

Coming Home

The Newsletter of the Cache Valley Unitarian Universalists
VOLUME 23, ISSUE 1

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.

Happy New Year!

In this issue...

- Sunday Services
- Tara's Corner
- President's Page
- In Our Thoughts
- Announcements & Events
- Energy in Action
- Connect with us!
- Address and Contact Information
- Church Calendar



Sunday Services

all services begin at 10am

- January 1** The Flaming Chalice – *George Wootton*
- January 8:** Forgiveness – *Maureen Killila & Jennifer Courtwright*
Children's Program: Buddhism
- January 15:** Valuing Our Elders – *Tara Hawkins*
Children's Program: TBA
- January 22:** 4th Sunday Lecture - Folklore: Study of Belief – *Lynne McNeill*
Children's Program: TBA
- January 29:** TBA



Julianne & Tara

Tara's Corner

"A Fresh Start"

I think we need a new holiday in mid-January involving spicy foods and a disco ball. I can see is noshing on enchiladas and flamenco dancing and completely forgetting how cold, gray, and miserable it is outside.

January can be hard. The parties are over, the twinkle lights have been taken down, everyone's gone home and it's bleak. However, it's also a fresh start - a time to commit to changes big and small.

One change I've been seeing already is people being loudly, proudly, bravely themselves. We're confronting hatred with love and it's beautiful to see.

Personally, I'm committed to treating myself with more compassion. It's so easy to be hard on myself playing the "shoulda, woulda, coulda" game or the comparison game. This year I plan to shush those voices and treat myself with care - the way I treat the people I love.

I'm also determined to be vocal about issues that are important to me, such as environmentalism and human rights. I've promised myself to stay woke and pester my elected officials about things that matter to me.

Let's take advantage of the new year to speak out for the causes that are dear to us and speak up for the marginalized people among us.



Tara Hawkins, Lay Leader



Jennifer Courtwright

President's Page

"Introducing the new CVUU Board President "

Following the "Next Steps" weekend with UUA consultant Kay Crider and Dave Christian's resignation, the board has been busy deciding on how to implement many of Kay's suggestions as well as reorganizing the board and getting an additional board member. Jenny Norton has agreed to fill the vacant spot on the board until July, and I have agreed to be the new

President of the CVUU Board of Trustees. At the December meeting, the board unanimously agreed with Kay's recommendations on how to keep doing what we are currently doing well without burn out and how to improve on some areas.

Below I have included Kay's main recommendations and how the board has decided to proceed to implement them:

- Prepare a concise, ambitious but realistic strategic plan that you have created together to move ahead

- Chris Lant will be taking the lead on this and will be forming a 3-4 person team to start on this in January with the hopes of completing a plan by sometime in March. As a part of this process, we will make sure to solicit congregational input so stay tuned for ways provide your input and be involved in this process.
- Create some structure around process/systems
 - In addition to the above standard office positions, each board member has been assigned to be the Board liaison/point person to the congregation for the following teams/topics. Agreed on standard office positions and topics are listed below:
 - Jennifer-President; Topics- Worship and Religious Exploration
 - Chris -Vice President; Topics: Personnel and Planning
 - Jay-Secretary-Stewardship; Topics: Membership and Fellowship
 - Todd-Treasurer-liaison to the board (Lorien will continue to do most of the treasurer tasks); Topics: Finance, Building and Grounds
 - Jenny- Topics: Social and Environmental Justice
 - The board is putting together a form of organizational “chart” which will have a list of all the tasks that are currently being done at CVUU or that could be done in the next year paired with who does or could do them. The goal with this list is to determine who currently does what tasks, what tasks are needed that no one currently does, and how the board and new congregational coordinator can help identify, develop, and implement systems that will make tasks and teams more sustainable. The board will be reaching out to team leads in late January to get input and edits to these lists of tasks with the goal of finalizing and summarizing this product sometime in February for communication to the larger CVUU community. This should help communicate the larger CVUU organizational structure to everyone and make it clearer where folks can plug in and fill any holes.
 - Given feedback received during the “Next Steps” weekend, the board and personnel team feel strongly that an organizational coordinator position is still needed and have been working to revise this position to better meet CVUU’s needs and to ensure that the board adequately supports this position in the future. The board anticipates having this position filled in early-January.
- Change up how you do stewardship: methods, more people involved
 - We will be organizing a team to assist Lorien with the annual pledge drive and will be utilizing the plethora of resources at the end of Kay’s report to assist with messaging.
- Utilize your new database for membership
 - Sharla and the Membership Team is working on getting our membership information in an electronic format.
- Better utilize UUA resources and investigate grant opportunities
 - As a board and individual teams, we will be looking into more of the broader UUA resources and grant opportunities. Currently the board’s efforts in this arena will continue pursuing additional funding for an elevator.

