



# Coming Home

*The Newsletter of the Cache Valley Unitarian Universalists*  
VOLUME 23, ISSUE 11

*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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Jean Lown having fun at a recent CVUU yard party:  
Photo credit: *Susanne Janecke*



## Sunday Services

all services begin at 10am

**November 5 : Joy:** Tara Hawkins  
**November 12 : Growth Mindset:** Kevin Whitaker  
**November 19 : This I Believe:** Sondra Scott  
**November 26: Baha'i Faith:** Barbara Lachmar

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Julianne & Tara

## Tara's Corner

### "Gratitude: The Real *Thanks Giving* "

Every Friday, I take a Happiness Class. We start each class by listing things that we're grateful for. Julianne always makes the list. Coffee makes a frequent and fervent appearance. And then it varies; my current favorite medical provider, niece or nephew, the weather, warm home, reliable transportation, whatever crosses my mind. This practice improves my mood every time.

Then we write down one thing that upset us and how it can be a blessing in disguise. This is a lot harder. How do I change the recent downturn in Julianne's health into a blessing? I think about how it makes me tell her more often how much I love her and why.

This Thanksgiving, try this exercise with your loved ones. Don't just say what you're grateful for, but reframe your challenges as well.



Tara Hawkins, Lay Leader

#### Board of Trustees

Lorien Belton: *Treasurer*

Liz Berke: *Secretary & Building Manager / Coordinator*

Anne Hedrick: *Co-President*

Ellen Klomps: *Co-President*

Jim Vandygriff: *Member at large*

#### Staff

Tara Hawkins

*Lay Leader-Worship Coordinator*

Susan Buffler

*Organizational Coordinator*

#### Program Staff

Julianne Larsen

*Children's Program Coordinator*

OPEN (*position available*)  
*Childcare & Children's Program Assistant*

Lyndi Perry

*Sunday Music Coordinator*

## In Our Thoughts



- ❖ Sandy Charlson, Chris Lant, and their daughters Helen and Hannah
- ❖ Tara Hawkins and Julianne Larsen
- ❖ Leslie Black's niece and her baby
- ❖ Sarah Hardy
- ❖ Emily, Vincent, and Violet Baker
- ❖ 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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## Events & Activities

**Nov  
2**

**Socrates Café** meets at CVUU at 7:00 p.m. on the first Thursday of the month for stimulating questions and lively discussion. For more information visit the [Socrates Café page](#).

Contact info: Dave Christian at [dchristian999@gmail.com](mailto:dchristian999@gmail.com)

**Nov  
2**

### **Community Event: We Are Your Neighbors!**

6:30pm at the USU Taggart Student Center Auditorium

Experience the narratives of Cache Valley's Latino community through a documentary film featuring parishioners from St. Thomas Aquinas Catholic Church.

Free event. Q&A will follow the screening and light buffet style dinner (chips/salsa, fresh fruit, pizza, dessert – no need to RSVP). This film is directed by USU Professor Crescencio López and music by Professor Sergio Bernal. Hope to see you there!

**Nov  
4-5**

### **CVUU Yard Party:**

Nov. 4 - 10am – noonish (feel free to come earlier)

Nov. 5 - about 11:30 am following the church service (a good excuse to wear your blue jeans to church!)

Help rake leaves, weed, mulch, and trim bushes, and other healthy activities to prepare the yard for winter. Join us for a fun social activity. Kids are welcome. Bring gloves, clippers, rakes, weeding tools. Don't have tools? We can supply some!

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

### **CVUU FALL LEAF CLEAN UP INSTRUCTIONS**

Rake **front yard** leaves into the parking strip, NOT into the road. Avoid areas around trees or other obstructions. **Back yard:** rake leaves into border along the fence where they will compost.

Logan City makes the following requests: • Please **do not** include sticks or branches, grass clippings, garden waste, or flower bed mulching with leaves. They plug the vacuum tubes and damage the equipment • Please **do not** rake leaves around the base of trees, telephone poles, fire hydrants, or power boxes in the park strip. The vacuum equipment is unable to pick up leaves around such fixtures • Please **do not** rake leaves to the edge of the roadway. More info at [Logan City Public Works](#)

**Nov  
11**

### **Alternative Gift Market Community Event!**

9am-2pm

First Presbyterian Church, Logan UT

For more information please see <http://www.altgifts.org/>

Contact: Jenny Norton 435-757-9660 or [jeanettemarienorton@gmail.com](mailto:jeanettemarienorton@gmail.com)



Every year the CVUU supports the **Alternative Gift Market** by handling the financial and coordinating jobs. Jenny Norton is the market coordinator. The main market is held at First Presbyterian Church in their large meeting hall. Congregations and groups from throughout the valley take part by hosting a table to display a number of the projects. Global Village Gifts has a table with their fair-trade items available. Music from volunteers and a lunch is available.

This year Jenny could use help with advertising, setup, greeting, music for the event, and staffing the CVUU table. Please see Jenny after Sunday service Oct 29<sup>th</sup> or Nov. 5<sup>th</sup> to sign up for a task or a time to help. For more information see <http://www.altgifts.org/> . To volunteer to help contact **Jenny Norton** 435-757-9660 or email [jeanettemarienorton@gmail.com](mailto:jeanettemarienorton@gmail.com)

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## Cache Valley Community

### ALTERNATIVE GIFT MARKET: Gifts Inspiring Change

### November 11th, 2017

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.



