Coming Home
The Newsletter of the Cache Valley Unitarian Universalists
VOLUME 23, ISSUE 11

We are a religiously liberal, welcoming community, united in a responsible search for knowledge and spiritual growth. Bound by no dogma or creed, Cache Valley Unitarian Universalists value and promote peace, liberty, social justice, and environmental sustainability through personal, community, and global action.

In this issue…

- Sunday Services
- Tara’s Corner
- In Our Thoughts
- Events & Activities
- Announcements
- Ongoing Happenings
- Connect with us!
- Address & Contact Information
- Church Calendar

Jean Lown having fun at a recent CVUU yard party:  
Photo credit: Susanne Janecke

Sunday Services
all services begin at 10am

November  5 : Joy: Tara Hawkins
November 12 : Growth Mindset: Kevin Whitaker
November 19 : This I Believe: Sondra Scott
November 26: Baha’i Faith: Barbara Lachmar
Tara’s Corner

“Gratitude: The Real Thanks Giving”

Every Friday, I take a Happiness Class. We start each class by listing things that we're grateful for. Julianne always makes the list. Coffee makes a frequent and fervent appearance. And then it varies; my current favorite medical provider, niece or nephew, the weather, warm home, reliable transportation, whatever crosses my mind. This practice improves my mood every time.

Then we write down one thing that upset us and how it can be a blessing in disguise. This is a lot harder. How do I change the recent downturn in Julianne's health into a blessing? I think about how it makes me tell her more often how much I love her and why.

This Thanksgiving, try this exercise with your loved ones. Don't just say what you're grateful for, but reframe your challenges as well.

Tara Hawkins, Lay Leader

In Our Thoughts

- Sandy Charlson, Chris Lant, and their daughters Helen and Hannah
- Tara Hawkins and Julianne Larsen
- Leslie Black’s niece and her baby
- Sarah Hardy
- Emily, Vincent, and Violet Baker
- 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
- We hold in our hearts all of those around the world in harm’s way
Events & Activities

Nov 2

Socrates Café meets at CVUU at 7:00 p.m. on the first Thursday of the month for stimulating questions and lively discussion. For more information visit the Socrates Café page.

Contact info: Dave Christian at dchristian999@gmail.com

Nov 2

Community Event: We Are Your Neighbors!
6:30pm at the USU Taggart Student Center Auditorium

Experience the narratives of Cache Valley’s Latino community through a documentary film featuring parishioners from St. Thomas Aquinas Catholic Church.

Free event. Q&A will follow the screening and light buffet style dinner (chips/salsa, fresh fruit, pizza, dessert – no need to RSVP). This film is directed by USU Professor Crescencio López and music by Professor Sergio Bernal. Hope to see you there!

Nov 4-5

CVUU Yard Party:
Nov. 4 - 10am – noonish (feel free to come earlier)
Nov. 5 - about 11:30 am following the church service (a good excuse to wear your blue jeans to church!)

Help rake leaves, weed, mulch, and trim bushes, and other healthy activities to prepare the yard for winter. Join us for a fun social activity. Kids are welcome. Bring gloves, clippers, rakes, weeding tools. Don’t have tools? We can supply some!

Questions? Contact Jean at 435-760-2392 or jean.lown@usu.edu

CVUU FALL LEAF CLEAN UP INSTRUCTIONS

Rake front yard leaves into the parking strip, NOT into the road. Avoid areas around trees or other obstructions. Back yard: rake leaves into border along the fence where they will compost.

Logan City makes the following requests: • Please do not include sticks or branches, grass clippings, garden waste, or flower bed mulching with leaves. They plug the vacuum tubes and damage the equipment • Please do not rake leaves around the base of trees, telephone poles, fire hydrants, or power boxes in the park strip. The vacuum equipment is unable to pick up leaves around such fixtures • Please do not rake leaves to the edge of the roadway. More info at Logan City Public Works

Nov 11

Alternative Gift Market Community Event!
9am-2pm
First Presbyterian Church, Logan UT

For more information please see http://www.altgifts.org/

Contact: Jenny Norton 435-757-9660 or jeanettemarienorton@gmail.com
Every year the CVUU supports the Alternative Gift Market by handling the financial and coordinating jobs. Jenny Norton is the market coordinator. The main market is held at First Presbyterian Church in their large meeting hall. Congregations and groups from throughout the valley take part by hosting a table to display a number of the projects. Global Village Gifts has a table with their fair-trade items available. Music from volunteers and a lunch is available.

