



Coming Home

The Newsletter of the Cache Valley Unitarian Universalists
VOLUME 23, ISSUE 5

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

- May 7:** This I Believe
Desiree Chavez; Worship Associate, Lorien Belton
- May 14:** TBD
- May 21:** Gratitude and Reframing
Tara Hawkins
- May 28:** Centro Hispano
Ben Philips; Worship Associate, Tara Hawkins

Sunday Community Donation:

This month's Sunday ½ plate offering will be donated to [Centro Hispano](#), Logan Chapter.

Centro Hispano provides bilingual services to Hispanic community members. They offer services such as walk-in consultations for information and referrals, free adult education classes, legal assessments, low-income tax payer assistance, and health promotion and wellness activities.

Centro Hispano also host annual community events that promote cross-cultural understanding. Some services also serve targeted at-risk low-income people of the entire community.



Julianne & Tara

Tara's Corner

"Mother's Day Tightrope"

In May it's my older brother's birthday, my mother's birthday, my niece's birthday, Julianne's mother's birthday, her brother-in-law's birthday, the anniversary of her nephew being diagnosed with a brain tumor, and Mother's Day.

Mother's Day is a tightrope walk at our house, involving finding something nice but not expensive for my mother, cards for both of our stepmothers, mourning the loss of Julianne's mother, and being reminded, yet again, that we are not parents and never will be. It smarts. Don't get me wrong; I love my mother. I appreciate everything she does for me and her endless supply of love. I am grateful to have her. I know it isn't easy to be a parent.

Julianne and I get by with imaginary children: Mumbles and Goggles. Their genders and ages fluctuate according to our needs, although they're usually female and teenagers and not speaking to us. Typical.

I think we should have Grumpy Old Aunt's Day to celebrate the women who babysit at a moment's notice, remember everyone's birthday, and are forever asking for more pictures of the kids. The ones who happily play whatever game the kids like even though the little cheaters make us lose every time. The ones who drown their nieces and nephews in sunscreen before they let them play on the jungle gym. The ones that grabbed you when you were on a ledge and set you back on a safe path.

So I'll leave the Mother's Day greetings to your own children, and send my love to the women out there who will never be mothers: thank you, for bringing value to the world.



Tara Hawkins, Lay Leader

In Our Thoughts



- ❖ Julianne Larsen on her recovery from surgery
- ❖ 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 flowers...

“Keep love in your heart. A life without it is like a sunless garden when the flowers are dead.”
- Oscar Wilde

“From my rotting body, flowers shall grow and I am in them and that is eternity.” - Edvard Munch

“Nobody sees a flower - really - it is so small it takes time - we haven't time - and to see takes time, like to have a friend takes time.” - Georgia O'Keefe

Energy in Action



Valley Unitarian Universalists could not operate without the dedication of members and friends who voluntarily donate their energy, time, and talent to keep programming and facilities running smoothly.

➤ People, Activities, & Action Teams

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

CVUU Rocks the *March for Science and Earth Day Interfaith Celebration!*

Wow! Great multi-generational CVUU turnout at both of these community events.

It was estimated that over 400 people gathered at the Cache County Courthouse to march through downtown Logan followed by many inspiring presentations, some by CVUU members and friends, about the value of science for society.

CVUU member and friend presenters included Paul Rogers, Jenny Norton, Susanne Janecke, Libby Hansen, Matt Hansen, and Logan Christian at the March for Science and Tara Hawkins, Logan Christian, and Marianne Christian at the Logan Tabernacle Earth Day Interfaith Celebration.



Paul, Becca, Sandy, Anne, Jim, Susanne, and Jenny hold the new CVUU banner at the March for Science on Earth Day at the Cache County Courthouse grounds in downtown Logan. Photo credit: *Susanne Janecke/Jim Evans*



Membership Team lead Sandy Charlson at the March for Science. Photo credit: *Susan Buffler*



CVUU members Liz and Ryan Berke want to keep America great by supporting basic scientific research. Photo credit: *Liz Berke*



CVUU members Paul Rogers (left) plays harmonica and Susanne Janecke (right) about to speak at the March for Science at the Cache County Courthouse. Photo credit: *Jim Evans*



CVUU Lay Leader Tara Hawkins presents at the Interfaith Earth Day Celebration at the LDS Logan Tabernacle. Photo credit: *Julianne Larsen*

Volunteer Recognition: A huge thanks to long-time CVUU member and volunteer **Jean Lown** for spearheading the CVUU Grounds Team. Among many other things, Jean organizes yard and building cleanup parties and helps make sure trash and recycling are properly sorted and disposed of.

