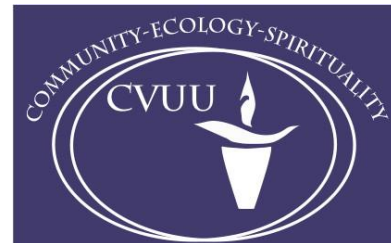


# Coming Home

The Newsletter of the Cache Valley Unitarian Universalists  
Vol. 21 No. 9 December 2015



*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.*

## Sunday Services

All services begin at 10am

**DECEMBER 6, 2015**

***World Water Issues***

- Chris Lant

**DECEMBER 13, 2015**

***Service on "Service"***

-George Wooton & Emily James

**DECEMBER 20, 2015**

***Winter Solstice***

- Mary Jackson-Smith

**DECEMBER 27, 2015**

***How Far Have we Come From  
Selma? The Death of Kalief  
Browder***

- Tara Hawkins



Join us for Sunday Services at  
the **Jay and Leslie Black  
Fellowship House**  
596 E 900 N, Logan, UT  
(435) 755-2888



## Tara's Corner

### "Light"



The things I love most about the Holiday season are the lights peering out from the darkness.

I light up my home to bid you welcome – come in from the cold. I bake treats to share and the house smells delicious. I wrap gifts for all my nieces and nephews, my brothers and my sister and their spouses, my parents, and one or two special friends.

I hope I've picked out things that will delight them. I send out greeting cards to far-flung friends and set the cards I receive in a prominent place. I make plans for my mother's annual visit: special foods and drinks (think quinoa and kombucha), entertainment (she's a film buff), and my favorite; reminiscing over the past year (at least) and about our lives (at best).

I am well aware of how fortunate I am to have so much light in my life – so much love and warmth. In this bleak time of year, I count my blessings. If you, like Julianne and I, are susceptible to Seasonal Affective Disorder (SAD), give us a call and come for a visit. We'll be more than glad to see you and visit with you. We'll see each other through the winter, through the madness of the holidays, into the brighter days to come.



Tara Hawkins, Lay Minister

# December Feature

## Musicians needed:

It is always wonderful to have some music at the Gift Market to create a festive atmosphere and help celebrate community. Let us know if you are willing to play at the market.

## Table hosts needed:

[www.alternativegifts.org](http://www.alternativegifts.org) is one of the best sources of information about the projects. Project materials will be available for distribution to the table hosts. Themes for tables are listed on infographic to the right\*. If there are more hosts than categories we will split the groups as needed.

Gift Market contact: Jenny Norton 435-757-9660 or [jeanettemarienorton@gmail.com](mailto:jeanettemarienorton@gmail.com)



This year CVUU will sponsor the **Environmental Sustainability Group** table explaining the projects and that we are responsible for the financial arrangements for the market.

There will be music, lunch for sale, a children's area, Global Village gifts for fair trade items, and many groups and congregations represented from across the valley.

If you can help there is a sign-up on CVUU table or email Jenny at [jeanettemarienorton@gmail.com](mailto:jeanettemarienorton@gmail.com)



Jenny Norton & Paul Rogers  
Co-chairs, Environmental & Social



## Cache Valley Community Alternative Gift Market

Time again to think of all those wonderful projects and get the word out to your friends, congregations, clubs, and the public about the Cache Valley Community Alternative Gift Market!

