

Coming Home

The Newsletter of the Cache Valley Unitarian Universalists
VOLUME 23, ISSUE 2

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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Sunday Services

all services begin at 10am

February 5 : Forgiveness

February 12: The Revolution of Tenderness

February 19: The Myth of White Innocence

February 26: 4th Sunday Lecture - Jazz



Julianne and Tara

Tara's Corner

"A Fresh Start"

We are all so hard on ourselves. We beat ourselves up over the smallest things. We are told via every media that whatever we do, we're wrong.

This makes it hard to believe we are worthy of love.

A holiday such as Valentine's Day often has the exact opposite effect on us than is intended. Valentine's Day is supposed to give us a chance to tell people how much we love them and hear loving words in return.

But what if there is no one to say those words to? What if no one tells us that we are loved? What if we are alone? We must be able to believe we are lovable. We must love ourselves.

A good place to start is to list everything we like about ourselves: talents, strengths, abilities. Spend some time meditating. Reach out to someone else who might be feeling blue. Challenge negative thoughts.

Remember that you have worth. Remember that you are part of the interconnected web of life.



Tara Hawkins, Lay Leader



President's Page

"Updates"

The following are updates on the Board progress toward addressing goals that came out of the "Next Steps" weekend:

- We have formed a strategic planning committee composed of Chris Lant, Bonnie Glass-Coffin, and Susanne Janecke. They will be reaching out to folks shortly to get more feedback on CVUU vision, mission, and goals discussion.
- We have officially hired Susan Buffler as our new organizational coordinator.
 - Among many things, Susan has gotten our membership database into an electronic easily editable format and has activated a new Facebook (Closed) Group for informal CVUU discussion (see page 6).
- We sent out a form of organizational "chart" this week to get feedback from staff and team leads on what tasks they do and how the board and organizational coordinator can support them in these tasks.
- Lorien is reaching out to create a Stewardship Team to help with the annual pledge drive.

Additionally, this month we discussed the following topics:

- After serving as an excellent building team lead and active board member, Todd Seeholzer has resigned from the board and so we are in search of a new board member, if anyone is interested in this board position please contact me.
- We are in search of a new team lead for the Caring Team so if anyone is interested please contact the board or Susan (info@cvuu.org)
- Leah Hazlet and Ileah Johnson have done heroic efforts to cobble together a youth program this year, including leading a meeting between the Oasis and CVUU boards to discuss a potential join youth group; however, both Leah and Ileah are no longer able to assist in this capacity, and Oasis is not ready to move forward on a joint youth group at this time. Therefore, the CVUU board will be discussing how to move forward with a youth program at a future board meeting. We will not be having a Coming of Age program this spring but hope to put on another OWL program soon and use this program as a recruiting tool for additional activities.
- We thank everyone who has assisted with snow removal this winter! Due to the nature of our slick roof, we do continue to have dangerous snow and ice avalanches off of it so we are working on some creative solutions for this issue. Additionally, thanks to Jenny Norton, we have made a deal with a local USU student that in return for agreeing to shovel the south driveway he can park there except on Sundays.
- We will be doing the Orange Fundraiser again this year with plans to take orders starting in early Feb. We will be partnering with the CRIC (the refugee program) this year to put this on and are excited to get some tasty oranges as well as do some good for the local community (e.g. the food pantry welcomes donations of oranges). Last year we earned \$1,000 from this fundraiser and this year our goal is to raise \$2,000. More information to come on how to order!
- Half plate Sunday donations for the months of January and February will be going toward CAPSA's Transitional Housing Program.



Jennifer Courtwright: President, CVUU Board of Trustees

Board of Trustees

Jennifer Courtwright
Board President

Jay Black
Chris Lant
Jenny Norton (interim)
POSITION OPEN

Staff

Tara Hawkins
Lay Leader

Susan Buffler
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



- ❖ Lynn Franklin and her family on the death of Barry Franklin
- ❖ 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*

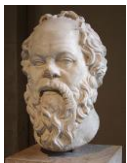
On cynicism...

"The worst thing that can happen in a democracy - as well as in an individual's life - is to become cynical about the future and lose hope." - Hillary Clinton

"All I ask is one thing, and I'm asking this particularly of young people: please don't be cynical. I hate cynicism, for the record, it's my least favorite quality and it doesn't lead anywhere. Nobody in life gets exactly what they thought they were going to get. But if you work really hard and you're kind, amazing things will happen."

- Conan O'Brien

Events



February 2: 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



February 4: Winter's Eve Potluck Dinner: Save the date!

Let's gather together during this freeze-out of a winter on Saturday, February 4th for an evening of eat, drink and be merry. The Membership team hosts are looking for 5 chili cooks to bring their best - or, it could be a great soup/stew as well. Please let Sandy know if you are willing to be one of those cooks.

