

Coming Home

The Newsletter of the Cache Valley Unitarian Universalists
VOLUME 23, 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...

- Sunday Services
- Tara's Corner
- Welcome new Board of Trustees
- In Our Thoughts
- Events & Activities
- Ministry & Service
- Announcements
- Ongoing Happenings
- Connect with us!
- Address & Contact Information
- Church Calendar



Lorien Belton reads the children's story during Sunday service. Photo credit: *Susanne Janecke*



Sunday Services

all services begin at 10am

August 6: Logan Pride, Jess Zamora

August 13: Spirituality of "The Tale of Desperaux", Sondra Scott

August 20: The Search for Truth, Tara Hawkins

August 27: 4th Sunday Lecture: YWCA, Erin Jemison



Julianne & Tara

Tara's Corner

"You Make it Happen"

We're having some exciting times at CVUU! A new board, new members of the Worship Team, and fresh faces in the congregation. I'd like to welcome all of our new people and give a big "Thank You" to everyone volunteering for something new.

If you haven't quite found your niche yet at CVUU, consider volunteering - we have opportunities for every interest and talent. We need you to keep the building beautiful, teach the children, make the coffee, or greet people as they come in the door.

If none of this sounds quite like your thing, ask Susan Buffler, the CVUU Organizational Coordinator coordinator@cvuu.org, what else might suit your talents and interests. Trust me, there's nothing like volunteering to make you feel a part of things.

And if you are already volunteering, know that your work is important to us and we value your contribution.

Thank you! Thank you! Thank you!

(see page 6 for this month's Volunteer Ministry)



Tara Hawkins, Lay Leader

Welcome new CVUU Board of Trustees!

Meet the new CVUU Board. Cache Valley Unitarian Universalists is governed by a Board of Trustees that serve 3 year rotating terms. The Board is responsible for visioning and setting policy. It may also be involved in "coordinating, calendaring, and communicating; planning and program management; serving in shared ministry and implementing programs (volunteer staff); and recruiting and training" (uua.org).

At the annual Congregational Meeting held on June 25th, 2017, the CVUU membership voted in an all new board of Trustees. Both Anne, Ellen, and Lorien have served on the board in the past. We look forward to working with a new team!

Anne Hedrick: co-President (3 year)

Ellen Klomps: co-President (1 year)

Lorien Belton: Treasurer (3 years)

Liz Berke: Secretary (tent.) (1 year)

Jim Vandygriff: member at large (2 year)

Board of Trustees

Lorien Belton: *Treasurer*

Liz Berke: *Secretary (tent.)*

Anne Hedrick: *Co-President*

Ellen Klomps: *Co-President*

Jim Vandygriff: *Member at large*

Staff

Tara Hawkins

Lay Leader

Susan Buffler

Organizational Coordinator

coordinator@cvuu.org

Program Staff

Julianne Larsen

Children's Program Coordinator

OPEN (*position available*)

Childcare & Children's Program

Assistant

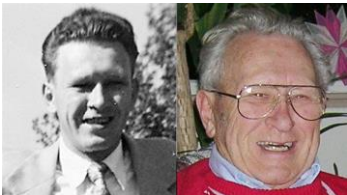
Lyndi Perry

Sunday Music Coordinator

In Our Thoughts



- ❖ Lynn Franklin
- ❖ Emily, Vincent, and Violet Baker
- ❖ Sandy Charlson, Chris Lant, and their daughters Helen and Hannah
- ❖ 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*



Memorial Service for Cal Hansen

Friday, August 4, 2017 11am

Unitarian Universalist Church of Ogden

705 E 21st Street, Ogden, UT 84401

Luncheon immediately following the service

Events & Activities

**Aug
3**

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](#).

More info contact: Dave Christian at dchristian999@gmail.com

CVUU hikers beat the July heat at Tony Grove Lake



Beating the heat with a hike at Tony Grove Lake.
Photo credit: *Susanne Janecke*



Contemplating snow in July. Photo credit: *Susanne Janecke*

Independence Day



Gathering on the CVUU lawn to watch Independence Day fireworks: Photo credit: *Susanne Janecke*

Ministry & Service to the Church



This month, CVUU recognizes **Jenny Norton and George Wootton**. Jenny and George are long-time CVUU members and have been actively involved for many years. Jenny and George have very strong environmental and social justice values.

Jenny is co-team lead (with Paul Rogers) of the Environmental & Social Justice Team and has spearheaded many activities over the years. She currently helps coordinate the CVUU booth at the Alternative Gift Market, outreach tables at the Cache Valley Gardener's Market, and has worked on getting the Green Sanctuary program started. She has also served on the CVUU Board of Trustees.

George also served on the CVUU Board of Trustees and has been very involved on the Worship and Environmental and Social Justice Teams. George is a history buff with an extensive background on the history of Unitarian Universalism.

Both Jenny and George have been a great help with the CVUU Building and Grounds upkeep.

Thank you Jenny and George!



Find your ministry: We are looking for you! Do you have a calling or ministry that you feel ready to share with CVUU?

Merriam-Webster describes ministry as “*a person or thing through which something is accomplished.*”

This month's focus is on Membership

Do you like people? Are you interested in helping people feel welcome at CVUU?

It can be pretty intimidating to walk into a new church by yourself; particularly a liberal church where you might not have any expectation about what the place is all about.

