



Coming Home

The Newsletter of the Cache Valley Unitarian Universalists

APRIL 2021 | VOLUME 27 | ISSUE 4

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 Online Services

Tune in through Zoom each Sunday at 10:00 AM: <https://zoom.us/j/94154808522>

Apr
4

The Ecology of Silence
presented by Emerson James

Apr
11

Peace Corps Experience
presented by Wesley Shugart-Schmidt

Apr
18

Friends of Salt Lake
presenter TBA

Apr
25

Soul Matters Discussion
presented by Sondra Scott

Waiting for Warmth

On a warm Sunday afternoon after the online service, Jo and I leashed up the dog and walked up the Boulevard and down 600 East to the CVUU building. We miss our ritual walks to and from church each Sunday. It's nice to have our bodies be a part of our worship.

When we stepped into the church I felt as if time came to a gentle stop. Everything was quiet and still. I sensed a patience in the air. The coffee percolator sat tucked away on the counter, waiting to be filled and heated. The glossy keys of the piano reflected the yellow light of the sanctuary, waiting to be touched. And all the chairs still faced the pulpit, arranged in imperfect rows, waiting for the warm company of imperfect people. To them, a week is no different from a year. When the time comes, they will be ready.



photo by Flickr from Pexels

On our way home we took a detour through campus, where the crocuses, daffodils, and tulips competed in their annual spring race after a long winter of hidden training. The crocuses seemed to be winning. I caught a glimpse of their exuberance, the kind that only comes at the end of a good wait.

-Jordan Leary

The Need for Spiritual Roots

A couple of weeks ago a group of members gathered to talk about awareness of CVUU in the broader community, the last of five strategic planning meetings that were held over the past year. I know that strategic planning is important. (Don't tell, I even pushed for it.) I won't pretend, however, that when given a choice about how to spend two hours of my time that strategic planning is at the top of my list. It can be bureaucratic, tedious, and at times hard to see its long-term benefit. Despite this, I came away from our conversation quite impassioned by and proud of this little community of ours.

While the ultimate goal of the meeting was to think about what and how we make ourselves known in the broader community, we began with a conversation about how we understand ourselves. We looked at the challenges we have in articulating who we are and the barriers we have in describing CVUU and Unitarian Universalism to folks outside--or rather, not yet a part--of our congregation.

It's no surprise that the general sentiment was that folks feel comfortable sharing about, and take much pride in, our commitments to service and social justice. Rarely, however, do we name that CVUU is a church. Rather, CVUU was seen as one place (amidst many) that members of our community come to express and enact their values of social and environmental justice. Confronting the reality that there are many organizations that our members are involved in and give their time to, the key question that emerged for me was what differentiates CVUU from all of those other organizations? How do we make CVUU a priority and integral to people's lives?

During our conversation, one participant made a wise, albeit provocative, point. He noted that while yes, we are an open-minded community, we are a liberal faith that everyone might not be open to. If we are really committed to the liberation of people, the more-than-human world, and the earth, "It is going to hurt a little."

A lot, in fact.

It is this hurt of social change that I think CVUU can respond to. For me, what can make CVUU different and make it integral to people's lives is the very thing that we feel hesitant, uncomfortable and even a little ashamed to name: Unitarian Universalism is a religious tradition. We are a spiritual community. As such, we have robust examples of changemakers that have come before us and a wide range of practices, rituals, ceremonies and wisdom that can nurture spirit and soul.

Caring for the soul has been an important focus for me. The psychotherapist and grief specialist Francis Weller says that:

Soul invites the marginal, the excluded, and the unwelcome pieces of ourselves into our attention. Soul is often found at the edges, both in the culture and in our lives. Soul takes us down into the places of our shared humanity, such as sorrow and longing, suffering and death. Soul requires that we be authentic, revealing what lies behind the image we try to show the world, including our flaws and peculiarities. Soul doesn't care at all about perfection or getting it right. It cares about participation.

For me, if our souls are not whole and thriving, we can't be fully present in the world. If we are all going to continue to participate in the work of liberation out in the world--work that is slow; work that comes with disappointment, loss and grief; work that requires us to feel the hurt--we need a place where our souls can be kept alive. We need a place where we can say I am tired, I am broken hearted and be received by others who say, "that's okay. Take a rest. Let's refill your cup."

The Rev. Erica Baron, Congregational Life Staff from the New England Region, says that, “spirituality is a willingness to show up for a world our hearts know is possible, even when there is little evidence of its existence.”

Given that social change tends to happen in very small increments and over a long period of time, progress can be incredibly hard to see, let alone quantify. It requires faith. I genuinely believe that by leaning into our faith, CVUU can offer a place of refuge and provide resources to sustain those working in the world with willing hearts.

-Emerson James

Events & News

Apr
(TBA)

Logan Youth Action Network for youth who have registered for the program.

Contact info: Kate Stephens or Jo Leary

Sundays (TBA), 5:00–6:30pm online through Zoom

Apr
15

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

Contact info: Anne Hedrich at president@cvuu.org

Thursday, April 15, 5:30–7:00pm online through Zoom

Highlights from the Last Board Meeting

- We discussed applicants for the CPC program coordinator. We may restart teen groups if enough adult volunteers are vaccinated.
- We identified some upcoming needs to resume in-person services.
- We met with the nominating committee to plan nominees for board elections in June.

Cache Valley Suicide Prevention Coalition

On Saturday, May 1, 2021 the Cache Valley Suicide Prevention Coalition is having a Mental Health Awareness and Suicide Prevention Walk. There is a huge crisis here in Cache Valley with over a dozen suicides in 2021 so far. Let's support each other and prevent any more from happening!

The walk will be from 11am–1pm starting at the Old Cache County Courthouse. We will probably need some volunteers to help point people in the right direction on the walk and help with setting and cleaning up.

There will be a flyer sent out later. If you're interested in helping out, please reach out to Julianne Larsen at jlnnlarsen1@gmail.com or Charity Jenson at (435) 792-6519.

Thank you for supporting the CSPPC!

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
- ◇ 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."

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[CVUU Calendar](#)



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