Without dedicated volunteers, our physical and programming work would not happen. Thanks Jean!

Speaking of Volunteers

April 15th Yard Cleanup: Thanks to Astrid, 4 year old Joaquin, Jimbo Vandygriff and Maya, for helping with the yard clean-up on April 15 with a special shout out of thanks to Paul Rogers for climbing up on the roof and cleaning out all our gutters!

April 23rd Yard Cleanup: Thanks to all the volunteers who helped with the April 23rd CVUU yard cleanup!

As reported by Susanne, Wulfi helped her pick up trash in the gutter and he found a buried 5 dollar bill for his trouble. He was quite pleased about that and he helped quite a lot, willingly.

Mabel was in charge of the worms and she insisted that they be placed in soil. Dirt was NOT good enough for her worms. Many dandelions succumbed to the onslaught.

Upcoming Events & Activities

**May
4**

Socrates Café meets every month for stimulating questions and lively discussion. For more information visit the [Socrates Café page](#).

7:00 p.m. on the first Thursday of the month
The Jay & Leslie Black Fellowship House (CVUU)
596 East, 900 North, Logan

Contact: Dave Christian at dchristian999@gmail.com

**May
15-19**

Bike to Work Week community event: Several activities happening in Cache Valley! The E&SJ Team is encouraging CVUU participation in these events.

- **All week from 7:30-9:30 a.m.** at the [Logan Transit Center](#), breakfast and "passport" stamps at participating stores all week
- **May 19th at 10am.** Ride with the mayor
- **May 19th 5:30pm-8pm** at the [Stokes Nature Center](#) Bike Party and Raffle

Contact Paul Rogers for more information: p.rogers@aggiemail.usu.edu

**June
25**

Annual Congregation Meeting (second notice): Mark your calendars! Join us for Board of Trustees and Nominations Team elections, as well as updates on the budget and the strategic plan.

11:30am after the Sunday service
596 East, 900 North, Logan

NOTE: Input and questions welcome. Only members may vote.

**July
8-15**

Earthfire Traditional Vision Quest: The age-old practice of Self-discovery, four days and nights of awareness and solo fasting in the wilderness.

More information at [Earthfire Traditional Vision Quest](#)

Location: Western Tavaputs Plateau, UT

Announcements



Welcome back Summer Citizens! We look forward to seeing returning and new summer citizens visiting Cache Valley to escape the summer heat of the southwest desert states.

Let's Revitalize the Music program! Music Coordinator Lyndi Perry wants to bring a vibrant music program back to CVUU.

My goal is to bring a singing group together over the summer to select, learn, and perform one new song per month. It is my hope that a group of CVUUsers can bring new songs to the congregation in order to expand the talent and range of songs in the CVUU repertoire, as well as instill more confidence in our collective voices as we expand our musical horizons.

If you are interested in participating, please contact Lyndi Perry, [435-237-9489](tel:435-237-9489), lyndiperry@gmail.com. If I know you like to sing and you don't get in touch, Lyndi will be coming after you (only kind of kidding). Once Lyndi has everyone's contact information, a weekly meeting will be arranged.



Lyndi Perry, CVUU Sunday Music Coordinator



Greetings CVUU community! Children's Programming: The children's program has been going through a growing stage, with a lot of change and getting used to one another. I just want to say Rowan Ferre, Dawn Hansen, and myself really enjoy working with our wonderful group of children.

Each week, we light a chalice downstairs, read and discuss a story, followed by a craft or other activity. We have also synced up some of our topics with the adult discussions happening upstairs to encourage family sharing and discussion after. Also, the kids really love to just play together and are learning from that.

A note for parents about using the bathrooms downstairs. We have purchased a little step stool/smaller size potty seat for little ones if they so choose to use it and is available to any child expressing concern over the large size toilets. These will be cleaned after every service and other building users are expected to take care of this after use as well.

Rowan Ferre will be leaving at the end of summer to attend school with a scholarship down at Southern Utah University. She has been a rock to our program even before I came aboard the team. Many thanks and well wishes for Rowan in the future.

So, we are looking for anyone who might have an interest in volunteering with the kids once in a while, and also someone to fill the assistant childcare position. Please contact Julianne or Lorien Belton for more information.



