

# CUUF Link

Cascade Unitarian Universalist Fellowship



November 2019

## Our Worship Services

### 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  
881-9658  
[minister@cascadeuu.org](mailto:minister@cascadeuu.org)

### Intern Minister

Joel Courtney  
575-650-0773  
[internminister@cascadeuu.org](mailto:internminister@cascadeuu.org)

### Religious Ed. Director

Connor Dahlin  
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### Music Director

Kmbris Bond  
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### Office Assistant:

Sharon Page  
886-4023  
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### Cascade UU Fellowship

1550 Sunset Highway  
E. Wenatchee WA 98802  
(509) 886-4023  
[www.cascadeuu.org](http://www.cascadeuu.org)

### 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 will have religious exploration classes after the Time for All Ages. Please join us for coffee and fellowship immediately following the service.

### Our theme for November is:

### What does it mean to be a people of attention?

*November 3, 2019*

### *Rapt Attention*

10:30am Service:

Rev. Laura Shennum

Celebrant: Christina Davitt

The quality of our life depends on what we choose to pay attention to and what we ignore. How do we prioritize our attention to create deeper meaning in our lives?

*November 10, 2019*

### *Finding the Next Right Thing*

10:30am Service

Speaker: Jim Bryant

Celebrant: Steve Clem

This sermon explores...

How well do we pay attention to life's road signs? What is it that lights our way, & how do we know which signs are meant for us to follow?

*November 17, 2019*

### *Paying Attention to Our History*

10:30am Service

Rev. Laura Shennum

Celebrant: Sharon Page

This year marks the 34<sup>th</sup> anniversary of the founding of Cascade UU. We will come together and explore stories from our past to understand how they influence our future.

*November 24, 2019*

### *Easing Attention*

10:30am Service

Speaker: Joel Courtney, Intern Minister

Celebrant: Jim Bryant

Mindfulness is excellent at helping us to be more intentional in our lives and to honor the relationships in our lives. Sadly, there is a lot of pain in being mindful every day - in our personal lives, in our community, and on our TV. Is there a balance to mindfulness and how can we find ours?

**A MESSAGE FROM REV. LAURA SHENNUM***Holy Curiosity...*

“Attention is the beginning of devotion.” - Mary Oliver

This month, we are exploring what it means to be a people of attention. About a year ago, I made the decision to limit the time I focused my attention on social media. I made the decision because every time I engaged in social media I felt negative and apathetic. I made a similar decision after the events of 9/11. I was overwhelmed by news channels and their non-filtered ways of reporting the news. I never knew what they would expose to me or my children. Therefore, I stopped watching the news. Instead, I read materials online through a variety of sources.



These decisions gave me a freedom of choice on where to focus my attention. I now had more time and space to talk to people on the phone or in person. I was more attentive to my family and ministry. I was no longer pulled to find out how people responded to my posts or what drama was happening in a certain group.

When we find ways to intentionally focus our attention in meaningful ways in our lives, we find more spaciousness in our relationships and ourselves. What are ways you can choose to engage or not engage your attention this month?

In Faith & Love,

*Rev. Laura*

**CONGREGATIONAL MEAL**

**Friday Nov 15th @ 6pm**

**It's a Baked Potato Bar!!**

**What to Bring:**

- ◆ Favorite Topping for Baked Potatoes
- ◆ Best Dessert, Salad or Side dish to share with others
- ◆ Beverage of Choice
- ◆ Singing Voice
- ◆ Dancing shoes
- ◆ Trivia filled Brain

**Get Ready to Party!**



## A MESSAGE FROM OUR BOARD PRESIDENT

Dear Congregation,

"I don't have to chase extraordinary moments to find happiness--it's right in front of me if I'm paying attention and practicing gratitude." --*Brené Brown*



Our topic for November in worship and our small groups is “Attention”. I am finding that attention ties directly into gratitude in my life. I find that when I don’t truly, consciously pay attention, I miss so many things daily that I have to be grateful for.

