



# Coming Home

*The Newsletter of the Cache Valley Unitarian Universalists*

**Community - Ecology - Spirituality**

*We are a religiously liberal, welcoming community, united in a responsible search for knowledge and spiritual growth. Bound by no dogma or creed, Cache Valley Unitarian Universalists value and promote peace, liberty, social justice, and environmental sustainability through personal, community, and global action.*

Vol. 16 No. 1 January 2010

## Upcoming Services

### Sundays at 10 am:

**January 3: New Year**

Beth Walden

**January 10: This I Believe**

Beth Walden

**January 17: Horse Sense**

Wynn Ormond

**January 24: The Fifth Principle**

Ellen Klomps

**January 31: Intergenerational:**

**Human Rights Celebration**

### Fridays at 7 pm:

**January 15: Meditation Service**

Services are held at 596 E 900 N,  
in Logan.



## Two Monks and a Cup of Coffee

I've recently had a case of the grumpies. You know the mood, fictitious argumentative conversations with people, resentments, the whole thing. But, I finally remembered two stories that I thought I'd share with you.

Two monks were traveling from one monastery to another, which was some ways away. About mid morning they came to a river they had to cross. There on the bank of the river was a young woman, pacing back and forth obviously distraught. She had to get to the other side to visit her ailing mother. The older of the monks picked her up and carried her across the river. Setting her down on the other side, the two monks continued on their way. As evening approached, they neared the monastery. The younger monk turned to the older and asked, "We are not supposed to touch a woman, and yet you picked her up. Why did you do that?" The older monk, with a sly grin replied, "I set her down on the other side, but you've been carrying her all day."

The other story is more modern. It seems that one of those reality shows was filming in a coffee shop. The set up was that people paid and the person behind the counter took the money and thanked the customer. When the customer asked for their change, the server replied, "Oh, we don't give change here." The episode was about how people responded. One man came along, and when told there was no change said, "OK, well you have a nice day." And then he left the coffee shop with his cup of coffee. Of course the film crew went running after him to find out why he responded so calmly. When asked why he just accepted it and even wished the server a nice day, he told them, "The space in my head is worth more than that change."



I remembered that the space in my head is worth more than being right, worth more than winning. So, I hope you keep these stories in your kit of tools for when you, too find yourself with a bad case of the grumpies.

*Beth Walden, CVUU Lay Leader*

## Pardon the President. . .

Wishing you all a most pleasant and joyful new year! As I disappear to a family cabin in southern Utah, I celebrate the good friends and families that make up our CVUU community. I have enjoyed getting to know many of you better over the last few months, and look forward to sharing the CVUU spirit with you all in the coming year.

Here are some brief notes to update everyone on recent Board activities.

First, we had a successful congregational meeting on December 13<sup>th</sup>, where we passed the recommended changes to our bylaws. The most important change involves clarification of the categories and expectations of membership in CVUU. The new bylaws language provides clarity to the different types of membership that people can consider, and will allow us to contact people who have drifted away from CVUU to ask them what category best suits their needs. If you've been relatively inactive over the last year, you may be hearing from our membership committee in the coming month to encourage you to consider renewing your membership.

Second, we had very strong response to our call for financial guarantors for the second mortgage with the Blacks. Thanks to everyone who was able to serve in this capacity. I am convinced that we are on the right path toward a secure financial future. I also plan to work with the board to explore options for a consolidated commercial mortgage in the future that would allow us to free all individual CVUU members and families from personal financial ties to our building.

Third, we are deep in discussion about possible plans to organize a youth program in the spring for kids in grades 6-12. If you are interested in helping out or have ideas for activities or programs, please contact me, Jordan Leary (RE committee chair), or Sarah Ringueberg (RE Director). Keep your eyes and ears open for more news on this in January.

Finally, I want to thank everyone who has volunteered time, creative energy and good spirits to help keep our community alive and thriving. Kudos to all of those who have shown up to shovel snow, teach our RE classes, organize our worship and Friday night services, help our community's needy, organize social and environmental justice activities, make the coffee, welcome visitors, clean and maintain the building, and run the business of our congregation. Let me know if you are interested in helping out and don't know where to start! Thanks also to everyone who has been regularly paying their cash pledges to CVUU – we run a very tight ship, but without the monthly stream of income, we

would not be able to pay our mortgage, maintain the building, or keep our part-time staff (minister, RE director, and music director).

