV. LAURA SHENNUM

Rev. Laura is away on Sabbatical until April 2020

**THE BOARD REPORT**

CUUF January 2020 Board Report:

- ◆ Deb will be sending out an email to CUUF Board, Committees, Teams, Groups to gather information to complete the congregational portion of the Annual Certification report for UUA. Included in that email will also be a link to a leadership survey that will help guide the March Congregational Conversation. The March discussion will be an opportunity for the board to gather congregational input on the 2020-2021 Open Questions “How can we engage/support you as a volunteer?”
- ◆ The Board approved a motion to temporarily remove Capital Campaign and Stewardship options from the online payment list in PayPal due to service fee costs.
- ◆ The initial members of the Building Committee were selected. Vern will participate as board representative; Ken Toevs (as congregation volunteer) and Steve Clem (CCMC) will be the initial members of this team.
- ◆ A Legacy Gifts acknowledgement discussion was opened. No decisions were made at this meeting. Julie will do more research before the next board meeting and discussion will be revisited.
- ◆ February 23rd was selected for the Congregational Conversation to launch the Stewardship Campaign. May 30th was the date chosen for the Annual Stewardship Dinner.

Next meeting is February 20, 2020

Respectfully submitted,

LeRoy Farmer

A MESSAGE FROM OUR INTERN MINISTER

“It’s not the load that breaks you down, it’s the way you carry it.”
— Lena Horne

As we journey into month two of 2020 and Rev. Laura’s sabbatical, our theme for the month directs us to look at “resilience” in ourselves and in our communities. So much of resilience is tied to working with others and asking for help, especially during the most challenging times.

Part of my internship work has been in developing the skill of asking for help. In my experience, our culture as a whole sends a lot of signals that needing help is a sign of weakness and actually requesting help is even worse.

TV programs highlight people overcoming adversity without taking advantage of the social safety nets there to protect them. Our country celebrates independence so much that we have an annual launching of explosives over it. Our leaders speak about the merits of the “self-made man,” exemplified in Founding Fathers like Benjamin Franklin. It originally meant someone overcoming poverty and lack of social station, but that idea has shifted substantially over the years.

I believe Fredrick Douglass described it best in his Self-Made Men lectures when he said, “Properly speaking, there are in the world no such men as self-made men. That term implies an individual independence of the past and present which can never exist.”

This month, I invite you to recognize the skill of asking for help, to honor it in others when you see it performed, and to practice it for yourself and for the communities small and large of which you are a part.

Yours in Service,
Joel Courtney, Intern Minister

A MESSAGE FROM OUR BOARD PRESIDENT

Dear Congregation,

Resilience: The ability of a substance or object to spring back into shape; elasticity. Oxford Dictionary



Welcome to February! We have come through the first month of Reverend Laura's sabbatical, and hopefully all made it through snowmagedden, which is waging outside as I type. Both are timely for February's sermon and small group topic of *Resilience*.

The theme for Rev Laura's sabbatical was *Reimagining Our Future/Rediscovering Our Past*. January was a great example of both:

- ◆ The worship team brought in speakers on two of the topics Rev. Laura is studying; Process Theology and Qi-Gong.
- ◆ The First Friday Art Walk with CUUF friends
- ◆ We had an Acoustic Café night of music.
- ◆ A congregational conversation to help us assure that we are meeting the needs of the congregation with our Joys and Sorrows time during services.
- ◆ The RFPs from Architects are coming in and a decision will be made for our partner in the design of our building in February!

As we move into February, we will continue on our journey of remembering who and what we were before we had a permanent minister, to return to our roots in order to come back together with Laura in May and to use our learnings to enhance each other and our congregation. In February be sure to participate in some of the activities we are planning to bring us together:

- ◆ CUUF First Friday Art Walk
- ◆ Sunday services will all be focused on resilience, leadership, gratitude and flexibility all led by CUUF members.
- ◆ A congregational conversation on our annual Stewardship Campaign & budget led by our Stewardship Co-Chairs Deb Miller and LeRoy Farmer
- ◆ A Taco Feed (to follow up on our fabulous potato feed) on February 21.
- ◆ And our usual Small Dinners, Circle Suppers and walks.

