



# Coming Home

The Newsletter of the Cache Valley Unitarian Universalists

MAY 2020 | VOLUME 26 | ISSUE 5

## 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.

## Sunday (Virtual) Services

To mitigate the spread of COVID-19, CVUU has suspended in-person Sunday services until further notice. **But we are still together in community and meeting online!**

Tune in through Zoom each Sunday at 10:00 AM for modified services that include familiar elements such as the chalice lighting, readings, joys & concerns, and music.



Use the Zoom link below to join us each Sunday, or you can enter the meeting ID if you already have Zoom open.

Link: <https://zoom.us/j/94154808522>  
ID: **941 5480 8522**



Cache Valley Unitarian Universalists  
is a [Welcoming Congregation](#).

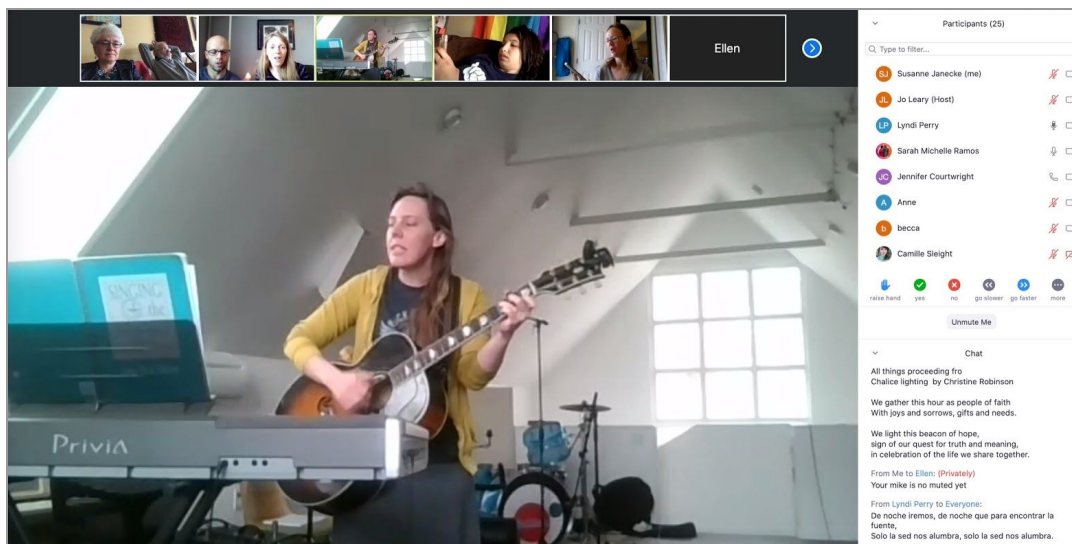


# What's New at CVUU?

## Virtual Services

It's been wonderful to see your faces, share joys & concerns, and hear from our speakers every Sunday morning! One unexpected benefit that has emerged from virtual services is the ability to welcome and reconnect with old friends who have moved away or are otherwise unable to attend physical services.

We've seen good attendance at the online services so far, and we hope to see more of you in the future. We also plan to start recording some of the services and making them available to view [on our website](#).



photos by  
Susanne Janecke

## Thank you for your support!

We would like to express our gratitude for those of you continuing your financial commitment to CVUU, allowing us to stay present for our community during this challenging time. And a big thank you to Jay and Leslie Black, whose generosity fortuitously allowed us extra flexibility in our response to the current crisis in addition to growing our adult RE program, albeit in different ways than we had originally imagined!

-Lorien



# Events & Announcements

May  
14

**CVUU Board Meeting:** All are welcome to attend and give input.

**Contact info:** Anne Hedrich at [president@cvuu.org](mailto:president@cvuu.org)

Thursday: 5:30–7:00pm online through Zoom

May  
Tuesdays

**Spirit in Practice (Adult RE)** for those who have registered for the class.

**Contact info:** Emerson James at [emijame@gmail.com](mailto:emijame@gmail.com)

Tuesdays: 6:00–7:30pm online through Zoom

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## Highlights from the Last Board Meeting

1. Discussion of online Zoom services: what worked, what didn't, future plans, continuing with the 25th anniversary speaker series, etc.
2. Impacts of COVID-19 on budget and staffing (we're overall still doing fine).
3. Discussion about donations in memory of Crista Sorensen.