What the Membership Team does:

The Membership Team helps make people feel welcome, retains and enables people to seek the spiritual means to do the work of the CVUU mission of creating a caring religious community that works to challenge injustice and practice compassionate social action.

A few things that the Membership Team does:

- Helps develop a robust system to welcome and retain seekers of liberal church community
- Welcomes people by being a Sunday Greeter
- Creates nametags to make people feel connected
- Connects people to the community through the Listserv and Facebook page
- Helps maintain the CVUU Database
- Identifies talents and helps develop the ministries of congregants
- Answers questions and handout brochures
- Helps run the RUaUU Program and introduces people in more depth to Unitarian Universalism
- Be creative!

The Membership Team also works closely with the Hospitality & Fellowship Team and the Caring Team.

If you are interested in working with the Membership Team, please contact Susan at coordinator@cvuu.org and we will get you set up.

Announcements



Part-time Childcare Assistant position available

CVUU is hiring a part time Childcare Assistant. Must be available Sundays from 10-11 or 11:30 depending on the week. There may be extra hours of watching kids for special meetings or other events at CVUU.

We are looking for someone who is available to assist with or create lessons for the children. It really is a lot of fun, and you can contact me, Julianne Larsen at jlnnlarsen1@gmail.com or Lorien Belton for details.

We are always looking for extra volunteers to help out in the Children's Program. Dawn Hansen has been very consistent for us bringing great energy to the program. If you think you might like working with kids, please come find me, and we will arrange specifics.

It is more interesting for the kids if you can share a story or activity one time per month or so. If everyone took one Sunday, we would have an enriched program.

Again, thank you to the CVUU community support, as we are looking forward to a fun filled year ahead.



Julianne Larsen, Children's Program Coordinator
jlnnlarsen1@gmail.com
(435)232-7889



Sign up your middle-school youth for OWL! SPREAD THE WORD! This fall, CVUU and First Presbyterian Church will team up again to teach another middle school OWL course. OWL ("Our Whole Lives") is a comprehensive sexuality education course for 7th-9th graders.

It covers everything from puberty and pregnancy to body image and bullying. The curriculum has no religious content. It emphasizes healthy, complete information on topics of maturation, sexuality, relationships, and health, including gender and sexual orientation, and is LGBTQ inclusive.

All students are welcome; no need to be affiliated with CVUU or FPC. The class will meet once a week in the evening from mid-September to mid-December.

For more information, email owl@cvuu.org. Interested parents can sign their kids up at the following link: <https://goo.gl/forms/Ib4l8zA6jkFajkv02>

Ongoing Happenings



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

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



Do you have Feedback for us on CVUUU Services? Ideas, comments, or concerns about CVUUU 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 services.



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



Yard Cleanup: We need regular help throughout the spring, summer and fall picking up trash from our neighbors that lands in the east gutter and on the front lawn. Please pitch in and pick up!

We also need help with weeding and other yard work so that we present a well-groomed appearance to the community.

If you can donate an occasional hour of time to enjoy our yard and the company of other CVUUUers (during the week, Saturdays, or after church) please contact Jean Lown: jean.lown@usu.edu; 435-760-2392.



CVUU Yard Policy: In keeping with our commitment to environmental justice and acknowledging that we live in a cold desert, we strive to reduce our water use by reducing the amount of lawn grass and replacing with [water-wise plants](#).

When possible we want vegetation to be native and bee- and bird-friendly. Our plan is to add only perennial, water-wise vegetation. The weed barrier helps to reduce the need for weeding.

Plants for USDA Zones 4-5 are best. Sedum, daylilies, iris, cone flowers, globemallow, sedum, rose mallow, penstemon, catmint, gaura, gaillardia are a few examples of water-wise perennials.

*Exceptions to this policy will be reviewed on a case by case basis by the Grounds Team.

Contact Jean at 435-760-2392 or jean.lown@usu.edu with any questions



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



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 coordinator@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!). **Contact:** Susan for information about posting to the CVUU Facebook page.



Organizational Coordinator: Susan Buffler is the current CVUU Organizational Coordinator.

Susan is 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 coordinator@cvuu.org

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 Calendar: August 2017

Sun	M	T	W	Th	F	Sat
		1	2 Amrita Yoga Satsang 6:30pm	3 Socrates Café 7pm Ewe Ewe Fiber Arts Group 7pm	4 CYRC 4:30pm	5
6 Sunday Service Logan Pride	7 Cache Valley Buddhist Sangha 7:15pm	8	9 Amrita Yoga Satsang 6:30pm	10 Socrates Café 7pm Ewe Ewe Fiber Arts Group 7pm	11 CYRC 4:30pm	12
13 Sunday Service Spirituality of "The Tale of Desperaux"	14 Cache Valley Buddhist Sangha 7:15pm	15	16 Amrita Yoga Satsang 6:30pm	17 Ewe Ewe Fiber Arts Group 7pm	18 CYRC 4:30pm	19
20 Sunday Service The Search for Truth	21 Cache Valley Buddhist Sangha 7:15pm	22	23 Amrita Yoga Satsang 6:30pm	24 Ewe Ewe Fiber Arts Group 7pm	25 CYRC 4:30pm	26
27 Sunday Service 4th Sunday Lecture: YWCA	28 Cache Valley Buddhist Sangha 7:15pm	29	30 Amrita Yoga Satsang 6:30pm	31 Ewe Ewe Fiber Arts Group 7pm	 <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>	