Please feel free to participate in all and any activities! We are also for future months working on a Men's Retreat, a Women's Retreat, another Acoustic Café, a Ukulele Night and more.....

In faith and excitement for our future, my parting quote, a testament to resilience and what I remind myself and my nursing staff of frequently:

“The secret of life, though, is to fall seven times and to get up eight times.”
~ Paulo Coelho

Julie

RELIGIOUS EXPLORATION

Greetings!

The theme for February is Resilience and what great timing it is. In this latter half of winter, historically it's all about maintaining, enduring the final stretch before the sun's return and crops can grow again. Resilience is standing back up after you've been knocked down. Resilience is keeping true to your way, regardless of or in spite of your circumstances. After a month of Integrity, moving onto Resilience seems to be a natural transition.

In RE, we'll be breaking down this topic in various ways. Finding Resilience through our grit, has us focus on the humbling fact that most goals or skills require that we fail many times over. Persistence and motivation are the key words here. We can also gain Resilience through each other. This topic comes up around Valentine's day, reminding us that often times when we're beat down in woes, others will support us. The trick is letting them. To break up some of this seriousness, we find Resilience through humor. Oftentimes, the best medicine for trying times is laughter. One of our most therapeutic ways of dealing with the world. One of the best ways to deal with heaviness is to be lighthearted. And lastly, and perhaps most importantly, we learn Resilience through nature. Getting outside and experiencing nature can break up our narrow perspectives. Nature can heal and reinvigorate us. In another sense, we can learn resilience by the sheer observation of nature itself, regardless of all that's done to it, of all the species that've come and gone, in all the fundamental shifts in Earth's composition, nature withstands, continues, and is the ultimate embodiment of Resilience.

Integrity had us focus on our values, our ideals, and doing the right thing. Resilience is the other side of the coin, it's the power to maintain these ideals during trying times. It takes us many times of falling off the bike before we are able to ride smoothly, we should not be defeated too easily, we can persevere.

*Sincerely,
Connor*

Adult Education Opportunities

Elder Talks

Wednesday, February 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 lessons we have learned in life that have shaped us into who we are today. Join us for coffee, tea, and some light refreshments.

Attitude of Gratitude

The board would like to thank the:

Service Auction leaders:

Kmbris Bond
Mary Madsen
Emily Siroky
Carol Oliver

THANKS!



Gracias!

Merci!

Service Auction leaders would like to say: KUDOS!

To 36 Volunteers:

Who provided special music and wonderful food, helped enter items into auction software and helped set up names and contact information in the auction database, staffed the welcome table at the kickoff event, put bidder numbers on stars and attached them to name tags, provided technical assistance, helped with auction set up and decorations, created a beautiful logo, etc. etc.

Kmbris Bond,
Rich Trifiletti
Carol Oliver
Rachel Courtney
Mary Peterson
Barbara Edwards
Sara Severson
Cathy Lau
Emily Siroky
Rebecca Lyons
Lynn Madsen
Pam McGhee

Dawn McKenzie,
Diane McKenzie,
Don Oliver
Patty Ostendorff
Sherry Dawley
Jackie Halter
Kathy Johnson
Abby Simmons
Peggy Ludwick
Larry Tobiska
Mary Madsen
Nancy Warner

Kristi Campbell,
Heather Coonrod,
Joel Courtney
Rhonnie Craven
Chris Rader
Heather Seman
Mark Seman
Sandy Limbeck
Julie Smith
Penny Tobiska
Marya Madsen
Verna Zuttemeister

To CUUF Staff and Other Teams:

Who coordinated with us on space, décor, fiscal issues, publicity, etc.

- ◆ The Worship Team, who graciously allowed us time for skits to help publicize and educate the fellowship about auction changes and events
- ◆ The Visual Arts Team, who coordinated with us on the auction theme and decorations
- ◆ Greeters, who were gracious about using name tags for bidder numbers and fielded questions for us;
- ◆ Luke Evans, Laura Shennum, and Sharon Page, who worked with us on fiscal and payment issues and processes and with providing information needed for the auction database
- ◆ Connor Dahlin, who facilitated set up and use of the RE room for check-out at the end of the auction.
- ◆ The Youth Group, who re-scheduled their practice for the 12/15 Sunday service so the sanctuary would be available for the breakfast and final bidding for silent auction items.