The board as a whole is very excited about implementing all of these recommendations and felt like they were right on. It was good to hear confirmation about what we are doing well as well as some concrete ways to improve. Most importantly we felt like the weekend also provided a great impetus

for the board to get our historical and financial documents together as well as providing a great impetus for good discussions among CVUU members and friends about what we would like to become. This year is my third year on the board and my fourth year at CVUU. During my time at CVUU, we have gone from the solid leadership of the charter members of the congregation such as the Jackson-Smiths to a lot of new great energy with a lot more younger faces.

Dave Christian did a great job assisting with this transition, and I hope to build on this great leadership. My biggest focus will be on the organizational component of CVUU, as I feel this is what I am best at and have some experience with as a project manager in the Watershed Science Department.

I will do my best to keep everyone up to speed on the board and new organizational coordinator's work to institutionalize what systems currently do exist at CVUU, identify what new systems need developed, and get feedback from teams about how these systems can be improved. This column in the newsletter will be one way of doing that and summarizing what the board has been up to for everyone.

Looking forward to what the new year has in store for CVUU!



Jennifer Courtwright: President, CVUU Board of Trustees

Board of Trustees

Jennifer Courtwright

Board President

Jay Black

Chris Lant

Jenny Norton (interim)

Todd Seeholzer

Staff

Tara Hawkins

Lay Leader

To be announced

Organizational Coordinator

Program Staff

Julianne Larsen

Children's Program Coordinator

Rowan Ferré

*Childcare & Children's Program
Assistant*

Lyndi Perry

Sunday Music Coordinator

In Our Thoughts



- ❖ Friends, members, and their families mourning the loss of loved ones
- ❖ Friends, members, and their families struggling with physical or mental illness and other life struggles
- ❖ *We hold in our hearts all of those around the world in harm's way*

On hibernation...

"Hibernation is a covert preparation for a more overt action." - Ralph Ellison

"Live every day to fulfill your personal mission. God has a reason for whatever season you are living through right now. A season of loss or blessing? A season of activity or hibernation? A season of growth or incubation? You may think you're on a detour, but God knows the best way for you to reach your destination." -Barbara Johnson

Announcements & Events



Adult Religious Exploration - New Year's Resolutions: *Get Moving, a Spiritual Action.* Turn *"I could never do that"* into *"yes I can"*

Have you ever wanted to run a 5K or train for a marathon and think, "oh, I could never do that." Or, do you want to start running for fun or fitness?

Anyone interested in joining a CVUU running/jog/walking support team early next year to help people start [running as a spiritual practice](#), contact Susan at subuff@gmail.com. We can work on training, diet, have regular meetups, etc. Everyone welcome. Even if you have never run a step.

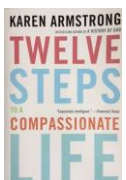
Benefits

- Fitness; strength and heart health
- Increased bone and muscle density
- Mental health and clarity/ helps with depression and anxiety
- Other potential brain benefits that may help prevent dementia
- Self-empowerment
- No, [running does not hurt your knees](#)

Here's the deal: **If you do not want to, that's one thing, BUT do not NOT do it because you do not think you can, because you can... with a plan... one step at a time.**

"The blessing really is outside of your comfort zone. If you stay and do what you're comfortable with you'll never experience something new and incredible." – Ashley Hicks, founder, Black Girls RUN!

"There is a reason that running is called a metaphor for life. The more you put into it, the more you get out of it." – Oprah Winfrey



Adult Religious Exploration Book Group: 12 Steps to a Compassionate Life.

This group will meet once a month on the 3rd Tuesday of the month for an hour to discuss Karen Armstrong's book *"Twelve Steps to a Compassionate Life"* and to commit and support each other in cultivating compassion in our daily lives. You are welcome to join us anytime.

Contact: Jennifer Courtwright at courtwtjl@dukes.jmu.edu



Winter Tasks: The House Elves are going south for the winter. Please, everyone pitch in

- Empty waste baskets
- Take towels home to wash
- Water house plants
- Properly distinguishing between trash and recycling and putting in appropriate receptacle
- Empty trash & recycling into the proper outdoor bins
- Take bins to the curb Monday evening & bringing them in after Tuesday pick-up
- Help keep our building clean
- Shovel snow



Snow Removal at CVUU: Everyone pitch in! Thanks to Bruce Pendery for using his snow blower to clear the drives and sidewalks of snow but he needs help when snow is less than 3" and during the week. Stop by any time after a snow event. Shovels will be outside.

