



Coming Home

The Newsletter of the Cache Valley Unitarian Universalists

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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>

Sep
5

Soul Matters Discussion: Embracing Possibilities
presenter TBA

Sep
12

How You Move Matters (Take Two)
presenter Emerson James

Sep
19

Not yet scheduled!
please volunteer and reach out to Sondra

Sep
26

TBA
presented by Sondra Scott

Embracing Possibilities

by Sondra Scott

Life is filled with changes, expected and unexpected, some of our own choosing and some thrust upon us from outside sources. No matter the circumstances, the possibilities for how we direct our path in response to them are vast.

When I was 17, I joined the Army. I set my basic training for the end of the summer so that I could enjoy a couple final months of childhood. During that summer I volunteered as a mentor and teacher for the local youth group, played sand volleyball with my friends (and beat the school varsity team), rollerbladed all around town to prepare for all the running I would be doing, and discovered why parents say, “I will turn this car around if you don’t stop fighting!” when I volunteered to drive half of my siblings to the restaurant I waitressed at for a family dinner.

The day I left for basic training was nerve-racking. I looked over my orders again and again to make sure I wouldn’t forget anything. It all seemed to move in slow motion. My recruiter drove me up to the Military Entrance Processing Station (MEPS) in Sioux Falls. The hour and a half drive crept along through the sea of grassland mile after mile. I was dropped off at my hotel with my orders and a packet of instructions detailing my flight information for the next morning. I had a lot of questions: How could I get myself to the airport? Where could I eat dinner? Like most new recruits, this was the first time I was doing something this big on my own.

I sat in my quiet hotel room debating on whether or not I should go to dinner all by myself. TV, movies, and teen magazines always seemed to paint going out by yourself in such a tragic, shameful kind of light. Everyone will think you’ve been stood up! Despite this, I decided I couldn’t just sit in my room, sad and hungry, no matter how uncomfortable it might be to sit alone in a restaurant, stressing over the suspicious gaze of strangers. I figured that this was one of those things I would have to get used to; I decided to see myself like a business-woman, independent and confident.

I walked across the street to Perkins, the closest restaurant on the list, and got a table for one. I sat quietly—going over my itinerary again in my head—as I waited for the waiter and then the food. How I wish I had a cellphone to scroll back then! And yet, sitting in that restaurant with only my anxious thoughts for company opened up a world of possibilities for me that I wouldn’t have been able to step into if I continued to feel that I always needed to have someone by my side. It was my first big step into adulthood and into self-care; I could feed myself without the need for other’s approval. After I finished dinner I walked back to my room, proud of my small accomplishment and feeling like I would be able to take on the world one small bite at a time.

The Covid-19 pandemic has thrust change upon the world in a dramatic fashion. We are still very much in the midst of transition, and we probably will be for a long time. Transitions like this – not just life changing, but world changing – take years to complete. Like that day in the restaurant that changed the trajectory of my life and created new possibilities without my knowing it, the world that cannot be returned in full to how it was before COVID will also create new possibilities for each of us that we might not be able to see now. There's no one path. Transition is not a linear process; I'm glad for it and frustrated by it all at the same time. In the day that eating alone at Perkins was a small way to practice my independence, I need the grace to be able to try something out only to discard it two weeks later, of dipping my toe in to test the waters maybe only to realize that I'd rather try a different pool. I also want to keep taking steps forward, to run and leap—with something safe to land on—and know that I'll be on the other side and not have to look back. Unfortunately, that's not how it works. Life doesn't happen in nice linear steps, always moving forward. Life is a dance, and I don't always know the steps or even the song. Embracing possibility is not about moving beyond the transition, it is moving into it. It is acceptance, it is hope, and it just might be that glimmer at the end of the tunnel.

Events, News & Opportunities to Serve

Sep
16

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

Contact info: Ethan Payne at president@cvuu.org

Thursday, September 16, 6:00–7:30 p.m. MDT online through Zoom

Highlights from the Last Board Meeting

- The Board approved the purchase of new technology to facilitate hybrid in-person services. The Cache Valley Sangha, who will also use the equipment, volunteered to cover half of the costs. The technology will be installed this month.
- Logistics needed to implement in-person, hybrid services were discussed. Masks will be required to attend in-person. Signs will be posted to explain our mask policy, and disposable masks will be provided for those who don't bring one. There will be no food or drink after in-person services.

Sustaining Worship

The Worship Team needs help! We are but three, two of whom are staff. **We need more folks helping to plan, recruit speakers, and offer services.**

To help make giving services less daunting, the Worship Team invested in a subscription with [Soul Matters](#), a UUA affiliate. Soul Matters provides themed, monthly packets that include

worship materials such as readings, songs, worship sermon seeds, and guiding questions. CVUU will be following the [Soul Matters themes](#), along with other UU congregations.

Here's how you can help sustain worship:

1. Sign up to facilitate one of our monthly discussion services. These will fall on the first Sunday of the month to open & introduce that month's Soul Matters' theme. The Worship Team will gladly work with you on finding readings and developing questions.
2. Give a service of your own for one of our remaining unscheduled Sundays this year.
3. Submit a suggestion to the Worship Team of a speaker who you think would fit well with one of the upcoming themes **and** be the person to reach out to them to present.

Below is a table with the dates of our scheduled Soul Matters discussions and the Sunday's we're still needing to fill with services. Please contact Sondra (segophoenix@gmail.com) and cc Emerson (emerson@cvuu.org) to sign up for a discussion, offer a full service, or to suggest a speaker.

<u>1st Sunday Discussions</u>		<u>Other Open Service Dates</u>	
5-Sep	Embracing Possibilities	19-Sep	Water Ceremony
3-Oct	Cultivating Relationships	17-Oct	
		31-Oct	Day of the Dead Ritual*
7-Nov	Holding History	21-Nov	Thanksgiving Bread Ceremony*
5-Dec	Opening to Joy	12-Dec	

* Sondra is planning to facilitate these services, but could use help with setting up and some of the service elements

In Our Thoughts



- ◇ Frank Wyse and all those mourning the loss of loved ones
- ◇ Friends, members, and their families struggling with physical or mental illness and other life struggles
- ◇ Those in the world experiencing environmental and/or political displacement

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

Info & Contacts

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