We'd like everyone else to bring bread, a side or salad kind of dish (dessert is taken care of) to go along with the crockpots full of simmering goodness. BYOB. Doors open at 6, dinner line begins at 6:30. **COOKS** please contact s_charlson@hotmail.com

*This is also the beginning of our yummy annual **Orange Fundraiser** - come ready to **ORDER** a big (or small) box of Vitamin C! **SEE PAGE 5***

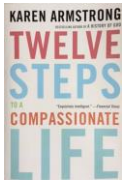


February 4: Orange Fundraiser Kickoff: Our CVUU 2017 oranges fundraiser kicks off at the Winter Dinner this Saturday, February 4th!

Oranges are \$40.00 per case (about 70 oranges) and \$25.00 for a half case. Payment can be made in **cash or check**. Orders can be placed after the dinner by contacting Anne Hedrich, but must be made by the end of the day on Wednesday, February 15th. The oranges will be available for pick up from the church on Saturday, March 11.

Last year the oranges were a great-tasting dose of sunshine in the winter! Jump on board the orange train and get some for yourself and/or donate to others such as the food bank.

Questions? Contact Anne at uintasfamily@gmail.com, or call or text at [435-764-7354](tel:435-764-7354).



February 21: Adult Religious Exploration Book Group: *12 Steps to a Compassionate Life*

This group will meet once a month on the 3rd Tuesday (February 21st) 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

Announcements



Tax Year Wrap-Up: Donation Acknowledgments: As of January 31, all the donation summary letters will have been sent out. Most will arrive by email, as PDF file attached to an email sent from the CVUU Treasurer account (cvuufinance@gmail.com). If we only have your physical mailing address, you can expect a letter in your mailbox soon. If you were expecting a letter and do not receive one, or have related questions, please contact Lorien at cvuufinance@gmail.com.



New Organizational Coordinator: Susan Buffler is the new Organizational Coordinator at CVUU. Susan will help coordinate tasks and work with the board to put organizational systems in place. She will be the **Point of Contact** for the following:

- Building use and rental
- Scheduling ANY CVUU or private event /activity, etc. (so events do not overlap)
- Website, monthly newsletter, social networks, Google Groups listserv
- Referral to appropriate staff / Team members
- Miscellaneous questions

Please send inquiries and schedule events through Susan at info@cvuu.org



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!



NEW: CVUU Community Facebook Group: If you would like to join the new CVUU Community Facebook Group, please let us know via info@cvuu.org and you will be added to the group. This is a Closed Group. Put **'join CVUU FB group'** in the Subject line.

Purpose: CVUUs unite! This group is a place for discussion, favors (both requests and offers), invites, and general hanging out. Do you have an Etsy store, an advocacy group, or any online presence you'd like to share with the members of the church? Here's the place for it. **Controversial topics are allowed, but please keep the group civil and family-friendly.** Thanks to Liz Berke for setting this up!



Have Feedback on CVUU Services? If you have ideas, comments, or concerns about CVUU services, Jennifer Courtwright and Susanne Janecke are the main points of contact, regardless of who conducted the services. Please give compliments directly to those giving the services, but direct any complaints or concerns through Jennifer or Susanne.



Winter Tasks: 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



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)

Community Happenings

February 4-March 25: Mindfulness-Based Stress Reduction (MBSR) Course.

Eight week mindfulness training program at the Whittier Community Center. For more information [read here](#).

February 11: Valentine Chocolate Festival: Benefiting Planned Parenthood and the Logan Clinic. More information at [The Chocolate Festival](#).

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...](#)

2016 Sunday collections donations: CVUU contributed to some great causes this year with our half collection-plate dollars. These include:

- [My Young Mother](#), which works to give a scholarship each year to a Cache Valley young single mom so she can pursue her dreams.
- [Utah Health and Human Rights](#), which provides support and counseling for victims of human rights abuse (i.e. torture) who have come to live in Utah.

- [A Third Place Community Foundation](#) in Oklahoma, a UU-affiliated community center which provides underserved populations in the outskirts of Tulsa with community and art programs and a food bank.

If you know of other great causes, contact the Environmental & Social Justice Team!



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](#).



Newsletter Submissions: Best Practices

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

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

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: February 2017

Sun.	M	T	W	Th.	F	Sat.
			1	2 Ewe Ewe Fiber Arts Group 7pm	3 CYRC 4:30pm	4
5 Sunday Service Forgiveness	6 Cache Valley Buddhist Sangha 7:15pm	7 Socrates Café 7pm <i>see p. 4</i>	8 Amrita Yoga Satsang 6:30pm	9 Ewe Ewe Fiber Arts Group 7pm	10 CYRC 4:30pm	11
12 Sunday Service The Revolution of Tenderness	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 The Myth of White Innocence	20 Cache Valley Buddhist Sangha 7:15pm	21 Adult RE book group 7pm <i>see p. 5</i>	22 Amrita Yoga Satsang 6:30pm	23 Ewe Ewe Fiber Arts Group 7pm	24 CYRC 4:30pm	25
26 Sunday Service 4th Sunday Lecture: Jazz	27 Cache Valley Buddhist Sangha 7:15pm	28	 <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>			