February Congregational Conversation

Sunday, February 23 from 12-1 pm

**This Month's Congregational Conversation
Will be about our upcoming Stewardship Campaign**

Newcomer Chat February 9

Are you a relative newcomer to Cascade UU Fellowship? Would you like to get acquainted with other newcomers, hear more about CUUF programs, and become more connected? Intern minister Joel Courtney and a member of the greeters' team will host a one-hour "meet and greet" after church on Sunday, Feb. 9, and you're invited! We'll have some refreshments, and child care will be available.

No RSVP necessary, just show up. We look forward to getting to know you!

Chris Rader, 888-0181, crader@nwi.net
LeRoy Farmer, 669-3941, leroyf@nwi.net



TACO FEED

Friday, February 21 @ 6pm

Bring your favorite topping

and come join the fun!!



If you would like to help with set-up & take-down

Please contact Steve Clem at 509-670-0967 or steveclem@charter.net

SOCIAL ACTION NEWS

Share the Plate— Sunday February 9th for NAMI Chelan-Douglas

**In January we raised \$862 for the Wenatchee High School Panther House
Thank You! For your generosity!**

Our Share the Plate Recipient for the month of February is NAMI Chelan Douglas

NAMI Chelan-Douglas offers support groups for people with mental health challenges and for affected families and friends, as well as education classes that empower people with practical knowledge, tools, and skills. Support groups and classes are free. We also advocate with local healthcare agencies and governmental institutions for better policies, conditions, and treatment of those affected by a mental health conditions.

First Friday Art Walk!

Let's do the First Fridays Art Walk in Downtown Wenatchee together!
Next up is **Friday, February 7th**. Meet at Cafe Mela at **5:45 pm**, see the art, and end with a meal and beverage.
Questions? Ask Diane McKenzie!



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.

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.

**NO CIRCLE SUPPERS
PLANNED
For February**

SMALL DINNER

Saturday, February 15 @ 5pm
Please sign up by Sunday, February 9
Sign-up sheets are in the kitchen on the back wall.

Questions contact: Jackie Halter 860-2978

Please Note the Earlier Times for the Winter Months!

Join Our Climate Discussion!

The Wenatchee Interfaith Climate Group will meet at CUUF on Wednesday, February 12, from 1 to 2:30 p.m. The group focuses on (1) how to switch to a renewable energies economy, and (2) ways to adapt to current and coming climate changes in our region. At our monthly meetings we begin with prayer or meditation, then personal check in, action reports and planning. All are welcome!

For more information contact Susan Evans, susanwenatchee@gmail.com, 670-5763.

Visual Arts Team Sanctuary Décor

While longer days signal that spring is coming, February finds us continuing to reach for cover from the cold. Using a variety of soft art and photography, the Visual Arts Team is highlighting how “Resilience,” this month’s theme, helps us to weather seasonal and other changes at personal, family, community, and environmental levels.

Like well-loved clothes, people, relationships, and places can become worn, frayed, and transformed through hard use and disaster. Also, like clothes, people, relationships, and places can be mended, repurposed, and rejuvenated with loving care. How can we build more flexibility and strength in our lives? What story of resilience do you have to share with our community?



Let's Talk About Joys and Sorrows:

Christina Davitt, Worship Co-Chair

Rev. Laura charged the Worship Team during her sabbatical to engage the congregation in a conversation about Joys and Sorrows and to try two changes to see if we can better serve our congregation's pastoral care needs during that ritual. The challenge for CUUF is that, like many UU congregations find that as they grow, especially to 150 and more (as we are now, thankfully), that the "open mic" method of Joys and Sorrows isn't effective in meeting those needs. So, what to do? On the one hand, we fear that we risk losing very real human connections if we change how we do Joys and Sorrows. On the other hand, there have been occasions when the service was going on too long and a piece of music or part of a sermon (which are well prepared in advance) was cut short or cut out. Many congregations that we have been to or that we have read about in our extended research, have gone to alternative formats of Joys and Sorrows as they grow in order to continue to meet the pastoral care needs of the congregation.

