



# Coming Home

*The Newsletter of the Cache Valley Unitarian Universalists*

VOLUME 22, ISSUE 10

*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.*

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In this issue...

- Sunday Services
- Address and contact information
- Tara's Corner
- President's Page
- In Our Thoughts
- Quotes
- Events & Announcements (see *SPECIAL ANNOUNCEMENT* page 6)
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- Church Calendar



## Sunday Services

all services begin at 10am

**October 2:** Activate New Orleans – CVUU Youth

**October 9:** Bees – Ellen Klomps

**October 16:** Speaking Truth to Power (video) - Tara Hawkins

**October 23:** 4th Sunday Lecture: The History of God – Jennifer Courtwright

**October 30:** Honoring Our Ancestors – Bonnie Glass Coffin

**Children's Program:** See The October *Children's Sunday Program* schedule on page 9

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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](mailto: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!



*Julianne & Tara*

## Tara's Corner

### "Autumn"

Autumn in Logan is beautiful. I love to watch the leaves change color and I'm grateful for the rain. Aside from these natural wonders, I like to see how my neighbors decorate their front porches. No two are even remotely the same. While someone put pumpkins out in September, there is also a farm scene, an elegant bistro set, a wreath made from a pool noodle, and our door, which features a black feather wreath with a skull in the middle.

We pride ourselves on having the scariest house the neighborhood come Halloween night. The reward for being brave enough to ring our doorbell is two pieces of "the good candy." That's if you don't run away after seeing us in our costumes. We've been everything from aliens to demons - sometimes we just wear a blank mask. It's not unheard of for children to run away crying. Why are we so mean? Do we like making kids cry? (Julianne will take off her mask to comfort a child, but it sometimes backfires because they think she has two heads.)

We think of Trick or Treating as a rite of passage when you prove that you're old enough and brave enough to face the unknown. We remember the days of our youth when there were no glow sticks, no street lights, or haunted houses up and down the street. We remember finally being "big enough" to go out with an older sibling - a sibling that tried to leave us behind; a sibling that would sneak up behind us and shout, "Boo!" It's the one night of the year when we let our demons out to play.



*Tara Hawkins, Lay Leader*



CVUU Board President, Dave Christian

## President's Page

### "Next Steps" for CVUU

What are the next steps you feel CVUU should take? Do we need to move in a new direction? How can we do better at what we already do? If you find any of these or related questions compelling, consider participating in our Next Steps training weekend.

Board member Chris Lant found the Next Steps training very helpful in his previous UU congregation. He has helped us connect with Kay Crider, a UUA consultant. We are excited to welcome Kay to join us **November 4-6** to conduct the Next Steps evaluations and trainings for CVUU.



Kay specializes in helping UU congregations reach their potential. Members of our board are gathering an extensive list of data requested by Kay. She will review these

data to provide us with feedback and suggestions on how we can improve our community and foster growth.

We hope that as many of you as are interested will feel free to join in. We will be circulating the schedule of meetings and activities so that you can identify which ones to participate in.

The culmination of our Next Steps weekend will be a 90 minute meeting for all that will follow the Nov. 6 Sunday service. Stay tuned for schedules and more information as we prepare to welcome Kay.



*Dave Christian, CVUU Board President*

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#### **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*

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## 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*

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### On being...

*"Before I can tell my life what I want to do with it, I must listen to my life telling me who I am."* - Parker J. Palmer

*"I feel no need for any other faith than my faith in the kindness of human beings. I am so absorbed in the wonder of earth and the life upon it that I cannot think of heaven and angels."* - Pearl S. Buck

*"Living, there is no happiness in that. Living: carrying one's painful self through the world. But being, being is happiness. Being: Becoming a fountain, a fountain on which the universe falls like warm rain."* - Milan Kundera

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## Events & Announcements



**October 1: CVUU Yard Party:** YOU! are invited to participate in a yard party (aka fall cleanup):

**Saturday, October 1**  
**Saturday, October 29**  
**Saturday, November 12**

Starting at 10AM until about 1PM (feel free to come earlier if that works for your schedule). Help with weeding, mulching, raking leaves, and trimming bushes, among other healthy activities. Join us for a fun social activity. Kids are welcome. Bring gloves, clippers, rakes, weeding tools.

