



Coming Home

The Newsletter of the Cache Valley Unitarian Universalists

AUGUST 2021 | VOLUME 27 | ISSUE 8

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>

Aug
8

Introduction to Transitions

presented by Sondra Scott

Aug
15

Discussion on Transitions

presenter TBA

Aug
22

A Ritual for Letting Go: Fire Communion

facilitated by Sondra Scott

Aug
29

How You Move Matters

presented by Emerson James

Tuning In

by Lyndi Perry

Today, for the first time in six months, I turned on NPR. When the blaring noise of the world had crescendoed into a pandemic panic, I turned it off and checked out when the main noisemaker behind it all seemed to be gone. I felt bliss. And you know where bliss comes from.

Ignorant, I let the world swirl past. I let the days blend into each other as I declined an in-person return to a job I hated. Privileged, I rested on savings and my couch and complained about a world that didn't need me, while others hungered and hurt. Still, it was in ignorance that I could let myself heal. I took online therapy. I wrote poetry and songs. I connected deeply with my children. I soaked up the silence that allowed me to find my own edges and understand my own story before I tried to incorporate others into a shared narrative.

Now, I move forward. I am reconnecting with friends, but deeper than before. I am regrowing gratitude, but from a more experiential place. (I know what can go missing from my life overnight). I am redrawing boundaries, but from a firm and caring heart—one that is more clearly delineated from the isolation. And finally, I am reestablishing my purpose. I have even accepted a new job that will help me bring my strengths to the table and build upon community successes. In designing this new vision of my relationship with the world, I am moving deliberately. The world changed, and now instead of staying in a churning ocean, I find myself working toward transition instead.

In leadership literature, the difference between transition and change has been deeply examined. Employees hate change. Change is scary and often feels out of control or imposed upon us. Transition, however, follows a clear path from now to some other, better, clearly defined place. Good managers minimize change and instead facilitate transitions. This is a standard workplace dynamic, and it seems that the whole world is getting ready to participate in it. In [an article offering advice to businesses](#), Yvonne Danyluck offers a 3-point outline of how workplaces can move forward:

1. Letting go of the old ways and old identities. This is akin to the early stages of grief.
2. Passing through an in-between phase, when the old is gone but the new isn't fully adopted yet. This is where new patterns are formed.
3. Making a new beginning, along with the forging of new identities, and a new purpose.

This is startlingly similar to conversations the leadership team at CVUU has had as we have tried to identify the current needs in our community. We want to reconnect with you all in a way that feels designed to meet your needs and not just check the boxes of what a church “should” do. In the coming months, we hope to see you in your grief, walk together through this awkward “in-between” transition, and then create a new beginning with a renewed sense of

purpose that suits all of us. With our new strategic plan, we are well equipped for this moment and I am hopeful.

I am also turning on the radio again. I was privileged to choose ignorance, and I am grateful for the healing that brought me. Now in this time of transition, I choose to pick up the responsibility that I know I can hold; I choose to keep what I have learned about rest and use it when I need it; and I choose to take my healed heart and bring it back to a world still in need. I hope you will all come to the table as we face this *transition*, sharing the path toward a life of meaning and purpose and using that foundation to guide the world to a better place.

Events & News

Aug
19

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

Contact info: Ethan Payne at president@cvuu.org

Thursday, August 19, 6:00–7:30pm online through Zoom

Highlights from the Last Board Meeting

- New board members were oriented to the board's function. Roles and duties were discussed and offices were established as follows: President - Ethan Payne, Vice President: Jordan Leary, Treasurer: Lorien Belton, Secretary: Ryan Berke.
- The board further discussed going back to in-person services. They approved outdoor in-person services and gave the go-ahead to invest in technology to offer hybrid services.

Please Welcome

Eric Gieseke (any pronouns)

Youth Program Coordinator

eric@cachepridecenter.org



Hello everyone! I am originally from Reno, Nevada. I moved to Logan in 2019 to pursue a degree in music therapy from Utah State. I have volunteered with special needs, substance abuse, homeless, and at-risk youth populations. Most recently, I ran teen programs at the Boys and Girls Club of Northern Utah. I am a gay, cisgender male. I am passionate about music, mental health, and helping underserved populations. As a loud person, I like to use my voice to speak-up for those who might have a hard time speaking up for themselves. Here at Cache Pride Center my hope is to help local LGBTQ+ youth realize their true potential and gain the confidence to take on their world.

Lia Klein (she/her)
CVUU Board Member



My name is Lia Klein. I am thrilled to now be an official member of CVUU! I am a mother to three human children, nine fish, one dog, and too many house plants to count. I completed a BS in Conservation and Restoration Ecology and am beginning an MS in Ecological Restoration and Invasive Plant Management. In my 'spare' time, I enjoy reading, hanging out with my children, pondering thoughts, exploring nature, and cooking tasty, nutritious meals. My core values include gratitude and service. I am grateful for the opportunity to serve on CVUU's board and look forward to being more involved in our community.

Sean Milton Duncan (he/him)
CVUU Board Member



After decades of regular relocations and having long since given up on his search for a spiritual home, Sean was introduced to CVUU. When he left his first service, he knew that he had found his spiritual community. Soon after, though, he moved away from Cache Valley. When his decades of relocations ended a short time later he settled in Layton, UT. He's been a semi-remote member since. In the past, the distance put limits on his ability to contribute his time, talent, and treasure. Adopting new technology because of the pandemic increased his ability to participate. With previous limitations removed, he was ready to serve on the board.

In Our Thoughts



- ◇ Frank Wyse, the Lant family, and all those 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."

Info & Contacts

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

[CVUU Calendar](#)



CVUU is a
[Logan Pride Festival](#)
SPONSOR

Connect with us!