**Saturday December 12, 2015**

**9:00-2:00 PM**

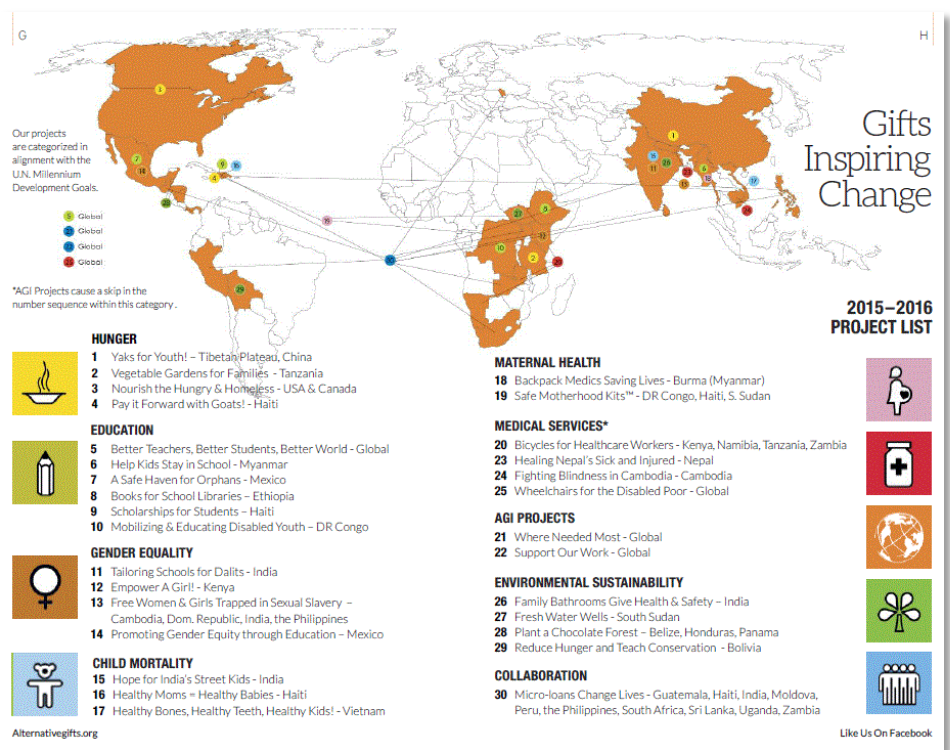
**First Presbyterian Church**

**Bruner Hall**

**200 West Center St., Logan UT**

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.

When people share with their community and 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 is Saturday Dec 12th, 2015. See [www.alternativegifts.org](http://www.alternativegifts.org) for more information on the projects and the organization.



\*Click on infographic for details about Alternative Gift Market themes

# Who's in Charge Here Anyway?



## CVUU Board of Trustees

**Jay Black**  
Vice-President

**Lorien Belton**  
Treasurer

**Dave Christian**  
President

**Jennifer Courtwright**  
Secretary

**Chris Lant**

## Staff

**Sharla Hart**  
Organizational Coordinator

**Jennifer Hamilton**  
Director of Religious  
Education

**Tara Hawkins**  
Lay Leader

**Emily James**  
Worship Coordinator

**Michelle Wiltgen**  
Music Director

**"Strengthen me by sympathizing  
with my strength, not my  
weakness."**

- Amos Bronson Alcott (Unitarian,  
Transcendentalist, educator, utopian,

**Susan Buffler**  
Communications Coordinator:  
*newsletter, website, social*  
[cvuu.newsletter@gmail.com](mailto:cvuu.newsletter@gmail.com)



## President's Page - "Dr. Dave"

**The Parable of the Potluck:** Today we had our "Fifth Sunday Potluck" at CVUU. It was a lovely affair. Soups, salads, entrees, desserts. Some dishes made fresh. Others were handsome Thanksgiving leftovers. I brought a pot of my "African Peanut Squash Soup." Several asked for the recipe. (I've included it at the end.) We had a good time and plenty of good food.



I've participated lots of potlucks. I grew up LDS (Mormon). They have potlucks down to a science: organizers, assignments, and protocols. I've been to university faculty potlucks, graduate student potlucks, gourmet potlucks, international potlucks, family reunion potlucks, ethnically-themed potlucks, multi-family holiday potlucks, campground potlucks, backpacking potlucks, just to name a few.

My 16-year-old daughter Piper recently hosted a potluck for her friends prior to the Sadie Hawkins high school dance. I offered to provide the main dish. She circulated requests for each of the eight guests to bring a potluck dish to share. I made a big lasagna. Then the potluck items rolled in: a bag of chips, a chocolate bar, and a bag of pita bread! I took Piper aside and explained that, unlike Jesus, I don't have the ability to magically turn a few items into a feast. But I hastily whipped up some side dishes. I realized not all teens have learned potluck protocol.

