



Coming Home

The Newsletter of the Cache Valley Unitarian Universalists
VOLUME 22, ISSUE 8

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.

In this issue...

- August Sunday Services
 - Quotes "On change"
 - In our thoughts
 - What we've been doing!
 - Upcoming Events & Announcements
 - Calendar of Events and Services
-



Sunday Services

all services begin at 10am

August 7: *Winnie the Pooh* - Ellen Klomps

August 14: *The Tao of Pooh* - Emily James

August 21: *The Poetry of Winnie the Pooh* - Star Coulbrooke

August 28: *4th Sunday Lecture: How Winnie the Pooh fits into Children's Literature* - Teri Anderson

On change...

"One reason people resist change is because they focus on what they have to give up, instead of what they have to gain." – Rick Goodwin

"You must be the change you wish to see in the world." - Mahatma Gandhi

"When we are no longer able to change a situation - we are challenged to change ourselves." - Viktor E. Frankl

Join us for Sunday Services at
The Jay and 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 community!



President's Page: "Dr. Dave"

"Changing of the Guard"

As President of the Board, I want to extend our deepest gratitude to Lorien Belton who has served as Board Treasurer. As those of you know who attended the Congregational Meeting, Lorien's term as Board member and Treasurer expired. Luckily, she's not going far. She has agreed to serve as our bookkeeper while helping our new Treasurer, Jennifer Courtright, come up to speed.

As anyone who is around her knows, Lorien is one of CVUU's chief "go to" members. As a result of her long and tireless service, she knows just about everything about keeping the Church running. Again, we want to offer our warm appreciation for her energetic service to CVUU and we look forward to working closely with her from here on.

It's my pleasure to welcome our newest Board member, Todd Seeholzer. Todd is a relatively new member of our congregation. If you have not met Todd yet, you will enjoy his outgoing personality and infectious humor. He was born and raised in Cache Valley. He started working at the family business (Beaver Mountain Ski Area) when he was a mere seven years old. Todd attended local schools including USU.

He married his wife, Patti West, who also hails from Cache Valley. They have 3 daughters, two sons-in-law and two grandsons. Todd is a financial planner and enjoys his work "engineering income" for his clients. He is an active skier, hiker and enjoys reading and being with his family. Todd will be serving in the capacity of Board Secretary. Welcome, Todd!

Board of Trustees

Dave Christian
Board President

Jay Black
Jennifer Courtwright
Chris Lant
Todd Seeholzer

Staff

Tara Hawkins
Lay Leader

Sharla Hart
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

- ❖ Cora Sullivan in Assisted Living
 - ❖ 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*



What we've been doing

Read the latest news on who's who and what we've been up to lately!

People & Activities:

CVUU Annual Meeting Report, June 26, 2016 • Report by Jay Black

The Cache Valley Unitarian Universalist's annual congregational meeting was held on June 26, beginning with an overview of the year by President Dave Christian. As Dr. Dave asked, "Where were we a year ago," when he became president:

"Beth, Mary, and Leah were transitioning out of their positions, and we had five new positions to try on for size! We now have two new board members, Chris Lant and Dave Christian, and (new) staff members who have helped build CVUU and left in the same year: Michelle Wiltgen (music), Emily James (worship), and Jennifer Hamilton (DRE). Our mortgage was coming up on another 5-year renewal period, and we'd just gotten a major sprinkler system upgrade."

As Dr. Dave summarized the frenetic activities of the year, his report was generally positive regarding CVUU's worship activities, religious exploration caring/fellowship/community, the board and church administration, and the future of the church.

The 2015-16 and 2016-17 budgets were outlined by treasurer Lorien Belton. She reported that both fiscal years were positive, that pledging for the upcoming year was in line with expectations, even though the church was undergoing some demographic changes (an influx of younger families and students, out-of-state and foreign moves for some stalwart members, etc.). Refinancing the mortgage has reduced some fixed expenses. Overall, CVUU has a positive cash flow.

The congregation discussed the construction of an elevator to the basement, given the increased use of the building.

Todd Seeholzer was elected unanimously to the board, replacing Lorien, whose term is up.

Jennifer Courtwright led a discussion of “feedback opportunities” with six questions.

1. What brings you here?
2. What feedback do you have on recent directions and changes at CVUU?
3. What do you think our priorities should be?
4. Your thoughts on the orange fundraiser?
5. What do you do here at CVUU?
6. What would you be willing to do?

The questionnaire will also be distributed at a regular service for the next couple of weeks, and via e-mail.

Organizational Coordinator Sharla Hart discussed congregational needs, attempting to rotate rosters for grounds, building, snow removal, etc.

Fun at Herm's Inn!



Leslie, Amy and Lizzy try their best to tackle the "family feast" at Herm's Inn recently when Thomas, the girls, and Sean were in town.

Photo credit and permissions, Jay Black /Thomas Mayfield



Action Teams:

Building & Facilities: 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](#).

Grounds: Looking for a spiritual practice? Yes, you too can cultivate a meditation practice by weeding! Anytime you feel the urge for a few minutes of reflection, grab a weeding tool from the back closet in the Youth Room (“garage”) and go for it!