On Thanksgiving at our house, we pause before eating, and go around the table each saying something we are grateful for while holding hands. I am always touched at what is shared and admit to feeling a little saddened that we do not always share those thoughts each and every day with each other. As a result the past few years, I have worked hard to share positive things, compliments, and acknowledgement of growth to those close to me, regularly, not just on a holiday. It sounds like a cliché to say that we need to grasp opportunities when they happen, but as I age, life feels a bit more fragile and very worth paying attention to each step of the way.

This month we have a Congregational Meeting and vote – to determine our next action in our journey to a new space. As a Board, we want to be sure to listen, and pay attention, to you, the congregation as we move forward in our next steps. Please be sure to attend and share your vote.

Fondly, with attention and gratitude for this fellowship,

*Julie*

“Give yourself a gift of five minutes of contemplation in awe of everything you see around you. Go outside and turn your attention to the many miracles around you. This five-minute-a-day regimen of appreciation and gratitude will help you to focus your life in awe.” Wayne Dyer

## Message from our Intern Minister



You may have already heard about the Severe Weather Response Network. CUUF is working alongside the Women's Resource Center and other local partners to provide overnight shelter for those without homes during the coldest months of the year. Last year, three people died from exposure in our valley, and that doesn't count those that exposure was only a contributing factor in their death.

The SWRN committee found a strong template many communities in the Pacific Northwest have used for this type of project out of Washington County, Oregon, which has been active for 20 years. After initial planning through the summer with local stakeholders, we had a meeting with the Homeless Steering Task Force with members from both city and county governments. They have approved a pending contract that is still being designed with potential funding support of \$40,000 and signaled their willingness to work with us on this problem.

This year, we have a goal to have three shelters open this winter and to serve at least 50 people. We have two committed shelters already. Holy Apostles will serve as a shelter for men, while the YWCA will serve as a shelter for women and women with children.

The group also targeted teenagers as another group that has a need in our valley and has few to no service options available due to the way "homelessness" is defined by the State of Washington Commerce Department and the City of Wenatchee. I would like to ask that CUUF serve as a shelter for teens this winter as part of the severe weather response network.

East Wenatchee Fire Department will allow us to be open for a 90-day window, which we are targeting for Dec. 1, 2019, through Feb. 29, 2020. While it hasn't been written yet, the task force has signaled they will support us being open seven days per week during the window, regardless of the weather.

What would this require from CUUF:

- ◆ Open our doors approximately 8 p.m. to 9 p.m. All guests leave approximately 7 a.m. to 8 a.m.
- ◆ Set-up and clean-up support daily
- ◆ Three volunteers on site at all times for teens, two awake and one can be asleep (adults or children with their parent/guardian require only two volunteers on site)
- ◆ Meal support for daily breakfast and dinner (premade meals brought from home or sandwich and cereal ingredient donations)
- ◆ Community advocates to explain what will happen to our nearby neighbors
- ◆ Other donation support

While the city has given us funds, we are looking to have at least one staff person hired to serve as a volunteer coordinator, and possibly a small team. The team will look to fill in the gaps of the air mattresses, bed linens, hygiene products, etc. that do not come in from donation with some of those city funds.

Blessings,  
Joel Courtney  
Intern Minister

# RELIGIOUS EXPLORATION

## Greetings!

November's theme is attention. In RE, we will take this theme in variant directions throughout the month: attention to our Inner-Self, attention to the needs of others, turning attention to the now, and attention to the beauty around us. From this we will touch on a number of subcategories. This includes discussing the practice of prayer, the practice of helping, the practice of mindfulness, and the practice of gratitude.