Some of you know the folk tale of "Stone Soup." A hungry stranger arrives at a village. Due to local tensions, the villagers have not been speaking or cooperating with each other for some time. The traveler approaches the first cottage. He knocks on the door and explains that he is making stone soup. He asks to borrow a large pot. Curious, the occupant offers a large pot. The traveler places a smooth round stone in it and marches off to the next cottage.

The villager follows curiously, wondering what this preposterous scheme is about. At the next cottage the traveler again asks for small donation, getting a few carrots. The villagers follow him as he moves from cottage to cottage, making the same request. He collects turnips, potatoes, beans, onions, a bit of meat, etc. etc. until the whole village follows him to the town square. They help hoist the now heavy pot atop a fire they cooperatively build. Before they realize it, they are laughing and talking with each other for the first time in months while the soup bubbles away.

Their animosities forgotten, they pass around steaming bowls of the best soup they've ever tasted until all that remains in the bottom of the pot is the smooth round stone. Their relationships rekindled, the villagers look around to find the traveler has disappeared, perhaps to work his potluck magic elsewhere.



*The Parable of the Potluck*

### **Announcement: Board Member Changes**

As board president, I wish to extend our thanks to Julianne Larsen for her service on CVUU's Board of Trustees. We will miss her expertise and ideas. After a review of excellent candidates, the Nomination Committee presented Chris Lant's name to the Board for consideration as Julianne's replacement.

The Board voted unanimously to approve his nomination. This brings our board membership back up to the five members called for in our by-laws. Chris comes to us with lots of previous UU experience and we are excited to benefit from his skills and insights.

We will invite him to introduce himself to you in more detail in an upcoming newsletter.

Please welcome him as your new board member! And we want to thank Julianne Larsen again for the service and skills she shared with us during her tenure on the board. We wish her all the best.



*Dave Christian,  
CVUU Board President*

Good churches and good potlucks seem to follow similar principles. Here are a few I see:

- Both offer a diverse experience you couldn't or wouldn't be able to create on your own
- Both inspire people to share their unique talents and resources for the benefit of all
- Neither requires contributions to be equal
- Both strike a balance between too little and too much planning
- Both meet basic human needs (e.g., eating, companionship, community)
- Both build cooperative relationships that grow over time

I realize this comparison probably does not break new theological or culinary ground. But I find it instructive. The analogy leads me to ask some questions about CVUU:

- How can we better meet the needs (tastes) of our own members?
- How can we attract new members to our table?
- How can we best invite people to share their talents and resources?
- How can we make the potluck that is CVUU, richer and more rewarding for all?

Of course, analogies are limited. Perhaps I've stretched this one too far. But I'd be interested in your thoughts. As a board, we are interested in making CVUU a better sharing community. Feel free to pass on your ideas about how we can better do that.

Oh, here's the recipe. Adjust the ingredients to your taste. You can use chicken stock instead of water if you like. My kids eat about 100 pounds of squash per year if it's in the form of squash soup!



### **Dave's African Peanut Squash Soup (Vegan)**

- Peel and seed an 8-10 pound squash (I used banana squash today).
- Cut it into 2x2 inch chunks and toss into your pressure cooker or large stock pot. Add:
  - Lots of minced garlic (about a half cup or more)
  - 1 T Black pepper
  - 1 T Cumin
  - 1 t Red Pepper
  - A glug or two of olive oil
  - 2 Cups water (or stock)
  - One Stone (optional)
  - Pressure cook all this for 20 minutes or steam it in your stock pot 1.5 hours until mushy
  - Add 1-2 cups peanut butter and 1/3 cup soy sauce
  - Blend it using an immersion blender (my favorite) or regular blender, potato masher, or food processor – **Enjoy!**