So, in February and March we will try two changes to the way we do Joys and Sorrows and in April we will survey the congregation to see how we should move forward. In February, we will continue as we have, meditating, praying and lighting silent candles while we sing. The change will be that we will give everyone a Joys and Sorrows card in their Order of Service as they come in every Sunday during that month. The greeters will ask people to fill them out and place them in the Joys and Sorrows basket by the Greeter's table before the service. If anyone has any more cards, they can hand them to a greeter during the "You are welcome here" portion of the opening welcome.

The card will ask for a written Joy or Sorrow, whether it should be shared with the congregation and if the person would like to be contacted by the Pastoral Care Team. Remember, a Pastoral Care Team member is available after every service to listen. The written Joys and Sorrows on the cards will be crafted into a prayer by the worship leader and presented aloud as a prayer of the people. We will keep the Joys and Sorrows ritual in the same place in the service.

Based on the Town Hall Conversation on January 19, it is clear how much this ritual means to the congregation. We will continue the dialog and welcome feedback. Please have faith in our Beloved Community that we will learn as we grow, in our efforts to care for one another.

Thank you. Christina Davitt, Co-Chair Worship Team



Cascade Unitarian Universalist Fellowship

Joys and Sorrow Request

Name: _____

Date: _____

Is this a Joy or Sorrow?

Request: _____

Please read aloud at service: Yes No

Would you like to be contacted by a Pastoral Care Associate?

Yes No

SAMPLE:
of Joys & Sorrows Card:



Mu! By Genki Takabayashi Roshi

Offerings

Sharon Meho Petit, Sensei and Todd Daiko Petit

February will mark the beginning of new offerings from Stone Blossom Sangha.

On Tuesday February 4, *The Ten Oxherding Pictures* book study group will begin based on the famous 12th Century poems and drawings from China. The Ox or Bull is a symbol of Enlightenment and the path to this *goal of no goal* is depicted through these pictures. The group will go through April 7 from 6:30 pm to 8:30 pm.

We may also be teaching another class this spring at Wenatchee Valley College on Western Zen, its history and adaptations to the American and Western World's philosophy and culture. We will look at one of the more controversial and interesting figures in American Zen, the philosopher, Alan Watts. We will also look at Zen Mind Beginner's Mind and Shunryu Suzuki Roshi and other pioneers and missionaries. Be sure to watch the college bulletin for an announcement and details.

Other offerings this spring include an informal half hour of meditation at 7:00 pm Monday nights. This will be preceded at 6:30 pm by an introduction to the practice of silent meditation. Beginners are encouraged to arrive at 6:30 pm.

And on the first and third Sunday each month we offer Drum Circle Meditation at 2:00 pm. It has been proven by science that one of the best ways to relieve anxiety and depression is drumming.

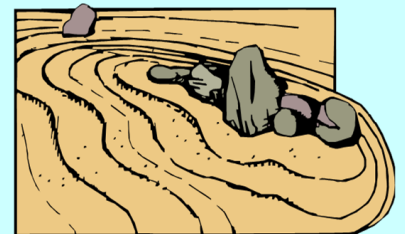
In March we are planning to launch an online book club using beloved Unitarian minister and Zen Roshi James Ford's book, *The Book of Mu*. We will have an ongoing discussion on the Facebook group, Stone Blossom Sangha. Books will be available at the library under book clubs. Participate in your own home via computer or on your phone.

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

Morning Meditation	9:30 to 10:30 am
Zen	5:30 to 6:30 pm
Tibetan	6:30 to 7:30 pm
Tuesday, Zen Book Group	6:30 to 8:00 pm
Sunday, Drumming Meditation	2:00 to 4:00 pm

Contact: Sharon Meho Petit, shayknight@charter.net or 506-670-0883.

Drum Circle Meditation 1st and 3rd Sunday of the month from 2 to 4pm at the Beige House



Groups & Programs

Book Group, Afternoon — *2nd Wednesday of each month, 1:30pm, at the home of Louise Buchanan.*

You are welcome to join in the discussion of the book of the month.
Contact Patty Ostendorff, 860-0761, postendorff@msn.com.