It's no secret that attention is a hot topic in regard to our youth in the modern age. With the onset of ADD, ADHD, and ever mounting technological dependencies, taking the time to home in on attention is very pertinent to the age. All of the classes this month are plentiful, but personally, I feel the attention toward the now and mindfulness is particularly helpful. As adults, we know how difficult it can be to allow ourselves to experience the now, especially when we're always spread thin with scheduling, accommodating others, gearing ourselves up for future aspirations, and making ends meet. We seem to always be displaced in the future. Likewise, in children, at times, always anticipating being in the next grade, being in high school, or being an adult. The practice of pulling our attention back and allowing ourselves time to experience the moment, to live in the now, opens us up to the miraculous, spiritual, graceful, and grateful nature of present. This is what I hope most to instill.

With the somewhat chaotic spirit of many of our children, parents and children alike would benefit from children who have learned to ease themselves, and simply experience what surrounds them. Whether it's breathing exercises, or simply paying attention to the depth of details within any mundane object, we aim to gain appreciation through attention. In addition, the theme of attention to the needs of others is crucial. It goes without saying how important fostering empathy in our youth is. Healthy communities are born out of altruism and unconditional care. Our attention this month is directed toward the benefit of ourselves and by extension, others.

*Sincerely,  
Connor*

## Adult Education Opportunities

### Elder Talks

**Wednesday, November 13 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

## Information for Congregational Meeting, Nov 10

There will be a Congregational Meeting on Sunday, Nov 10 at Noon to vote on the following questions:

1. Does the congregation direct the board to select a local architectural firm to prepare a detail design of the proposed new building and associated site plan (driveways, parking, etc.) utilizing the current best information regarding the proposed taking of CUUF land resulting from the Sunset Highway improvement project? It is understood by the Fellowship that should there be meaningful changes in the amount of land impacted by the Highway project, revisions to this design may be necessary. The actual cost will be approved by the Board of Trustees. If cost were to exceed \$80,000, then it will be brought back to the congregation.



(visit: <http://www.cascadeuu.org/architecture-information/> for more information or contact Steve Clem, Don Flick, or Luke Evans)

2. Should CUUF can be used as a severe weather response site for teenagers (age 13-19) with the following limitations?
  - No pets
  - Temperature forecast of 30 degrees or lower, 48 hours ahead
  - At least one of the volunteers onsite must be CUUF member or active friend every night that we are open
  - Limit of 10 teenagers
 (for more information visit: <http://www.cascadeuu.org/teensevereweather/> or contact Intern Minister Joel Courtney)

3. Should the CUUF Bylaws be amended to allow participation in congregational meetings and Board meetings using technology?

(for more information visit: <http://www.cascadeuu.org/bylaw-amendments/> or contact Board Chair Julie McAllister)

**Please plan to attend this important congregational meeting.**

### FELLOWSHIP NEWS

#### Evening Book Club

**Monday November 4th @ 7pm**

The CUUF Evening Book Group is meeting regularly again after our summer break. We will be finishing up our discussion on "What Unites Us – Reflections on Patriotism" by Dan Rather on November 4.



If you like thoughtful, respectful discussions of serious subjects you might consider joining us. We meet in various peoples homes every other Monday at 7:00 PM. Contact Emily Siroky @ 509-679-4143 or Dick Murphy @509-884-9514 for more information.

# Attitude of Gratitude

## What Are You Grateful For?

Send our office assistant a note with a couple things you are grateful for and we will post them in the next newsletter. You can send it via email, text, snail-mail or just drop it by the office and hand it to Sharon.

Here is the contact information:

email: [admin@cascadeuu.org](mailto:admin@cascadeuu.org) — ph: 509-886-4023 Text: 509-664-4960 or

CUUF office, 1550 Sunset Highway, East Wenatchee, WA 98802

Office hours are 10am—4pm on Mon, Tues, Thurs, & Fri

Here are some examples:



### CUUF Work Day—Saturday, Nov. 2nd at 10 a.m

It's time again for a half-day of bonding and fellowship over good, honest outdoor work! CUUF needs your help with some late fall projects – so let's get together and see what we can accomplish. There'll be leaves to rake, windows to wash (inside and out), gutters to clean, some pruning and weeding, and other tasks that our "Facilities Guys" Doug Taylor and Don Oliver will come up with. Wear warm clothing and send out good energy for a sunny day!