Questions? Contact Jean at 435-760-2392. Or [jean.lown@usu.edu](mailto:jean.lown@usu.edu)



**October 2: RUaUU?** The Membership Team will hold the second installment of RUaUU on Sunday, October 2, just after the service. This meeting, to last anywhere between one and two hours, will include information on what CVUU membership means, the committee structure of CVUU and other pertinent UU and CVUU information. Any questions, call Sandy [618-559-8390](tel:618-559-8390).



**October TBA: CVUU Hike** with co-leaders Susanne Janecke and Marilyn Hammond. Join us for exercise and fellowship. Meet at the [Forest Service Station](#) parking lot on 400 North at 1:30pm to carpool to the trailhead. Bring sturdy shoes, water, snacks, and sunscreen. **Stay tuned for details and timing of the October hike.** [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](#).



### **October 8: Pride Interfaith Service**

All are invited to Logan's first annual Pride Interfaith Service: Gathering Together in Peace, Love, Unity, and Joy!

**Saturday, October 8**  
**First Presbyterian Church**  
**178 W Center St. Logan**  
**9:00 - 9:25 am Morning Snacks and Drinks**  
**9:30 - 10:45 am Interfaith Worship Service**

Please bring any of the following items for the **Cache Youth Resource Center**, serving youths ages 14 – 23.

- Deodorant
- Disposable razors
- Storage tubs with lids
- Canned food
- Manual can openers
- Art and craft supplies/kits
- New socks
- New underwear
- Hair gel and styling products



### **October 8: 1<sup>st</sup> Annual Logan Pride Festival** <http://www.loganpride.org/>

The Logan Pride Festival is an annual event for our community to come together regardless of differences to celebrate diversity.

It is a celebration of shared values and is a way to entertain and engage not only the LGBTQ community, but our friends, families and allies.

By sponsoring our festival, you are becoming an integral part of this celebration. Logan Pride Festival is a 501c3 non-profit organization.

[Logan Pride Facebook event page](#)

5<sup>th</sup>  
Sunday  
Potluck

**October 30: 5th Sunday potluck** with a Halloween theme, so come dressed up to service that day if you wish! We're looking for people to sign up for potluck set up and clean up, so be a good steward of CVUU when that email comes to your inbox and volunteer. Many hands make light work.

The Circle Dinners did not happen in September, so look for upcoming information on Circle Dinners in October.



**November 4-6:**

## **SPECIAL ANNOUNCEMENT!**

**All Members and Friends of CVUU are invited to participate**



### **Next Steps Weekend Visit November 4, 5 & 6!**

Congregational Consultant, Kay Crider, will be with us on November 4-6, 2016. She will meet with our board, staff, members and friends on Friday evening and Saturday to hear about our culture, concerns, and our hopes and priorities and facilitate a Saturday afternoon workshop (details to come) to craft a vision for moving forward.

On Sunday Kay will present her initial observations and recommendations to the congregation after the service. A detailed written report delivered within two weeks of the visit will contain observations, data analysis, and a timeline of recommendations customized for us.

Finger foods and childcare will be provided during Kay's presentation after the Sunday service.

Please make room in your schedule to participate so that we will get the most out of this endeavor. Thank you!



*Chris Lant, Board Member at Large*



### **November 12: Save the date! Cache Valley Community Alternative Gift Market**

We need your help with table sponsorship, music at the event and advertising before the date.

Please contact Jenny Norton ([jeanettemarienorton@gmail.com](mailto:jeanettemarienorton@gmail.com)) or call [435-757-9660](tel:435-757-9660) if you have interest in helping either before or during the market.

See [www.altgifts.org/](http://www.altgifts.org/) for more information

**Click the link below for a pdf of the Alternative Gift Market flyer:**

**[Cache Valley Community ALTERNATIVE GIFT MARKET.pdf](#)**

**Please forward to friends and colleagues and get the word out!**

# Cache Valley Community ALTERNATIVE GIFT MARKET

November 12th, 2016

Gifts Inspiring Change



Give, in honor of a friend or relative, an alternative gift of food, medicine, livestock or education.

These gifts will be sent to areas with great needs around the world and here at home.

