



Our mission: CVUU strives to be a caring religious community that encourages and supports the sharing of ideas and experiences of all who travel rich and varied spiritual paths

Coming Home

The newsletter of the Cache Valley Unitarian Universalists

July 2019

VOLUME 25, ISSUE 7



Sunday Services

services begin at 10am

SUNDAY COMMUNITY DONATION (JULY, AUGUST)



CAPSA is a non-profit domestic violence, sexual abuse, and rape recovery center serving Cache County and the Bear Lake area. CAPSA provides support services for women, men, and children impacted by abuse. All services are FREE and confidential.

IN OUR THOUGHTS



- ❖ 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 light this chalice, for the warmth of love, the light of wisdom, and the energy of action”

EVENTS & ANNOUNCEMENTS

July
4

SOCRATES CAFÉ : Due to the Fourth of July holiday, Socrates Café will not meet in July but will resume on the first Thursday in August.

Contact info: Dave Christian at dchristian999@gmail.com

July
11

CVUU BOARD MEETING: (tentative) To be determined by the new board.

6pm in the CVUU Kitchen

July
5-12

EARTHFIRE TRADITIONAL VISION QUEST age-old practice of self-discovery, four days and nights of awareness and solo fasting in the wilderness. Why would anyone do this? Because it works!

Questing is a powerful tool for moving through psychological barriers to finding purpose and joy in our lives. For an in-depth description see [Earthfire Traditional Vision Quest](#)

Four days solo July 5-12. Suggested donation \$500

One day solo: July 5-8. Suggested donation \$350

Location: Western Tavaputs Plateau, UT. Led by long-time CVUU friends Matt and Dawn Hansen.

Contact: Dawn or Matt Hansen 435-752-7163 or vquest4@gmail.com for availability (be sure to include VisionQuest in your email subject line).

2019 ANNUAL CONGREGATIONAL MEETING

Thanks to all who attended the 2019 Annual Congregational meeting on June 30th.

- 15 members and 8 non-members attending
- The budget was passed
- Welcome Ethan Payne and Sandy Charlson as new board members
- Welcome Susanne Janecke, Jim Vandygriff, and Paul Rogers as the new Nominating Committee



Liz and Ryan Berke present Ingrid to the congregation. Photo credit: *Leslie Black*

THE BLESSING OF INGRID

June 16th was a tender and sweet day at CVUU. Members Liz and Ryan Berke presented their daughter **Ingrid Juniper Berke** to the fellowship. Leslie Black provided the blessing and ceremony for the dedication. The fellowship responded with full heart in support of nurturing Ingrid's well-being and growth in body, mind and spirit.

It began, "We are all blessed when we welcome a child into our community. This UU community hopes that every child receives love and affection, guidance and nurture, so that each child may grow into the fullness of the promise of life. Every child brings unique gifts to humanity. May we recognize those gifts. Through all challenges and joys to come, may this child's life be blessed with hope, courage and love."

The blessing continued with the use of water, a rose and a candle symbolizing important qualities in Ingrid's life – that she may think clearly, speak the truth, love deeply, serve others with compassion, equality and justice. "Bless her days with joy. Bless her journey with knowledge. And bless her life that she might bring hope to the world." Most importantly, the dedication affirms that she is loved and supported by family and this community.

Ingrid was then held by her parents and walked through the fellowship to be greeted by folks at CVUU, who all adored her! (Thanks to *Leslie Black* for the narrative and photo)

UTAH PRIDE PARADE



The six Unitarian Universalist Congregations of Utah marched together in the Pride Parade in Salt Lake City on June 7th to celebrate Pride Month. Photo credit: *Joan Gregory, SLCUU*

NEW RECYCLING GUIDELINES

PLEASE NOTE, what can be placed in the recycling container has changed as of 5/3/2019.

NO MORE PLASTICS #3-#7.