Bring tarps, rakes, pruning loppers, rags, or just bring yourself.  
**See you then!**



## SOCIAL ACTION NEWS

**Share the Plate— Sunday November 10  
Suicide Prevention Coalition**

In **October** we raised **\$640** for the **PowerHouse Ministry Center Wenatchee**

**Thank You! For you generosity!**

**Our Share the Plate Recipient for the month of November  
is the Suicide Prevention Coalition.**

Excerpts from their web site:

“The SPC of NCW was formed in response to the rising suicide rate in the early months of 2012. The previous two years were record years for the Chelan/Douglas counties and we are hopeful to have an impact in reducing this trend. **Our ultimate goal is to have a zero tolerance for completed suicides in our community (East Wenatchee, Wenatchee, Chelan, other) and to spread the word that help is available and things really do get better.**

“Suicide improves when those feeling suicidal are not afraid of talking about it; when others are not afraid to ask the direct questions and have the difficult conversations. Asking someone about suicide will not cause them to kill themselves.”

## 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.

### **Thanksgiving Day Circle Supper November 28th @ 4pm**

**Hosts:** Emily & Vitek Siroky  
818 Manzanal NW, East Wenatchee

**RSVP: 509-679-4143**

Emily & Vitek will have turkey & dressing.  
Please contact at least 2 days in advance,  
so that side dishes can be coordinated.

### **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.

### **One SMALL DINNER**

**Saturday, November 23 @ 5pm**

Please sign up by Sunday, October 17  
Sign-up sheets are in the kitchen at the  
back of the sanctuary.

**Questions contact: Jackie Halter 860-2978**

**Please Note the Earlier Times for the Winter Months!**





# CUUF Annual Auction 2019 Starry Night

The 2019 “Starry Night” Auction is coming up in December. In addition to our traditional silent auction at CUUF, some items and services will be offered online, on our new auction website!

Could you contribute a service, experience, class or unique item? Possible offerings include experiences such as a Trivia Night, classes like making prayer flags, services such as dog-walking, or hand-made works of art. To donate a service or to help the Fundraising Committee with the auction, please contact Emily Siroky (easiroky88@yahoo.com).

Please plan to attend our festive *Starry Night Preview Party* on Saturday, Nov. 30, 5 to 7 p.m. Many items will only be available there! You’ll get to sample appetizers and sip a beverage, while getting a first look at all the interesting donations you can bid on. The auction will close with a breakfast on:

**Sunday, Dec. 15 from 9 to 10 a.m.** , with bidding closing BEFORE the service.

Thank you for contributing to our biggest FUNdraising event of the year!  
Your Fundraising Committee: Kmbris Bond, Emily Siroky, Mary Madsen,  
Carol Oliver and Rich Trifeletti

## WORSHIP UPDATE

### CUUF Fall Worship Workshop Series

Planning Your Worship Service for Worship Leaders  
Rev. Laura Shennum and Christina Davitt

**Saturday November 9 9:30 am-12 pm**

Have you taken the Shared Pulpit class? Are you ready for the next step? Do you want to learn how to put a service together? Come work with colleagues to create hopeful and transformative worship.

Creating Presence and Hope  
Christina Davitt

**Saturday December 14 11:30-2 pm** (follows Worship Meeting - bring your lunch)

As celebrants and worship leaders, we hold sacred space in worship for the joys and sorrows that are present and hold open a container for hope. Let's work on skills to create presence and hope together.





The Big Dude on his way to the zendo.

