



# 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

Join us each Sunday at 10:00 AM with in person at 596 East 900 North, Logan, UT 84321 or via Zoom (<https://zoom.us/j/94154808522>).

Nov  
7

***Discussion: How do we hold history?***  
presenter Sondra Scott

Nov  
14

***Be Together: Informal gathering for conversation.***  
space held by Jordan Leary

Nov  
21

***Thanksgiving Bread Communion***  
presenter Sondra Scott

Nov  
28

***Soul Matters Homily***  
presenter Emerson James

## Holding History

Lyndi Perry

All of us, all of us, all of us  
trying to save  
our immortal souls, some ways  
seemingly more round-  
about and mysterious  
than others. We're having  
a good time here. But hope  
all will be revealed soon.

Raymond Carver  
Excerpt from *"In Switzerland"*

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When I try to interpret this month's theme, I get overwhelmed. History is LONG. How can we ever hope to hold it? Especially when history seems to hold us instead; all of us bound up tight in nature's slow arc and our ancestors' bad choices. Bundled into my genetics, history guides my biology. Tracing across Europe and oceans, history settles onto the landscape all around me, pins me to a legacy of harm.

Historic threads of suffering and triumph connect every human to each other, to the world. In my life, I've focused heavily on breaking patterns of suffering for myself and others. With my attention set on things that need to break, I have changed few minds, and damaged many relationships. Lately I've questioned my focus on friction, wondering if the other half of the equation could hold more potential: what if I focus on the threads of history I want to pass through intact? What if I build on triumph instead of only trying to break history's back?

To me, the study of history is the context for our seeking of belonging: all the fighting, injustice, struggle to control stems from our desire to protect ourselves and people like us. This desire to protect our tribe is not inherently a flaw: it is why we pass knowledge of surviving on a tough Earth through generations; it has propelled us to solve problems that hurt others, from safety pins to medicine; it is the root of compassion. "Because I see myself in you, I want you to be okay." The danger enters when we see others as outsiders, to be approached with fear and dehumanized. "Because I don't see myself in you, I don't care if you are okay."

In this way, personal history intertwines with human history. We are living in a time of unprecedented connectedness and feeling more lonely than ever, cast as outsiders in so many forms of media, using mass forums to shame individuals for systemic flaws. This collective punishment of individuals won't redirect the thread of history that connects us to this moment.

Neither will resting in overwhelm at the size of change that needs to be created. And so, with the meme machine on pause, I'm reflecting on the threads I would like to grow, rather than break.

I hold the thread of wild and unruly women like me, Suffragettes who fought for themselves and the empathetic men in places of power who supported them on this mission of change; from this foundation of great strength, I can see how my role shifts to that of the privileged position: the gains made from my ancestors' fight can help me effectively support change that reflects the diversity of gender experience and expression that has always existed but rarely been protected and celebrated. I raise up Black Lives Matter as a way to restore the humanity of those who have been dehumanized by my ancestors, not shying away from the pain that flows both directions; as I open to the struggle of others I also avoid dehumanizing language for those who disagree with me. I hold the language of religion as a way to maintain continuity through generations, though I liberally reinterpret what divinity means to me: I can be included in Christianity, but I can also see how I belong to *something bigger*.

Most of all, I am trying to reshape my life as an invitation to those around me to be part of that *something bigger*. Even as I narrow my focus and train my energy on the movements that most move me, I acknowledge there is more to be addressed that I can't fit on my shoulders. Then, I support others who hold the history that moves them too.

Here's your invitation! Let's do this heavy lifting, and pass on something better. Together.

## Events, News & Opportunities to Serve

Nov  
18

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

**Contact info:** Ethan Payne at [president@cvuu.org](mailto:president@cvuu.org)

Thursday, November 18 from 6:00–7:30 p.m. MDT online through Zoom

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### Highlights from the Last Board Meeting

- We'd like to extended a BIG thank you to Jean Lown and other volunteers for xeriscaping the park strips!
- The board successfully tested the new technology for hybrid services. Since we've had two!
- There was continued discussion on the calendar of upcoming services and how best to continue to solicit volunteers.

## In Our Thoughts



- ◇ Friends, members, and their families struggling with physical or mental illness and other life struggles
- ◇ Those participating in COP23 who are assessing climate change impacts and appropriate responses
- ◇ Indigenous and Native communities for whom the history of this month holds pain

*"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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