These items are ACCEPTED for recycling - DO NOT BAG YOUR RECYCLING:

- Newspaper
- Mixed paper
- Phone Books
- Magazines/ Catalogs (staples okay)
- Junk mail (no credit cards, please open mail before recycling)
- Cardboard
- Paperboard (example: cereal boxes)
- Aluminum cans (soda cans)
- Tin/steel cans (example: canned tomatoes or soup)
- Any small metal (such as metal hangers)
- [Plastic containers with a recycle symbol #1 & #2](#) (click on the link to learn more about what the symbols on plastics mean). Remove lids. No unmarked plastics or plastics #3-7 **PLEASE NO BAGS OR STYROFOAM OF ANY KIND.**

These items are NOT ACCEPTED for recycling in your blue container:

- Plastics #3-7, unmarked plastics, plastic bags, plastic lids, or Styrofoam
- Glass (we have drop site locations for recycling)
- Pizza boxes (if they are greasy - pizza boxes without grease can be torn in half and recycled)
- Frozen food containers that have the food embedded in the container
- Yard waste
- Foil wrapping paper or ribbons
- Diapers
- Paper Plate, napkins, tissues
- Potato chip bags
- Pet food bags
- Shredded paper
- Waxy milk containers
- Juice boxes or other aseptic packaging
- Photographs
- Any container that once held motor oil
- Hardcover books or spiral bound books
- Aluminum foil or foil pans
- Wrapping Paper or tissue

Please cut down cardboard boxes so that they fit inside your can and come out easily when emptied and please also remember to **rinse any food containers** (milk jugs, soup cans, yogurt containers, etc.)



LEADERSHIP CONTACTS

BOARD OF TRUSTEES

Member at Large: *Jim Vandygriff*
Member at Large: *Jordan Leary*
President: *Anne Hedrich*
Secretary: *Ryan Berke*
Treasurer: *Lorien Belton*
Vice President: *George Wootton*

STAFF (PART-TIME)

Childcare Assistant: *Llewyn Roberts*
Organizational Coordinator: *OPEN*
Sunday Music Coordinator: *Lyndi Perry*
Worship Associate Coordinator: *Sondra Scott*

ACTION TEAM LEADS (VOLUNTEER POSITIONS)

Art: *Susanne Janecke*
Building Manager: *Liz Berke*
Cache Community Connections liaisons: *Tara Hawkins & Julianne Larsen*
Children's Program Coordinator: *Jordan Leary*
Administrator / Finance: *Lorien Belton*
Community & Caring:
- Membership: *OPEN*
- Fellowship & Hospitality: *OPEN*
- Caring: *Jim Evans*
Environmental & Social Justice: *Jenny Norton & Paul Rogers*
Grounds: *OPEN*
Newsletter: *Lucy and Gabriel Leary*
Our Whole Lives Sexuality Education: *Lorien Belton*
Webmaster: *Susan Buffler*
Special Committees:
Nominations: *Susanne Janecke, Jenny Norton, Julianne Larsen*
Committee on Ministry: *Susanne Janecke, George Wootton*

BOARD LIAISONS

Building: *Ryan Berke*
Membership: *Anne Hedrich*
Religious Exploration: *Jordan Leary*
Worship Team: *George Wootton*

Feedback on Sunday services:
Susanne Janecke

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 point of contact, regardless of who conducted the service: susanne.janecke@usu.edu

CVUU CALENDAR: JULY 2019

Sun	M	T	W	Th	F	Sat
	1 Cache Valley Buddhist Sangha 7:15pm	2 Cache Pride Center Pre-Teens 5-8pm	3 Amrita Yoga Satsang 6:30pm	4 Independence Day	5 Cache Pride Center Teens 5-8pm	6
7 Sunday Service	8 Cache Valley Buddhist Sangha 7:15pm	9 Cache Pride Center Pre-Teens 5-8pm	10 Amrita Yoga Satsang 6:30pm	11	12 Cache Pride Center Teens 5-8pm	13
14 Sunday Service	15 Cache Valley Buddhist Sangha 7:15pm	16 Cache Pride Center Pre-Teens 5-8pm	17 Amrita Yoga Satsang 6:30pm	18	19 Cache Pride Center Teens 5-8pm	20
21 Sunday Service	22 Cache Valley Buddhist Sangha 7:15pm	23 Cache Pride Center Pre-Teens	24 Pioneer Day Amrita Yoga Satsang 6:30pm	25	26 Cache Pride Center Teens 5-8pm	27
28 Sunday Service	29 Cache Valley Buddhist Sangha 7:15pm	30 Cache Pride Center Pre-Teens	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>		

Join us at 10am for 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 is a
[Logan Pride Festival](#)
SPONSOR

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