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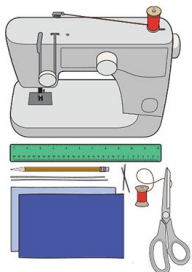
## Care Available

CVUU recognizes that it is precisely in the times when social systems and structures are taxed that there is the greatest need for both logistical and emotional support. Because of this, we are working to bolster our care committee to offer help to those in need.

- If you or someone you know are in need of help such as grocery shopping, getting to medical appointments, getting prescriptions filled, childcare, etc. please communicate your needs to our Care Committee chair, Jim Evans ([james.evans@usu.edu](mailto:james.evans@usu.edu), 435-760-9318).
- Please also reach out to Jim if you are someone who is willing to help with meals and errands for others.

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## Making Your Own Mask



Here's [a link from the CDC](#) for making your own cloth face masks!

The CDC advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus (and do not know it) from transmitting it to others.

*image from the CDC website*



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## Disaster Planning During Pandemic

Dear CVUU Community,

I hope you are all staying mentally and physically healthy in this unusual time in history. Besides the worry and tremendous grief due to the Pandemic, there are the everyday issues we've been dealing with like where can I buy T.P. and disinfecting wipes? How many of us wished to have had even one more package of toilet paper before the Pandemic caused panic shopping here in Utah? I know I did, and I was grateful for the generosity of people like Gail Hanson, who did have extra t.p. on hand, in case we needed it!

With a lot of us doing social distancing, now may be an ideal time to reevaluate your emergency plan. What a great time to involve the whole family in planning, gathering supplies and even learning to put up the family tent. Have the kids pack their own emergency bag. The benefit of becoming prepared for disasters is that you and your family will feel a sense of control during emergency situations. If you practice, you and your family will know what to do when things fall apart.

NPR has [a 3 minute article you can listen to](#) from Nathan Rott that was from April 11, 2020. It is about Disaster Preparation during the Pandemic. I hope you'll listen to it. Also, from that NPR article, was the link below, which has information on getting started on your emergency plan. It even has a section for your furry family members. Did you know that most shelter situations will not accept animals? So try to include a safe haven in your plan for them.

Due to COVID, if a disaster happened, they might be putting people up in dormitories and hotels, instead of traditional shelter situations. Where would you evacuate to? Would you be ready to be displaced for a time if there was a house fire and you had only seconds to evacuate? Think about at least doing something once a week or once a month to help yourself during times when the government, hospitals, and military are strained and can't help you for a while. We've seen how our first responders can easily get overwhelmed.

Start with you, then your family, then your neighbors, and then your community. Working together will ensure more success for everyone during disasters. I'm trying to learn from this Pandemic what Tara, Buttercup and I can do better the next time a crisis happens. For example, we've been using some of our food storage, so we'll need to replace those items. Also, we need to keep some cash around.

I hope you'll look at some of the areas you could improve and make crisis, emergency, disasters or whatever more manageable.

For more ideas and information, go to:

<https://www.usa.gov/prepare-for-disasters> and [www.ready.gov/utah](http://www.ready.gov/utah).

You can also contact me at: [jlennlarsen1@gmail.com](mailto:jlennlarsen1@gmail.com)

*Julianne Larsen  
Sheriff's Prep Roundtable Volunteer  
Cache Community Connections*



## Community Donation

Once we meet again, Sunday offerings will be going to the **Cache Clean Air Consortium**.



The mission of the CCAC is to gather members of the community to address Cache Valley's air pollution. It is an effort to bring together diverse ideas and experience throughout the valley to work together in a cohesive and efficient way. The focus will be action-oriented, broadening awareness, and creating partnerships to work toward solutions. The purpose is collaboration; CCAC is completely non-partisan/non-political. CCAC is a non-profit affiliate of Breathe Utah.

## In Our Thoughts



- ◇ Marty Anderson, who lost his father
- ◇ Jenifer Courtwright, whose grandmother recently passed
- ◇ Eva Mayfield, who lost her father
- ◇ Maya Collinwood (formerly Kimberly Nelson) and her girls Joanna and Rachel, who lost their sister, Liz
- ◇ All those unable to visit loved ones in times of sadness and grief

"We light this chalice for the warmth of love, the light of wisdom, and the energy of action."

## Info & Contacts

[Board of Trustees](#)  
[Staff](#)  
[Action Teams](#)

[CVUU Calendar](#)



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