When you purchase an alternative gift, you will receive beautiful gift cards with informational inserts describing your gift.

## Through your actions ...



the hungry eat



children learn



slaves are freed



newborns have a healthy start



expectant moms survive childbirth



the sick receive medical care



trees are planted



small businesses are launched

Your gifts of peace and compassion *will* change the world! These alternative gifts are life-saving gifts of hope. They empower the poorest of the poor on our planet to sustain life and to build a future for subsequent generations.

When people share with their world neighbors; a more peaceful, equitable global community can flourish. This year's Cache Valley Community Market, where you can enjoy fair trade shopping, learning about the projects, lunch, a bake sale, music, and purchasing your gifts will be held at:

### CACHE VALLEY MARKET

A Community Tradition

Saturday, November 12th

9:00 am to 2:00 pm

First Presbyterian Church

Please join us for lunch

200 West Center Street

Logan UT

If you can't make it on Saturday, we will also take orders and have catalogs and some cards available at:

### CACHE VALLEY UU

Sunday, 11/13 & 12/4

11:30 am to 12:30 pm

596 East 900 North Logan UT

### Global Villages Gifts

69 East 100 North, Logan, UT

\*If you would like more information please see <http://www.altgifts.org/> or if you would like to volunteer to help contact Jenny Norton 435-757-9660 or email [jeanettemarienorton@gmail.com](mailto:jeanettemarienorton@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](mailto:jean.lown@usu.edu)

## What we are doing

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

### ➤ People & Activities:



**Environmental & Social Justice:** The E&SJ Team's Community Outreach table at the Cache Valley Gardener's Market on September 17<sup>th</sup> was a big hit! Paul Rogers reported that lots of visitors stopped by. Pride Utah gave the team 50 T-Shirts to hand out and about 15 Climate Lobby letters were filled out and hand delivered to Senators Hatch and Lee!



*Jenny and Bryan staff the Environmental & Social Justice table at the Cache Valley Gardener's Market in July*

Issues of national and local importance, including [Standing on the Side of Love](#), [Black Lives Matter](#), and the [Citizens Climate Lobby](#) were highlighted.

### ➤ Action Teams

Cache 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.

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



### 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](#).



### Lifespan Learning: Children's Program

We have started our new journey into new programming for the children this year. We are a little behind schedule, as there were some attendance issues. However, we are trying to be flexible and hope to make a great space for the children to learn and have fun.

We are working with the adults' worship team to coincide some of our services to have the same theme, so that you can talk about your experiences with your children at home. Every other week we will use the *We Believe* handbook from the UUA, to learn about Unitarian Universalism.

Thank you to Rowan Ferre and Dawn Hansen who have been the backbone of the children's program for several years. We appreciate all they contribute to our program.

We would like to send an invitation to others of you, who may be interested in working with our children's group. We are looking for volunteers to help watch the kids during the adults' 10-11am worship service. We can give you any necessary training you might need.

You would only need to help out once in a while if we have several people rotating around. If you have any ideas, suggestions, or just want to learn more about what the kiddos are up to, please contact Julianne Larsen via phone or text at (435)232-7889. Email: [jlnnlarsen1@gmail.com](mailto:jlnnlarsen1@gmail.com)

Please see the **Lesson Schedule** below. Thank you.

Oct. 2<sup>nd</sup> - Accepting Others

Oct. 9<sup>th</sup> - UU Principle #2, Fair to Everyone

Oct. 16<sup>th</sup> - Being Truthful

Oct. 23<sup>rd</sup> - UU Principle #3, Inner Peace

Oct. 30<sup>th</sup> - Join us for our SPOOKTACULAR HALLOWEEN PARTY!

Costumes encouraged, treats and fun activities await.



*Julianne Larsen, Children's Program Coordinator*



## **Membership... a few reminders!**

Below is an overview of upcoming **5th Sunday potlucks** and **Circle Dinners**.

OVERVIEW:

**5th Sunday Potluck**: October 2016 and January & April 2017

**Circle Dinners**: February & May, 2017

**Solstice Dinner**: December 2016

**CIRCLE DINNERS:** The Membership Team is looking for people interested in hosting Circle Dinners at their home, including those who might want to host one for folks with young children, so please consider doing so! A Circle Dinner is a potluck hosted by one person/family at their home with a small group of CVUUers invited. This is a great way for a smaller group of people to get together for food and fellowship.