Book Group, Evening — *Every other Monday of each month, 7:00pm, alternating at the home of a group member. No meetings during June, July, and August.*

You are welcome to join for the discussion and reading of a non-fiction book.
Contact Emily Siroky, 884-9628, easiroky88@yahoo.com.

Choir — *The Thursday preceding the 2nd Sunday of each month, September - June, 7:00pm, CUUF sanctuary*

The choir sings on special occasions and at least once a month during Sunday services.
Contact Larry Tobiska, at ltobiska@nwi.net or 881-5020; or Kmbris Bond, at kmbris.bond@gmail.com or (541)953-4442.

Circle Suppers and Small Dinners — *Usually two Saturday evenings a month, September - June; July and August as scheduled; Times fluctuate according to the seasons and these event are held at the 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 or beverage of choice. These dinners are great chance to get to know one another better while savoring good food. For more information 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 the church office.

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 !

February 2020



ALL EVENTS ARE HELD IN THE SANCTUARY UNLESS OTHERWISE NOTED.

For details of Sunday mornings and special events, see the newsletter. To schedule an event using CUUF facilities or to include your event on the calendar, contact the office assistant at **886-4023** or admin@cascadeuu.org.
 [] indicate non-CUUF events or Private Rentals [PR]. *Italicized entries indicate they occur off-site.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p align="center">February Sermon Titles</p> <p>Feb 02—Becoming a Resilient Leader Feb 09—Stories of Resilience Feb 16—Practicing Gratitude Feb 23—Bend, Don't Break</p>						<p>1</p> <p>10 am Visual Arts Team Décor Change</p>
<p>2</p> <p>10:30am Sunday Service K-5 RE class</p> <p>[3pm Private Rental] [5pm Private Rental]</p>	<p>3</p> <p>10:00am Covenant Group</p>	<p>4</p> <p>10am Visual Arts Planning</p> <p>6pm Ensemble Mtg</p>	<p>5</p> <p>6pm Youth Group 6:45pm <i>Soul Matters</i> <i>Small Group</i></p>	<p>6</p> <p>6pm Finance Mtg</p> <p>7pm Choir Practice</p> <p>7pm <i>Covenant Grp</i></p>	<p>7</p>	<p>8</p> <p>9am Theme Collaboration</p> <p>10am Worship Team mtg</p>
<p>9</p> <p>10:30am Sunday Service Share the Plate K-5 RE class 12pm Newcomer Chat</p> <p>[5pm Private Rental]</p>	<p>10</p> <p>11:30am Pastoral Care Team Mtg</p> <p>7pm <i>Evening Book Grp</i></p>	<p>11</p>	<p>12</p> <p>10:00am Elder Talks</p> <p>1pm Interfaith Climate</p> <p>5:30pm Executive Team</p> <p>6pm Youth Group</p>	<p>13</p>	<p>14</p> <p align="center"></p> <p align="center">DEADLINE FOR JANUARY NEWSLETTER</p>	<p>15</p> <p align="right"></p> <p>12pm Auction Event</p> <p>5pm <i>Small Dinner</i> (off site)</p>
<p>16</p> <p>10:30am Sunday Service K-5 RE class</p> <p>[5pm Private Rental]</p>	<p>17</p> <p align="center"></p> <p>10:00am Covenant Group</p> <p align="center">OFFICE CLOSED</p>	<p>18</p> <p>6:30pm <i>Soul Matters</i> <i>Small Group</i></p>	<p>19</p> <p>6pm Youth Group</p>	<p>20</p> <p>6:30 Board Meeting</p> <p>7pm <i>Covenant</i> <i>Group Mtg</i></p> <p>7:30pm <i>Covenant</i> <i>Group</i></p>	<p>21</p> <p>5pm Taco Feed Set up</p> <p>6pm Taco Feed</p>	<p>22</p>
<p>23</p> <p>10:30am Sunday Service K-5 RE class 12pm Congregational Talk Stewardship Campaign</p> <p>[5pm Private Rental]</p>	<p>24</p> <p>7pm <i>Evening Book Grp</i></p>	<p>25</p>	<p>26</p> <p>6pm Youth Group</p>	<p>27</p> <p>6:30pm Soul Matters Small Group</p>	<p>28</p> <p>10 am Visual Arts Team Décor Change</p>	<p>29</p>