Environmental & Social Justice: Is the environment or social justice your passion? The E&SJ Team staffed a community outreach table at the Cache Valley Gardener’s Market on July 30th to highlight [Standing on the Side of Love](#), [Black Lives Matter](#), [Citizens Climate Lobby](#), air quality and other issues of national and local importance

The team hopes to host another table at the Market in September and welcomes people passionate about these issues and good at engaging people to join them to serve the mission of CVUU. If you are interested in being involved please contact Paul Rogers or Jenny Norton for more information via info@cvuu.org

[Read more about our volunteer led action teams here](#)



CVUU Hikers: the hike, co-lead by CVUUer Susanne Janecke and Marilyn Hammond, was to Tony Grove in Logan Canyon for a stroll around the lake to view wildflowers and hidden caves.

The next CVUU hike is scheduled for *Sunday, August 27th*

Contact Susanne at Susanne.Janecke@usu.edu with any questions.

[For additional information read more here...](#)

Upcoming Events & Announcements



August 6: CVUU Yard Clean-Up. All building users are invited to participate in a CVUU Yard Clean-Up on **Saturday, Aug. 6th** starting at 8am (when it is cool) to about 11am or noon. Help with weeding, mulching, and trimming back the Box elder tree among other healthy activities. Join us for a fun social activity. Kids welcome! Bring clippers, rakes, weeding tools.

Questions? Contact Jean at 435-760-2392 OR jean.lown@usu.edu



August 7-9: Earthfire Traditional Vision Quest. Argyle Canyon, Duchesne County, UT

The ages-old practice of Self-Discovery, four days and nights of solo fasting in the wilderness. Why would anyone do this? Because it works!

Questing is a powerful tool for moving through psychological barriers to finding purpose and joy in our lives.

Each of us has a role in society and gifts that we can offer others, and Questing brings us to a mindset where these are recognized. In fact, finding our place in culture is at the core of Questing.

To maximize the benefits of Questing, our 8-day program includes time before the Quest, for preparation, as well as afterwards for reflection and guidance on understanding the experience. Limited space, apply early!

Contact friends of CVUU Dawn and Matt Hansen for a free brochure or more information at (435) 752-7163 (landline) or vquest4@gmail.com (be sure to include Vision Quest in the subject line of e-mail).

EarthFire Outdoor Education is a nonprofit educational foundation



August 27: CVUU Hike with co-leaders Susanne Janecke and Marilyn Hammond every fourth Sunday during the hiking season. Join us for exercise and fellowship. Meet at the [Forest Service Station](#) parking lot on 400 N. at 1:30pm to carpool to the trailhead. Bring sturdy shoes, water, snacks, and sunscreen.

[Read more here](#)

For more information about our regular activities and a list of affinity groups, please see the [Connection](#) tab on the [CVUU Website](#)



Financial Planning For Women

Improve Your Personal Finances

Need help sorting out your personal finances? Trying to figure out how to afford college tuition? Not sure about your asset allocation for retirement? 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 teaches 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 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

[Financial Planning for Women](#)

[Financial Planning for Women on Facebook](#)

Check the searchable [FPW Blog](#) for lots of great consumer and financial planning information.



Newsletter Submissions: Best Practices

Submit newsletter items and direct questions to:

Susan Buffler at info@cvuu.org

- ✓ Articles no longer than 250 words preferably in Microsoft Word
- ✓ Any submission subject to editing
- ✓ Photos encouraged
- ✓ Make sure you have permission in writing /or attribution to use an image, particularly from parents of children
- ✓ **Do NOT** use images from the internet unless they have [Creative Commons](#) licenses (include license with image)

***Deadline:** the evening of the second day before the end of the month. Items received after the deadline will not be posted for that month.

Connect with us!



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CVUU Calendar: August 2016

<i>Sun.</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>Th.</i>	<i>F</i>	<i>Sat.</i>
	1	2 Socrates Café 7pm	3 Amrita Yoga Satsang 6:30pm	4 Ewe Ewe Fiber Arts Group 7pm	5 CYRC 4:30pm	6
7 Sunday Service Winnie the Pooh	8 Cache Valley Buddhist Sangha 7:15pm	9	10 Amrita Yoga Satsang 6:30pm	11 Ewe Ewe Fiber Arts Group 7pm	12 CYRC 4:30pm	13
14 Sunday Service The Tao of Pooh	15 Cache Valley Buddhist Sangha 7:15pm	16	17 Amrita Yoga Satsang 6:30pm	18 Ewe Ewe Fiber Arts Group 7pm	19 CYRC 4:30pm	20
21 Sunday Service The Poetry of Winnie the Pooh	22 Cache Valley Buddhist Sangha 7:15pm	23	24 Amrita Yoga Satsang 6:30pm	25 Ewe Ewe Fiber Arts Group 7pm	26 CYRC 4:30pm	27
28 Sunday Service 4 th Sunday Lecture: How Winnie the Pooh fits into Children's Literature	29 Cache Valley Buddhist Sangha 7:15pm	30	31 Amrita Yoga Satsang 6:30pm	 <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>		