



Coming Home

The Newsletter of the Cache Valley Unitarian Universalists
VOLUME 22, ISSUE 7

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...

- July Sunday Services
 - Tara's Corner; a message from the Lay Leader
 - In our thoughts
 - What we've been doing!
 - Upcoming Events & Announcements
 - Calendar of Events and Services
-



July Sunday Services

all services begin at 10am

July 3: *Conflicting Fireworks of Patriotism* - visiting Minister Jessica Clay

July 10: *Sense of Place* - Lorien Belton

July 17: *Finding Home* – Tara Hawkins

July 24: *4th Sunday Lecture: Yoga* – Michael Sowder

July 31: *This I Believe (TBA)* & 5th Sunday Potluck

On suffering...

"Our human compassion binds us the one to the other - not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future." - Nelson Mandela

"Suffering, it turns out, demands profound imagination. A new future has to be conjured up because the old future isn't there anymore."
- Rob Bell

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 new [cvuu.org website](http://cvuu.org) to learn more about our community!



Julianne & Tara

Tara's Corner

Our Relationship with Violence

This July I am thinking about our relationship with violence as a nation. We seem to be caught in a never-ending war abroad and have mass killings so often domestically that we are numb.

If we hope to break this pattern we need to take some radical actions. First, we must be able to see ourselves in our enemies. This means doing some deep listening. We need to see ourselves through their eyes.

Then, we need to find peace within ourselves. We need to tackle our own anger and fear and rage. Let's learn to act from a place of love and acceptance.

Perhaps then we can start a dialogue where we respectfully engage one another; share our hopes for our families and for our nations.

We are interdependent whether we like it or not. Only love will secure our survival.



Tara Hawkins, Lay Leader

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Tara Hawkins
Lay Leader

Sharla Hart
Organizational Coordinator

Program Staff

Julianne Larsen
Children's Program Coordinator

Rowan Ferré
*Childcare and Children's Program
Assistant*

Lyndi Perry
Sunday Music Coordinator



In our thoughts

- Lynne Goodhart is recovering at home from broken ribs
 - CVUU Lay Leader Tara Hawkins recovering from recent surgery and on the loss of her stepfather Pat
 - 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 has two terrific women handling the Sunday children's programming this year.

Julianne Larsen is the new **Children's Program Coordinator**. She is in charge of teaching the children's program downstairs at CVUU for ages 3-11 during the Sunday service. This includes a chalice lighting and other UU elements in addition to fun thematic activities and UU lessons for the children.

Julianne has nannied and taken care of young children in a variety of situations. She has attended CVUU for several years with her partner Tara. We are grateful to Julianne for her commitment to this important role at CVUU.

Rowan Ferré is joining the CVUU staff as the **Childcare and Children's Program Assistant** on Sundays. Rowan will be a Senior at Ridgeline High School this coming year. She is involved in many programs outside of school including, theatre, volunteering at the Cache Humane Society, and much more.

She is also one of the youth in our program who will be attending a social justice leadership training in New Orleans this summer. She has been attending CVUU for 9 months and we look forward to seeing more of her throughout this year!

There will be a children's program throughout the summer. In the fall, Julianne and Rowan will be bringing in UUA curriculum for the kids. The team is doing an inventory to assess what the program may need for the future.

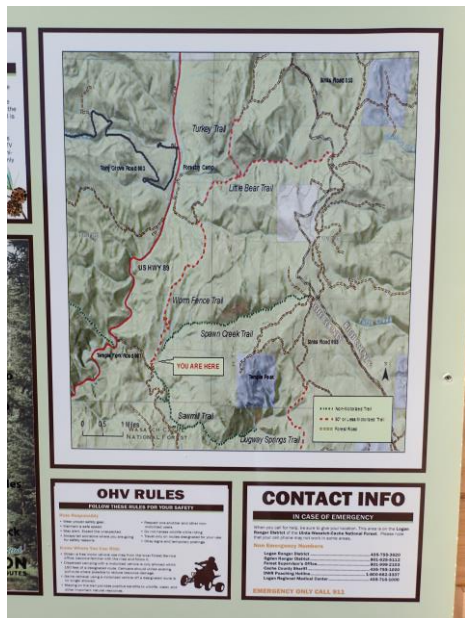


Action Teams:

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!

[Read more about our teams here](#)



CVUU Hikers: Five hikers drove up Logan Canyon to the Temple Fork road for about a four mile roundtrip hike on the Spawn Creek Trail. Hikers returned to the Wasatch-Cache National Forest Service Station in Logan by 5pm.

This easy to moderate hike along the perennial flowing Spawn Creek features several beaver ponds complete with beaver dams and lodges, wildflowers, views, a nice breeze, and good company! Unfortunately, no beaver were spotted. ☹️

Contact Susanne Janecke at Susanne.Janecke@usu.edu with any questions. [For information read more here...](#)

The next CVUU hike is scheduled for *Sunday, July 24th*



Spawn Creek



CVUU Hikers with views of the Bear River Range



Wildflowers: Scarlet gilia and Buckwheat



Beaver pond complete with dams and lodge (center)



Upcoming Events & Announcements

July 3: Lunch with visiting minister Jessica Clay following the Sunday Service at Sizzler on Main Street. Contact [Tara Hawkins](#) if you would like to attend the lunch so we have a head count.



July 13: Financial Planning For Women, *Best Ways to Save for College*

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 (**Jean will be out of town through July**)

Financial Planning for Women

Join us on July 13 at 11:30-12:30 p.m. in USU Taggart Student Center Room 336 (bring your lunch) or 7-8:30 p.m. at the USU Family Life Center, 493 North 700 East, Logan (free, easy parking). The longer evening session allows for more discussion.

No charge; all ages and knowledge levels are welcome. Men are always welcome.

For information: 435-797-1569 jean.lown@usu.edu

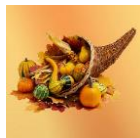
Financial Planning for Women on Facebook

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



July 24: CVUU Hike 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...](#)



July 31: 5th Sunday Potluck following the Sunday service at 11:30am. Bring a dish to share or come as you are. All are welcome!

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

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

Connect with us!



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Newsletter 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.

CVUU Calendar: July 2016

<i>Sun.</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>Th.</i>	<i>F</i>	<i>Sat.</i>
	30	31	29 Amrita Yoga Satsang 6:30pm	30 Ewe Ewe Fiber Arts Group 7pm	1 CYRC 4:30pm	2
3 Sunday Service Conflicting Fireworks of Patriotism	4 th of July Cache Valley Buddhist Sangha 7:15pm	5 Socrates Café 7pm (see p.6)	6 Amrita Yoga Satsang 6:30pm	7 Ewe Ewe Fiber Arts Group 7pm	8 CYRC 4:30pm	9
10 Sunday Service Sense of Place	11 Cache Valley Buddhist Sangha 7:15pm	12	13 Amrita Yoga Satsang 6:30pm	14 Ewe Ewe Fiber Arts Group 7pm	15 CYRC 4:30pm	16
17 Sunday Service Finding Home	18 Cache Valley Buddhist Sangha 7:15pm	19	20 Amrita Yoga Satsang 6:30pm	21 Ewe Ewe Fiber Arts Group 7pm	22 CYRC 4:30pm	23
24 Sunday Service 4 th Sunday Lecture: Yoga	25 Cache Valley Buddhist Sangha 7:15pm	26	27 Amrita Yoga Satsang 6:30pm	28 Ewe Ewe Fiber Arts Group 7pm	29	30
31 This I Believe TBA 5th Sunday Potluck	1 Cache Valley Buddhist Sangha 7:15pm	2	3 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>		