Julianne Larsen, CVUU Children's Program Coordinator



OWL Program Coming Up! Do you have a child in 7-9th or 10-12th grade? Do you wish there were more comprehensive sexuality education available for them? We offer "Our Whole Lives" (OWL) sexuality education courses, taught by an excellent team of volunteers. The high school course (for 10th-12th graders) will be taught this summer, June-August. The middle school course (7th-9th graders) will be taught in the fall.

The curriculum has no religious content at all. It emphasizes healthy, complete information on topics of maturation, sexuality, relationships, and health, including gender and sexual orientation, and is LGBTQ inclusive. For more information, email owl@cvuu.org.

Flat water paddling

Interested in flat water paddling on Cutler Marsh or local rivers? Recreate and learn more about birds.

Contact Jean Lown, jean.lown@usu.edu. You must have your own boat and wear a personal flotation device (PFDs).

Let the Yard Cleanup Begin!

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 CVUUers (during the week, Saturdays, or after church) please contact Jean Lown: jean.lown@usu.edu; 435-760-2392.



It's that time of year again! Spring is in the air and so is your pledge form.

If renewing or pledging for the first time, fill in the form below, print off and give to Lorien Belton or mail to: CVUU 596 E 900 North, Logan, UT 84321 attn. Lorien

Thank you for supporting the CVUU Community!

CVUU PLEDGE FORM

Fiscal Year 2017/18

As you probably know, we depend completely on our members and friends to support the work of CVUU. If you support CVUU's work and participate in our activities, I urge you to consider making a financial pledge to help us cover the costs of providing services each week and owning the building. Any amount is most appreciated – we understand that everyone has different financial circumstances and are grateful for every expression of generosity, whatever size.

In 2017-18, I want to make a financial pledge:

Amount
Per month or One-time
Payment

How would you like to pay your financial pledge?

- ☐ Electronic Funds Transfer (*EFT payments make our income more predictable*)
☐ Check
☐ Other (*describe: _____*)

You do not need to be a member of CVUU to contribute financially. However, if you *are* a member of CVUU or plan to officially join, know that contributing time and/or money to CVUU is a part of fulfilling the role of being a member¹

To pay by MONTHLY AUTOMATIC WITHDRAWAL from your bank account, please either:

- ☐ Check here to authorize a one-year extension of your current withdrawal permissions, or
☐ Attach a voided check (not a deposit slip—those don't always work) to add a new account

Then sign here:

Signature (s): _____

Name(s): _____

Address: _____

Phone: home/cell _____ **Email:** _____

**Return your pledge form to Lorien Belton at CVUU,
or mail it to: 596 E 900 N, Logan, UT 84321**

¹ * from CVUU Bylaws: "To retain active status, Members and Affiliates are expected to participate actively in the Congregation's activities and to make a contribution of record to the Congregation each fiscal year. The contribution should represent the member's or affiliate's fair share of the Congregation's needs, in light of the member's or affiliate's income and means, and the fact that generous contributions from others in the past have sustained and built the Congregation we enjoy today. If necessary, contributions of time, labor, goods or services may be made in lieu of a financial contribution."

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!



Have Feedback 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 Jennifer or Susanne.

Contact: Jennifer Courtwright and Susanne Janecke are 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



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 Church Calendar: May 2017

Sun.	M	T	W	Th.	F	Sat.
	1 Cache Valley Buddhist Sangha 7:15pm	2	3 Amrita Yoga Satsang 6:30pm	4 Socrates Café 7pm <i>see p. 4</i> Ewe Ewe Fiber Arts Group 7pm	5 CYRC 4:30pm	6
7 Sunday Service This I Believe	8 Cache Valley Buddhist Sangha 7:15pm	9	10 Amrita Yoga Satsang 6:30pm	11 Socrates Café 7pm <i>see p. 4</i> Ewe Ewe Fiber Arts Group 7pm	12 CYRC 4:30pm	13
14 Sunday Service TBD Mothers Day	15 Cache Valley Buddhist Sangha 7:15pm	16	17 Amrita Yoga Satsang 6:30pm	18 Ewe Ewe Fiber Arts Group 7pm	19 CYRC 4:30pm	20
21 Sunday Service Gratitude and Reframing	22 Cache Valley Buddhist Sangha 7:15pm	23	24 Amrita Yoga Satsang 6:30pm	25 Ewe Ewe Fiber Arts Group 7pm	26 CYRC 4:30pm	27
28 Sunday Service 4th Sunday Lecture: El Centro Hispano	29 Cache Valley Buddhist Sangha 7:15pm	30	31 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>		