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 11th  
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, 11/12 & 12/3  
11:30 am to 12:30 pm  
596 East 900 North Logan UT  
Global Villages Gifts  
69 East 100 North, Logan, UT

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# Announcements



**“STANDING ON THE SIDE OF LOVE”:** Susanne and Jim purchased some “[Standing of the Side of Love](http://StandingontheSideofLove.org)” placards for CVUUsers who want to be “love people” at protests. There are several 11 by 17-inch orange placards for you to borrow, use, and return. They are behind a poster at CVUU, leaning up against the back of the oak hutch. Look in the wooden built-in on the SW wall of the kitchen.

Example of one version of the UUA “Standing on the Side of Love” campaign lawn signs. Photo credit: *Susanne Janecke*

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**NEW BUILDING COORDINATOR:** As you might have heard, Liz has taken responsibility for the facilities as building manager. Please contact Liz Berke at [building@cvuu.org](mailto:building@cvuu.org) if you have any questions/concerns about **supplies, maintenance, repairs**, and especially **building rental**.

Susan is still handling the other organizational coordinator [coordinator@cvuu.org](mailto:coordinator@cvuu.org) responsibilities, but if it has anything to do with the building, contact Liz.

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## HOLIDAY SINGING GROUP:

Hello CVUU music lovers,

CVUU Music Coordinator, Lyndi Perry is getting ready to plan the community holiday singing group. If you have any interest in practicing in a group in the 6 weeks leading up to the winter solstice service please sign up on the sheet by the front door at CVUU.

Also, Lyndi would love to hear song ideas and other thoughts on arrangement. A pianist will be available for the service so let's make the singing count too!

**Contact info:** Lyndi Perry/Music Coordinator/435-237-9489

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## CVUU DIRECTORY UPDATE:

The CVUU Directory will be finalized soon. If you have not already done so, please let us know if you want to:

- Remain in the CVUU Directory
- Be removed from the CVUU Directory
- Be added to the CVUU Directory

If you want to be added, please include your name, name of spouse / partner (optional), children's names (optional), address, and preferred contact information.

**Send to:** Susan at [coordinator@cvuu.org](mailto:coordinator@cvuu.org)



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# Ongoing Happenings



**Fundraising the Easy Way! Natural Grocers Cards for sale:** Buy \$100, \$50, or \$25 cards at face value and CVUU gets a 5% donation.

Contact Lorien at 770-2413. If you shop there anyway, think about it!



**Fundraising via Smith's Rewards Cards:** Did you know that if you link your Smith's rewards card to CVUU, then CVUU gets donations from Smiths?

Here's how:

1. Go to the Smith's website <https://www.smithsfoodanddrug.com/account/create/> and create an account on their site. One of the fields asks for any existing rewards number (often your phone number) that you have.
2. Then go to your account page. At the bottom, you'll be able to Enroll in the "Inspiring Donations" program. Our organization number is **PV584**, or you can just search under Cache Valley Unitarian Universalists.



**Do you have Feedback for us on CVUU Services?** Ideas, comments, or concerns about CVUU services? Please give compliments directly to those giving the services, but direct any complaints or concerns through Susanne.

**Contact:** Susanne Janecke is the main points of contact, regardless of who conducted the service.



**Ongoing Tasks:** Please, everyone pitch in when you see the need

- Empty waste baskets
- Take hand 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

**Contact:** Jean Lown 435-760-2392 or [jean.lown@usu.edu](mailto:jean.lown@usu.edu)



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**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)



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### **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. Also, check out the CVUU solar power production.

**Google Groups Listserv Use Reminder:** Please limit posts to the Google Groups listserv to CVUU business only (to avoid clogging up already too full email inboxes!). **Contact:** Susan for information about posting to the CVUU Facebook page.

**Organizational Coordinator:** Susan Buffler [coordinator@cvuu.org](mailto:coordinator@cvuu.org)

- Website, monthly newsletter, social networks, Google Groups listserv
- Systems
- Miscellaneous questions

**Building Coordinator:** Liz Berke [building@cvuu.org](mailto:building@cvuu.org)

- Maintenance
- Supplies
- Building use and rental
- Scheduling ANY CVUU or private event /activity, etc. (so events do not overlap)

### **Newsletter:**

Submit newsletter items and direct questions to: **Susan Buffler** at [coordinator@cvuu.org](mailto:coordinator@cvuu.org)

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**Connect with us!**



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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](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!



**Don't forget to VOTE!**  
**NOVEMBER MUNICIPAL GENERAL ELECTION**  
<https://www.cachecounty.org/elections/>



# CVUU Calendar: November 2017

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>			1	2	3 <a href="#">CYRC</a> 4:30pm	4 CVUU Yard Cleanup Party 10 am - noonish
5 Sunday Service <a href="#">Joy</a>  CVUU Yard Cleanup Party (after the service)	6 Cache Valley Buddhist Sangha 7:15pm	7 Election Day	8 Amrita Yoga Satsang 6:30pm	9 <a href="#">Socrates Café</a> 7pm  <a href="#">Ewe Ewe Fiber Arts Group</a> 7pm	10 CYRC 4:30pm	11 Alternative Gift Market First Presbyterian Church 9am-2pm
12 Sunday Service <a href="#">Growth Mindset</a>	13 Cache Valley Buddhist Sangha 7:15pm	14	15 Amrita Yoga Satsang 6:30pm	16 Ewe Ewe Fiber Arts Group 7pm	17 CYRC 4:30pm	18
19 Sunday Service <a href="#">This I Believe</a>	20 Cache Valley Buddhist Sangha 7:15pm	21	22 Amrita Yoga Satsang 6:30pm	23 Ewe Ewe Fiber Arts Group 7pm	24 CYRC 4:30pm	25
26 Sunday Service <a href="#">Baha'i Faith</a>	27 Cache Valley Buddhist Sangha 7:15pm	28	29 Amrita Yoga Satsang 6:30pm	30 Ewe Ewe Fiber Arts Group 7pm		