This year Jenny could use help with advertising, setup, greeting, music for the event, and staffing the CVUU table. Please see Jenny after Sunday service Oct 29th or Nov. 5th to sign up for a task or a time to help. For more information see http://www.altgifts.org/. To volunteer to help contact Jenny Norton 435-757-9660 or email jeannettemarienorton@gmail.com

Cache Valley Community
ALTERNATIVE GIFT MARKET: Gifts Inspiring Change
November 11th, 2017

Give, in honor of a friend or relative, an alternative gift of food, medicine, livestock or education.

These gifts will be sent to areas with great needs around the world and here at home.

When you purchase an alternative gift, you will receive beautiful gift cards with informational inserts describing your gift.

Your gifts of peace and compassion will change the world! These alternative gifts are life-saving gifts of hope. They empower the poorest of the poor on our planet to sustain life and to build a future for subsequent generations.

When people share with their world neighbors; a more peaceful, equitable global community can flourish. This year’s Cache Valley Community Market, where you can enjoy fair trade shopping, learning about the projects, lunch, a bake sale, music, and purchasing your gifts will be held at:

CACHE VALLEY MARKET
A Community Tradition
Saturday, November 11th
9:00 am to 2:00 pm
First Presbyterian Church
Please join us for lunch
200 West Center Street
Logan UT

If you can’t make it on Saturday, we will also take orders and have catalogs and some cards available at:

CACHE VALLEY UU
Sunday, 11/12 & 12/3
11:30 am to 12:30 pm
596 East 900 North Logan UT

Global Villages Gifts
69 East 100 North, Logan, UT
Announcements

“STANDING ON THE SIDE OF LOVE”: Susanne and Jim purchased some “Standing of the Side of Love” placards for CVUUers who want to be “love people” at protests. There are several 11 by 17-inch orange placards for you to borrow, use, and return. They are behind a poster at CVUU, leaning up against the back of the oak hutch. Look in the wooden built-in on the SW wall of the kitchen.

Example of one version of the UUA “Standing on the Side of Love” campaign lawn signs. Photo credit: Susanne Janecke

NEW BUILDING COORDINATOR: As you might have heard, Liz has taken responsibility for the facilities as building manager. Please contact Liz Berke at building@cvuu.org if you have any questions/concerns about supplies, maintenance, repairs, and especially building rental.

Susan is still handling the other organizational coordinator coordinator@cvuu.org responsibilities, but if it has anything to do with the building, contact Liz.

HOLIDAY SINGING GROUP:
Hello CVUU music lovers,

CVUU Music Coordinator, Lyndi Perry is getting ready to plan the community holiday singing group. If you have any interest in practicing in a group in the 6 weeks leading up to the winter solstice service please sign up on the sheet by the front door at CVUU.

Also, Lyndi would love to hear song ideas and other thoughts on arrangement. A pianist will be available for the service so let's make the singing count too!

Contact info: Lyndi Perry/Music Coordinator/435-237-9489

CVUU DIRECTORY UPDATE:
The CVUU Directory will be finalized soon. If you have not already done so, please let us know if you want to:

- Remain in the CVUU Directory
- Be removed from the CVUU Directory
- Be added to the CVUU Directory

If you want to be added, please include your name, name of spouse / partner (optional), children’s names (optional), address, and preferred contact information.
Send to: Susan at coordinator@cvuu.org
Ongoing Happenings

**Fundraising the Easy Way! Natural Grocers Cards for sale:** Buy $100, $50, or $25 cards at face value and CVUU gets a 5% donation. Contact Lorien at 770-2413. If you shop there anyway, think about it!