CUUF Leadership & Staff

CUUF MINISTER

Rev. Laura Shennum
On Sabbatical until April 2020

CUUF INTERN MINISTER

Joel Courtney
575-650-0773 | internminister@cascadeuu.org

CUUF BOARD OF TRUSTEES

boardoftrustees@cascadeuu.org

- Julie McAllister, President 669-0246
- Vern Smith, Vice President..... 860-2008
- Deb Miller, Secretary 750-9707
- Luke Evans, Treasurer 470-1941
- Leslie Marshall..... 670-2957
- LeRoy Farmer..... 669-3941
- Linnea Shannon 206-402-1686

CUUF RELIGIOUS EDUCATION DIRECTOR

Connor Dahlin
612-558-4317 | redirector@cascadeuu.org

CUUF MUSIC DIRECTOR

Kmbris Bond
541-953-4442 | musicdirector@cascadeuu.org

CUUF OFFICE ASSISTANT

Sharon Page
886-4023 | admin@cascadeuu.org

CUUF COMMITTEES AND TEAMS

BOARD COMMITTEES:

BUILDING/ PROPERTY TASK FORCE

John Marshall	Sharon Petit,
Don Oliver	Chris Rader
Rich Trifletti	Doug Taylor

CAPITAL CAPAIGN MANAGEMENT COMMITTEE (CCMC)

Don Flick, Treasurer and Chairperson
Steve Clem, Operations Manager
Luke Evans, CUUF Treasurer,

FINANCE COMMITTEE

Luke Evans, Treasurer
Vic Rasmussen
Jaime Krish

FUNDRAISING COMMITTEE

Kmbris Bond, Chair, 541-953-4442
Carol Oliver
Mary Madsen

GOVERNANCE COMMITTEE

Ben Knecht, Chair
Diane McKenzie Linda Herrington

NOMINATING COMMITTEE

Jaime Krish, Chair
Heather Coonrod

OTHER TEAMS & GROUPS:

BUILDING & GROUNDS TEAM

Doug Taylor, Chair - 470-6416
Alex Leslie

CHALICE LIGHTER AMBASSADORS

Cathy Lau— 886-8583

CONGREGATIONAL LIFE TEAM

Steve Clem & Kmbris Bond, Co-chairs

GREETERS

Chris Rader, Chair - 888-0181		
Deborah Bryant	Rhonnie Craven	
Barbara Edwards	LeRoy Farmer	
Ryan Jacobsen	KC Kwak	Sandy Limbeck
Peggy Love	Dawn McKenzie	
Eliot Scull	Pam Toevs	Pat Taylor
Pat Whitfield	Vikki Williams	

PACKING FRIENDSHIP

Teresa Gelb, Chair 663-8240

PASTORAL CARE ASSOCIATES

{	Verna Zuttermeister (Jan-Feb)	}	Co-Chairs
	Lori Nitchals, Parish Nurse (Mar-April)		
Dawn McKenzie	Patty Ostendorff		
Betsy Peirce	Mary Peterson		
Pat Taylor	Louise Rasmussen		

VISUAL ARTS TEAM

Nancy Warner, Facilitator, Chuck Warner		
Emily Siroky	Mary Madsen,	Lynn Madsen
Suzanne Sorom	Rachel Courtney,	
Martha Flores	Rich Trifeletti	

WORSHIP TEAM

Deborah Bryant, & Christina Davitt Co– Chairs		
Steve Clem	Jim Bryant	Chip Balling
Deb Miller	Kmbris Bond	Lynn Madse
Sharon Page		

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Fun Things about February!

Superbowl Sunday—Feb 2nd

Valentines Day—Feb 14

Presidents Day—Feb 17



- ↻ **Great American Pies Month**
- ↻ **Library Lovers Month**
- ↻ **International Boost Self-Esteem Month**
- ↻ **National Bird Feeding Month**
- ↻ **National Black History Month**
- ↻ **Adopt A Rescued Rabbit Month**
- ↻ **Spunky Old BROADS Month**
- ↻ **Sweet Potato Month**
- ↻ **Worldwide Renaissance of the Heart Month**
- ↻ **Youth Leadership Month**

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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