**GREETERS:** Again, to further encourage everyone to think of themselves as stewards of the church and community, we are shifting to a sign up for Sunday Greeters and for set-up and clean-up for 5th Sunday Potlucks. Contact Sandy via email at [cvuu@info.org](mailto:cvuu@info.org) (put CVUU Greeter in the email Subject line) if you are available to be a greeter this month.



CVUU Music Coordinator, Lyndi Perry leads a song during the September Water Communion Ceremony

Greeting is easy - be there a bit early to greet people as they come in, hand out orders of service, information, nametags and the like (there will be a sheet with more details at the church for you).

We'd like 2 greeters each Sunday, so consider it; grab a partner to sign up also and help out. Secondly, if we all take our turns at helping to set up OR cleanup for the potlucks, we can spread the work - and the joy! If you sign up for either, you won't need to bring a dish to share that day. The sign up for Potluck help will appear soon.

*Thanks!* Sandy Charlson on behalf of the Membership Team: Leslie Black, Sharla Hart, Julianne Larsen, Marlene Conner, Anne Hedrick



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## Newsletter Submissions: Best Practices

Submit newsletter items and direct questions to:

Susan Buffler at [info@cvuu.org](mailto: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.

## GOOGLE GROUP LISTSERV USE REMINDER

Please limit any posts to the Google Groups listserv to CVUU business only to avoid clogging up email inboxes that are probably already too full!

Use the [CVUU Facebook](#) page for other types of relevant posts. Contact Susan at [info@cvuu.org](mailto:info@cvuu.org) for information about posting to the CVUU Facebook page.

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## Connect with us!



Facebook



Pinterest



Website

# CVUU Church Calendar: October 2016

| Sun.   | M  | T  | W   | Th.   | F                                | Sat.   |
|--|--|----|---|---|----------------------------------|--|
|  <p>All activities listed here are held at the <b>Jay and Leslie Fellowship House</b> located at <b>596 E. 900 North, Logan, UT</b> unless otherwise noted.</p> <p>See the <a href="#">Connections</a> tab on the <a href="http://cvuu.org">cvuu.org website</a> for details about our regular activities</p> |  |    |   | 29<br>Ewe Ewe Fiber Arts Group 7pm                | 30<br>CYRC 4:30pm                | 1<br>CVUU Yard Clean Up Party See p. 4                             |
| 2 Sunday Service<br>Activate New Orleans   | 3<br><a href="#">Cache Valley Buddhist Sangha</a> 7:15pm | 4  | 5<br><a href="#">Amrita Yoga Satsang</a> 6:30pm | 6<br><a href="#">Ewe Ewe Fiber Arts Group</a> 7pm | 7<br><a href="#">CYRC</a> 4:30pm | 8<br>Pride Interfaith Service<br><br>Logan Pride Festival See p. 5 |
| 9 Sunday Service<br>Bees   | 10<br>Cache Valley Buddhist Sangha 7:15pm                | 11 | 12<br>Amrita Yoga Satsang 6:30pm                | 13<br>Ewe Ewe Fiber Arts Group 7pm                | 14<br>CYRC 4:30pm                | 15   |
| 16 Sunday Service<br>Speaking Truth to Power   | 17<br>Cache Valley Buddhist Sangha 7:15pm                | 18 | 19<br>Amrita Yoga Satsang 6:30pm                | 20<br>Ewe Ewe Fiber Arts Group 7pm                | 21<br>CYRC 4:30pm                | 22   |
| 23 Sunday Service<br>4 <sup>th</sup> Sunday Lecture:<br>The History of God   | 24<br>Cache Valley Buddhist Sangha 7:15pm                | 25 | 26<br>Amrita Yoga Satsang 6:30pm                | 27<br>Ewe Ewe Fiber Arts Group 7pm                | 28<br>CYRC 4:30pm                | 29<br>CVUU Yard Cleanup Party See p. 4                             |
| 30 Sunday Service<br>Honoring Our Ancestors  | 31<br>Halloween  |    |   |   |                                  |  |