Hoping for a more peaceful, kind, thoughtful, and understanding America in 2010...

*Doug Jackson-Smith*  
*President, CVUU Board of Trustees*  
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## CVUU Directory Update

The Membership committee will be updating the CVUU Directory this month. Please watch for the rough draft on your e-mail next week. We need folks to check their information to make sure it is updated and correct.

If you have been attending CVUU and wish to be included in the directory, please e-mail your information to [lesandjay@gmail.com](mailto:lesandjay@gmail.com). Please include:

Name  
Address  
City  
Home and cell phone #  
e-mail address  
Children's names and birthdates

We will have a rough draft available on the kitchen table for you to view in a few weeks. The directory information will be sent to Unitarian Universalist Association by the end of January. Thanks everyone!

*Leslie Black, Membership Committee*

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## Creative Jam

Friday, January 8, will be the first night for the Creative Jam. Bring a story, a poem, a song to play-- anything you'd like to share. We'll set chairs up in a circle and take turns playing or speaking. Music can be solo, a prepared group, or something to teach everyone present.

*Thomas Mayfield*

## Beginnings on Our Action Plan for CVUU to become a Green Sanctuary

### Report on Discussion Session from Sunday December 13, 2009

The Green Sanctuary Program provides a framework to begin projects and activities that promote stewardship of the Earth and all its inhabitants. The Sunday Dec. 13th service was a time for the CVUU congregation to help with formulating our **action plan**. We gathered many strong ideas! Look at the suggestions below and then if you have more of your own or want to clarify these ideas send an email to [jeanettemarienorton@gmail.com](mailto:jeanettemarienorton@gmail.com). We'll add your thoughts to our Green group planning meeting. We will be working on the action plan and other aspects of the candidacy application this spring... so stay tuned.

Full accreditation as a Green Sanctuary requires a total of 12 projects or activities in four focus areas:

<b>Focus Area</b>	<b>Number of activities or projects required</b>
Worship & Celebration	2 or more
Religious Education	2 or more
Earth Justice	2 or more, at least one will be a major ongoing collaboration with another congregation or organization to address an issue of environmental justice in your community or the world.
Sustainable Living	4 or more, including at least one energy conservation activity
Your choice	2 additional activities in any of the four focus areas above

#### Worship and Celebration      **Possible Projects:**

- Integrate Earth awareness into the ongoing worship life of the congregation by including prayers, meditations, readings, etc.
- Suggest: Green moment, Sundial/solstice pole integrated into front yard landscape, altar displays focused on earth awareness, add material to newsletter (poem, quotes, meditation)
- Special worship theme services: Solstice, Earth Day, Flower Communion, Water Communion, and Church of Craft
- Outdoor services: Guinevah, Beaver (driving issue?), backyard
- Guest speakers: Environment department, Youth LEAF/Jack Greene, **more suggestions??...**

#### Religious Education      **Possible projects:**

- North West Earth Institute Study Group (adult or intergenerational)
  - Al Gore Book Discussion, consumer awareness topics, 7th-9th grade UUA curriculum
- Field Trips: Stokes Nature Center, Hogle Zoo, Campbell Scientific, Nibley School Heat/Cooling System, Crumb Brothers
- Design an intergenerational project for both children and adults to learn about your local landscape, its biological and cultural history, and what dangers are posed by global warming or another serious environmental issue.
- Sponsor a community film festival of environmental films.
  - Dirt, the Movie (Jenny willing to host); **more choices/suggestions?**
- Landscape –education and environmental impact assessment
- Collaborate with other congregations or environmental groups to design an educational series on a local issue of significance at the state or regional level. Follow up with action to respond to what you learned.

#### Earth Justice      **Possible projects:**

- Examine costs and financial aspects of sustainable living options
- Partner with:
  - Whittier Community Center: need for energy retrofit, outreach for sustainable living options
  - Habitat for Humanity, Food Pantry (supplies for energy efficiency compact fluorescent bulbs, weather-stripping.
- Excess food distribution
- Home environment tasks:
  - Organic food, community garden space on our property, support for community gardeners, gardeners market.