### Ordinary Mind is the Way

Sharon Meho Petit, Sensei and Todd Daiko Petit

In Case 19 of the *Gateless Gate* koan collection, the revered ancestral Zen teacher, Joshu, asked his teacher, Nansen, *What is the Way?* Nansen answered, *If you try for it, you will become separated from it.* Joshu persisted, *How can I know the Way unless I try for it?* Nansen, *The Way is not a matter of knowing or not knowing. Knowing is delusion; not knowing is confusion. When you have reached the true Way beyond doubt, you will find it as vast and boundless as outer space. How can it be talked about on the level of right or wrong?*

We all try to reach for the unknowable with this wonderful complex mind that is our heritage as human beings. But we have the mindset illustrated in the old saying, beyond here be dragons. So, we like to set up these false arguments in our own heads. This is right, is that wrong? But true wisdom does not come from these misguided arguments, but in sitting long and getting tired like I did recently in the Autumn Sesshin at Chobo-Ji with Genjo Marinello Roshi and my two students, Jeff Lau and Allyssa Tsukisetsu Arnold. Eventually you drop your arguments with yourself and just open to the wonder that is Life. And you begin to understand that Life is nowhere but right here right now. In that way we return to our True Home in Ordinary Mind. But this Ordinary Mind is not the ordinary mind that is our biological brain, rather this is the Mind that opens to the endless karmic ripples throughout space-time. We look at our beautiful but small Buddha purchased over ten years ago and understand why our teachers have said repeatedly, *You need a bigger Buddha.* Then an old CUUF friend calls and says, *I hear you need a bigger Buddha. I have one. Would you like it?* Then you see it and the sangha says, *Now, that is a Bigger Buddha!* Or as Rick Muken Proctor says, *Now, that is the Big Dude!*

The ordinary mind of the Way is the one we share with every human being, animal, rock and star. It is the intimate connection that notices our needs, pain and joy. It is where we notice the needs and celebrations of all of Life right here in this moment and if we have a Bigger Buddha and a sangha needs it, we pass it on. Much thanks to Maria Reister who passed on her friend, Jaqueline Jackie Van Assen's, beautiful Buddha.

You may also join us any Wednesday at 5:30 pm for practice at 119 S 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](mailto:shayknight@charter.net) or 509-670-0883

# 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 Thursday 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) !