## Programs & Teams

### Building

Ryan Dillingham &  
Todd Seeholzer

### Environmental & Social Justice

Jenny Norton & Paul Rogers

### Grounds

Jean Lown

### Membership/Fellowship

Nyla Newman

### Religious Education

Jennifer Hamilton

### Worship/Sunday Services

George Wooton

### Cranberry Sauce with Cherries, Marsala & Rosemary

*courtesy of Leah Hazlett*

#### INGREDIENTS

2 cups dry Marsala  
1/2 cup dried tart cherries  
1 12-ounce bag cranberries  
12 ounces frozen dark sweet cherries  
(about 2 2/3 cups), halved  
1 cup (packed) golden brown sugar  
1 teaspoon minced fresh rosemary  
1/2 teaspoon ground allspice

#### PREPARATION

Combine Marsala and dried cherries in deep saucepan. Boil until mixture is reduced to 2/3 cup, about 8 minutes. Mix in remaining ingredients. Bring to boil, stirring occasionally. Reduce heat to medium, cover pan and simmer until cranberries burst and mixture thickens, stirring occasionally, about 8 minutes. Transfer to bowl. Refrigerate until cold, about 3 hours. (Can be prepared one week ahead. Cover; keep refrigerated.) [epicurious.com](http://epicurious.com)



### Membership

Many thanks to Kimberly, George, Michelle, and Nyla for cooking the turkeys and everyone who participated and or contributed to the Thanksgiving dinner on November 22nd. Your efforts were most appreciated! The event provided time to break bread together, get to know one another better, and celebrate the holiday particularly for those celebrating it alone, and most importantly, share our gratitude for our many gifts we tend to take for granted.

### Cookie Exchange

Bring up to 3 three dozen cookies following the service on Dec. 13<sup>th</sup>. Everyone will then go home with a nice assortment of cookies!

### Christmas Caroling

Leslie Black suggested UUs of all ages go Christmas Caroling and then return to the church for hot cocoa and cookies.

Tentative date is **4:00p.m.**  
**Sunday afternoon December**  
**13th.** Come one Come all!



Joining together in fellowship for a tasty  
Thanksgiving meal!

As we enter the Christmas season, let us make a renewed effort to focus on what is most important rather than be dazzled and distracted by all the glitz. Getting caught up in the holiday frenzy is easy as we know all too well from experience.

Time with family, friends, treasured moments, wintertime activities, and best of all, honoring the season of giving. Personally, I revere my Christmas card messages and catching up with folks near and far. I love choosing a card from the angel tree to help a child in need. This year let's make the time to fully embrace the wonder of the season.

I would like to begin a new tradition by challenging each of us to perform at least one act of kindness each week of December, write it down and deposit it in a box by the front door to be used at a later service.

**RUAUU session #1 will be held January 10th** following our worship service at 11:30a.m. If you will need childcare, please notify Nyla (753 - 2432) in advance so we can provide it for you. If you are interested in learning more about becoming a Unitarian Universalist join us for this informative session. Happy Holidays to you and yours.



Nyla Newman, Membership Chair <[reikipeace@gmail.com](mailto:reikipeace@gmail.com)>

## Season of Giving Children Religious Exploration

On Thanksgiving Sunday the children created our very own "Giving Tree"; a special tree designated to be a place for the community to "Give what you can, Take what you need."

Donations are placed at the foot of the tree and are available to whomever may pass by and be in need.

The children and I would like to encourage members to visit the tree and read the book, "The Giving Tree" by Shel Silverstein



### Solstice Dinner!

**December 20<sup>th</sup> 6pm at CVUU**

A seasonally delightful evening of delicious food, beverages, drum circle and standup comedy, provided by the CVUU Youth to support their up and coming service trip.