- Use shovels when snow is less than 3" deep
- Avoid parking on the snow in driveways as it packs down and contributes to ice build-up
- Please shovel a space for your vehicle **before** parking in the driveways
- Sidewalks get a lot of foot traffic (especially during the week) which quickly packs the snow down to ice – please help keep walks shoveled
- Snow melt, sand, and shovels are located near the outdoor trash/recycling bins



Socrates Café meets at 7:00 p.m. on the first Tuesday of every month for stimulating questions and lively discussion. For more information visit the [Socrates Café page](#) on the CVUU website. Contact: Dave Christian at dchristian999@gmail.com



Financial Advice for CVUU Community

CVUU member Dr. Jean Lown provides financial advice on a sliding scale basis to the CVUU community in exchange for a donation to CVUU.

Jean recently retired from teaching personal finance, investing, retirement and estate planning at USU and the Financial Planning for Women (FPW) seminars.

Jean provides advice on financial concerns ranging from budget and credit problems to investment asset allocation, college and retirement planning.

The standard rate is \$75/hour with reduced rates based on income.

Contact Jean at 435-760-2392 or jean.lown@usu.edu

(Please note that Jean will be out of town through February, 2017)

Energy in Action... what we are doing

Valley Unitarian Universalists could not operate without the dedication of members and friends who voluntarily donate their time and talent to keep programming and facilities running smoothly.

➤ People, Activities, & Action Teams

[Read more about our volunteer led Action Teams here...](#)



Membership Team: The forecast for January is dark, cold and snowy, so why not hang out inside and break bread with friends? We normally have a 5th Sunday Potluck in January; we are also in the planning stages for a Winter's Eve Potluck sometime in the month. Watch CVUU Google Group listserv email for details.

We will be running another **Are You a UU?** workshop soon. Let us know if you or anyone you know is interested (2 after service sessions, about 2 hours each)

We'll be implementing a new **Sunday Greeters** plan soon and are on the lookout for 8 people who are willing to be a greeter. With 8 of us, you would only be called upon to greet once every 2 months - easy! PUHLEEZE let me know if you are interested in such an easy, "once and you're done" way to volunteer!

Sandy Charlson, Membership Team Leader



Winter Solstice 2016 Celebration altar



Building & Facilities: Reminders

CVUU strives to be as 'green' as possible. Read about our [compost and recycling](#) efforts. Turn off the lights to save energy and make sure the doors are locked if you are the last to leave. Check basements lights. Check out the CVUU [solar power production](#).



Newsletter Submissions: Best Practices

Submit newsletter items and direct questions to: Susan Buffler at info@cvuu.org

Connect with us!




Join us for 10am Sunday Services at
The Jay & Leslie Black Fellowship House
596 E 900 North, Logan, UT
(435) 755-2888
info@cvuu.org



Cache Valley Unitarian Universalists is a [Welcoming Congregation](#)
Visit the [cvuu.org website](http://cvuu.org) to learn more about our church community!



CVUU Church Calendar: January 2017

Sun.	M	T	W	Th.	F	Sat.
1 Sunday Service The Flaming Chalice	2	3 Socrates Café 7pm See p. 6	4	5 Ewe Ewe Fiber Arts Group 7pm	6 CYRC 4:30pm	7
8 Sunday Service Forgiveness	9 Cache Valley Buddhist Sangha 7:15pm	10	11 Amrita Yoga Satsang 6:30pm	12 Ewe Ewe Fiber Arts Group 7pm	13 CYRC 4:30pm	14
15 Sunday Service Valuing Our Elders	16 Cache Valley Buddhist Sangha 7:15pm	17 Adult RE book group 7pm see p. 5	18 Amrita Yoga Satsang 6:30pm	19 Ewe Ewe Fiber Arts Group 7pm	20 CYRC 4:30pm	21
22 Sunday Service 4 th Sunday Lecture - Folklore: Study of Belief	23 Cache Valley Buddhist Sangha 7:15pm	24	25 Amrita Yoga Satsang 6:30pm	26 Ewe Ewe Fiber Arts Group 7pm	27 CYRC 4:30pm	28
29 Sunday Service TBA 5 th Sunday Potluck	30 Cache Valley Buddhist Sangha 7:15pm	31	 <p>All activities listed here are held at the Jay and Leslie Fellowship House located at 596 E. 900 North, Logan, UT unless otherwise noted.</p> <p>See the Connections tab on the cvuu.org website for details about our regular activities</p>			