# November 2019



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).  
 [ ] indicate non-CUUF events or Private Rentals [PR]. *Italicized entries indicate they occur off-site.*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 5px;"> <p align="center"><b>November Sermon Titles</b></p> <p><b>Nov 03</b>—Rapt Attention  <b>Nov 10</b>—Finding the Next Right Thing  <b>Nov 17</b>—Paying Attention to Our History  <b>Nov 24</b>—Easing Attention</p> </div>			<p><b>6pm</b> Youth Group</p>	<p><b>DEADLINE FOR NOVEMBER NEWSLETTER</b></p>	<p><i>1</i></p> <p><b>10:30 am</b> Visual Arts Team Décor Change</p>	<p><i>2</i></p> <p><b>10am</b> CUUF Yard Cleanup</p> <p><b>6 pm</b> <i>Circle Supper</i></p>
<p><i>3</i></p> <p><b>10:30am</b> Sunday Service K-5 RE class</p> <p>[<b>3pm</b> Private Rental] [<b>5pm</b> Private Rental]</p>	<p><i>4</i></p> <p><b>10:00am</b> Covenant Group Meeting</p> <p><i>7pm</i> <i>Evening Book Grp</i></p>	<p><i>5</i></p> <p><b>6pm</b> Ensemble Meeting</p>	<p><i>6</i></p> <p><b>6pm</b> Youth Group</p> <p><b>6:30pm</b> <i>Soul Matters Small Group</i></p>	<p><i>7</i></p> <p><b>2pm</b> Worship Planning <b>6pm</b> Finance Mtg</p> <p><b>7pm</b> Choir Practice <b>7pm</b> <i>Covenant Group Meeting</i></p>	<p><i>8</i></p>	<p><i>9</i></p> <p><b>1pm</b> Worship Workshop</p>
<p><i>10</i></p> <p><b>10:30am</b> Sunday Service K-5 RE class</p> <p><b>12pm</b> Congregational Meeting</p> <p>[<b>5pm</b> Private Rental]</p>	<p><i>11</i></p>	<p><i>12</i></p>	<p><i>13</i></p> <p><b>10:00am</b> Elder Talks</p> <p><b>5:30pm</b> Executive Team Mtg</p> <p><b>6pm</b> Youth Group</p>	<p><i>14</i></p> <p><b>5:30</b> Monthly Theme Collaboration</p> <p><b>6:30</b> Worship Team</p>	<p><i>15</i></p> <p></p> <p><b>6pm</b> CUUF Congregational Dinner</p>	<p><i>16</i></p> <p><b>9am</b> <i>Pybus Walk</i></p> <p><b>1pm-4pm</b> Shared Pulpit</p>
<p><i>17</i></p> <p><b>10:30am</b> Sunday Service K-5 RE class</p> <p><b>12pm</b> Safety Policy Review Mtg</p> <p>[<b>5pm</b> Private Rental]</p>	<p><i>18</i></p> <p><b>10:00am</b> Covenant Group Meeting</p> <p><i>7pm</i> <i>Evening Book Grp</i></p>	<p><i>19</i></p> <p><b>6:30</b> Board Meeting</p> <p><b>6:30pm</b> <i>Soul Matters Small Group</i></p>	<p><i>20</i></p> <p><b>6pm</b> Youth Group</p>	<p><i>21</i></p> <p><b>7pm</b> <i>Covenant Group Mtg</i></p> <p><b>7:30pm</b> <i>Covenant Group</i></p>	<p><i>22</i></p>	<p><i>23</i></p> <p><b>6 pm</b> <i>Small Dinners (off site)</i></p>
<p><i>24</i></p> <p><b>10:30am</b> Sunday Service K-5 RE class</p> <p>[<b>5pm</b> Private Rental]</p>	<p><i>25</i></p>	<p><i>26</i></p>	<p><i>27</i></p> <p><b>6pm</b> <b>NO</b> Youth Group</p>	<p><i>28</i></p> <p></p>	<p><i>29</i></p> <p><b>9am-12pm</b> Shared Pulpit</p>	<p><i>30</i></p> <p><b>11am</b> Auction Set up</p> <p><b>5pm</b> Starry Night Auction Preview</p>

# 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

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,  
Rev. Laura Shennum, Minister

#### **FINANCE COMMITTEE**

Luke Evans, Treasurer      Rev. Laura Shennum  
Mark Seman                      Paige Balling

#### **FUNDRAISING COMMITTEE**

Kmbris Bond, Chair, 541-953-4442  
Carol Oliver                      Rich Trifeletti  
Heather Seman                      Mary Madsen

## BOARD COMMITTEES: (continued)

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Carol Oliver  
Linda Herrington

### **NOMINATING COMMITTEE**

Jaime Krish, Chair  
Heather Coonrod

## OTHER TEAMS & GROUPS:

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Doug Taylor, Chair - 470-6416  
Alex Leslie

### **CHALICE LIGHTER AMBASSADORS**

Cathy Lau— 886-8583

### **GREETERS**

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Barbara Edwards                      Pam Toevs  
LeRoy Farmer                      Eliot Scull  
Ryan Jacobsen                      Pat Taylor  
KC Kwak                      Pat Whitfield  
Peggy Love                      Vikki Williams  
Sandy Limbeck                      Rhonnie Craven

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Teresa Gelb, Chair 663-8240

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Lori Nitchals, Parish Nurse  
Dawn McKenzie  
Patty Ostendorff                      Betsy Peirce  
Mary Peterson                      Louise Rasmussen  
Pat Taylor                      Verna Zuttermeister

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Jim Bryant                      Chip Balling  
Paige Balling                      Steve Clem  
Kmbris Bond                      Christina Davitt  
Lynn Madsen                      Deb Miller  
Sharon Page                      Rev. Laura Shennum

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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