## Sustainable Living    Possible projects:

In this element, you will seek out and put into action ways to lighten the burden of your lifestyle on Earth's systems. You will select at least four projects in this area to reduce your environmental footprint, address some damage or problem identified in your audit, or address environmental issues the congregation is concerned about.

- Energy conservation:
  - One recommendation from energy audit is to improve single pane windows;
  - Track energy usage better
  - Increase solar power generating capability
- Recycling: glass drop-off at church to take to USU recycling
- Low water use landscaping plan and transition; include fruit trees on site
- Slow Food Initiative: support slow food movement and USU student group (Robert Schmidt is current faculty advisor).
  - goal to get a hood to allow for cooking in our kitchen
- Local shopping support recommendations on website
- Future check into ground source heating and cooling
- Clothing or gear swaps for youth, kids and adults

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## Religious Exploration

I hope everyone has been enjoying their holidays and time with friends and family.

In December we concluded our O.W.L. classes, practiced some Christmas songs, had an intergenerational musical service, and had a year-end celebration with food and games.

We held two meetings to make plans for the coming months. In one, the RE folks joined the worship committee meeting to plan intergenerational services. We also held an RE planning meeting that allowed for parents, teachers and committee members to gear up for the winter months of RE classes. We will be using the "We Believe" curriculum that incorporates various age groups. It is really neat that this teaches the 7 Unitarian principles and sometimes aligns with the same ones that the adult services will be about.

Details are being worked out regarding what the 7-9<sup>th</sup> grade youth will be doing next. There was a lot of good energy and participation with the O.W.L. class and we would like them to stay engaged. There seems to be a strong interest for them to get involved in social and service oriented activities. We will still need something for them on Sundays and there have been ideas shared about a nature-based curriculum. This would help in our requirements for becoming a "green sanctuary" as well.

We are still on the lookout for a few volunteers to help in our toddler room. We have had various youth volunteers, and would like these folks to be able to attend upcoming youth classes and activities. A big thank-you to these youth volunteers - your time has been greatly appreciated. There will be a sign up calendar, located in the room between the kitchen and the sanctuary, for people willing to volunteer their time and help with this important service. This will be a temporary arrangement as we plan to look for a more

permanent caregiver (someone 16 or older). This will be a paid position. Please talk to me and or sign up if you are interested, or know of anyone who is, either on a temporary or more permanent basis.

Thanks to all of you who serve this church and make this RE program great. I believe service to be one of our highest callings.

In gratitude,

*Sarah Ringueberg,  
Director of Religious Exploration*

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## Financial Planning for Women

**January 13:** Understanding your relationship to money and testing your financial fitness.  
**2010 FPW programs:** From January - April we will be using the workbook *Money Talk: A Financial Guide for Women* (192 pages; 2009) which "teaches women the basics of smart money management and how to plan now for a secure future." Although the workbooks cost \$23 FPW will make the books available for a suggested donation of \$15 or any amount you can afford.

Financial Planning for Women (FPW) is a monthly educational seminar that meets the second Wednesday (except December) at two times: noon -1:00 p.m. in the USU Taggart Student Center room 335. Bring your lunch. The same program is repeated in the evening: 7:00-8:30 p.m. at the Family Life Center, 493 North 700 East, Logan (at bottom of Old Main Hill). The longer evening time slot allows for more discussion. Programs are free and registration is not required.

For further information: (435) 797-1569;  
[jean.lown@usu.edu](mailto:jean.lown@usu.edu);  
<http://www.usu.edu/fpw/>  
<http://fpwusu.blogspot.com/>

# CVUU Calendar for January 2010

<i>Sun.</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>Th.</i>	<i>F</i>	<i>Sat.</i>
					1	2
3 New Year	4	5	6	7	8 Creative Jam See page 2	9
10 This I Believe	11	12	13 Financial Planning for Women See page 4	14	15 Meditation service	16
17 Horse Sense	18	19	20	21	22	23
24 The Fifth Principle	25	26	27	28	29	30
31 Intergenerational Human Rights Celebration	Calendar entries in black are Sunday and Friday services; other events are in blue.					



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