**Fundraising via Smith’s Rewards Cards:** Did you know that if you link your Smith's rewards card to CVUU, then CVUU gets donations from Smiths? Here's how:

1. Go to the Smith's website [https://www.smithsfoodanddrug.com/account/create/](https://www.smithsfoodanddrug.com/account/create/) and create an account on their site. One of the fields asks for any existing rewards number (often your phone number) that you have.
2. Then go to your account page. At the bottom, you'll be able to Enroll in the "Inspiring Donations" program. Our organization number is **PV584**, or you can just search under Cache Valley Unitarian Universalists.

**Do you have Feedback for us on CVUU Services?** Ideas, comments, or concerns about CVUU services? Please give compliments directly to those giving the services, but direct any complaints or concerns through Susanne.

**Contact:** Susanne Janecke is the main points of contact, regardless of who conducted the service.

**Ongoing Tasks:** Please, everyone pitch in when you see the need

- Empty waste baskets
- Take hand towels home to wash
- Water house plants
- Properly distinguishing between trash and recycling and putting in appropriate receptacle
- Empty trash & recycling into the proper outdoor bins
- Take bins to the curb Monday evening & bringing them in after Tuesday pick-up
- Help keep our building clean

**Contact:** Jean Lown 435-760-2392 or jean.lown@usu.edu
Financial Advice for CVUU Community: CVUU member Dr. Jean Lown provides financial advice on a sliding scale basis to the CVUU community in exchange for a donation to CVUU.

Jean recently retired from teaching personal finance, investing, retirement and estate planning at USU and the Financial Planning for Women (FPW) seminars.

Jean provides advice on financial concerns ranging from budget and credit problems to investment asset allocation, college and retirement planning.

The standard rate is $75/hour with reduced rates based on income.

Contact Jean at 435-760-2392 or jean.lown@usu.edu

Building & Facilities: Reminders
CVUU strives to be as ‘green’ as possible. Read about our compost and recycling efforts. Turn off the lights to save energy and make sure the doors are locked if you are the last to leave. Check basements lights. Also, check out the CVUU solar power production.

Google Groups Listserv Use Reminder: Please limit posts to the Google Groups listserv to CVUU business only (to avoid clogging up already too full email inboxes!). Contact: Susan for information about posting to the CVUU Facebook page.

Organizational Coordinator: Susan Buffler coordinator@cvuu.org

- Website, monthly newsletter, social networks, Google Groups listserv
- Systems
- Miscellaneous questions

Building Coordinator: Liz Berke building@cvuu.org

- Maintenance
- Supplies
- Building use and rental
- Scheduling ANY CVUU or private event/activity, etc. (so events do not overlap)

Newsletter:
Submit newsletter items and direct questions to: Susan Buffler at coordinator@cvuu.org
Join us for 10am Sunday Services at
The Jay & Leslie Black Fellowship House
596 E 900 North, Logan, UT
(435) 755-2888
info@cvuu.org

Cache Valley Unitarian Universalists is a Welcoming Congregation
Visit the cvuu.org website to learn more about our church community!

Don’t forget to VOTE!
NOVEMBER MUNICIPAL GENERAL ELECTION
https://www.cachecounty.org/elections/
## CVUU Calendar: November 2017

All activities listed here are held at the Jay and Leslie Fellowship House located at 596 E. 900 North, Logan, UT unless otherwise noted.

See the Connections tab on the cvuu.org website for details about our regular activities.

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<td>Sunday Service Joy</td>
<td>Cache Valley Buddhist Sangha 7:15pm</td>
<td>Election Day</td>
<td>Amrita Yoga Satsang 6:30pm</td>
<td>Socrates Café 7pm</td>
<td>Ewe Ewe Fiber Arts Group 7pm</td>
<td>CYRC 4:30pm</td>
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<td>CVUU Yard Cleanup Party (after the service)</td>
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4 CVUU Yard Cleanup Party 10 am - noonish
10 Alternative Gift Market First Presbyterian Church 9am-2pm