**Tickets available during church service hours**

\$15.00 12yrs+

\$7.50 11yrs - 6yrs

free for 5yrs and younger

Beverages and Desserts:

\$.50 - \$2.00

**Additional donations warmly welcomed**

**For more information contact:**

Jennifer Hamilton

Director of Religious Education

**cvuu.dre@gmail.com** OR

Sharla Hart, CVUU Organizational Coordinator

**sharla.hart@gmail.com**



## Youth Religious Exploration

Wow, our youth group has enjoyed amazing growth over the last month. I am thrilled to welcome these beautiful new faces. Our youth meet on Sunday afternoons to laugh together, gain a deeper understanding of themselves, plan their mission trip and of course eat snacks.

I am happy to announce that the theme for this year's mission trip is ~*Orphaned and Abandoned Children*. The kids are currently looking into organizations locally and globally which serve children in orphanages and/or foster programs.

Mission trips require a lot of dedication, planning and yes, funds. I am proud that our youth made a covenant to work together to ensure that each member can afford to participate in our mission trip and so on their behalf, I would like to invite you to give what you can to support CVUU's amazing youth.

### Ways to Give:

- Donate your spare change. A donation jar will be placed by the coffee mugs each Sunday
- Attend the Winter Solstice Dinner (Dec. 20<sup>th</sup>) and/or The Littlest Art Show (May 2016)
- Sign up to provide supplies for one of our fabulous fundraisers
- Sponsor a Youth

Special thanks to the CVUU Board for their donation of over \$222.00 to get us started!!!



Jennifer Hamilton

Director of Religious Exploration

It's that time of  
year again... yesiree!



### Snow Removal at CVUU: Help Needed!

Thanks to Bruce Pendery for  
snowblowing the drives and  
sidewalks but he needs help.

- Less than 3" of snow,  
shovels are more effective
- Shovel a space for your  
vehicle **before** parking
- Parking on the snow packs  
it down into ice
- Our sidewalks get a lot of  
foot traffic (especially dur-  
ing the week) which quick-  
ly packs down to ice
- 'Snow melt', sand, shovels  
are located near the out-  
door trash & recycling bins  
to use for icy walks

Please pitch in to help with  
snow removal this winter (and  
not just on Sundays)! It's more  
fun than working out at the  
gym ☺ Thanks! - Jean



**Lights:** Last per-  
son(s) out turn off ALL lights  
inside and out (including  
downstairs) and make sure all  
doors and windows are  
locked. Thanks!



### Solar Power

**Production:** Check it out!  
[CVUU solar power production](#)



## CVUU Building & Grounds



### Fall Clean Up • THANK YOU!

Huge thanks to Kimberly, Todd, Bryan, Susan, Jennifer C., Paul, George, Susanne, Jim, and Jean for helping bust out some fall leaf and planting bed cleanup and to Leslie for tackling the indoor spruce up!

Amazingly, the city sucked up our leaves the Monday after we piled them on the grass parking strip! (Thanks to Susan & Bryan for photos)



Picking up leaves in the stairwell.  
See how much fun they are having!



This guy? Not so much ...just kidding



**RECYCLING:** Please help make CVUU a true Green  
Sanctuary. You will make Jean VERY happy ☺

### Do

- **USE** the new **BLUE BIN** recycling container under the kitchen counter
- **BE** more conscientious about separating trash and recyclables
- **GLASS RECYCLE:** Rinse glass containers and place in basket under the sink in the CVUU kitchen
- **EDUCATE** yourself **and your children** about the difference between trash and recyclables

**LOGAN CITY RESIDENTIAL COLLECTIONS: RECYCLING** Help out the folks who sort the recycled materials and **remove any trash and contaminated containers.**





## From the Communications Coordinator

### *Times they are a changin', once again...*

Although rich with information, our church newsletter is not mobile friendly.

- Over 2/3 of Americans use smart phones
- 2015/16 smartphone sales set to exceed those of tablets, laptops and other devices
- For many of these users, particularly younger users, smartphones are a "key entry point into the broader world of online information"

**In other words... if you can't read it, you won't read it.**

Our newsletter and website will be undergoing some changes in the next few months to reflect these trends.

Stay tuned and I welcome any ideas or suggestions. Thanks!



Susan Buffler: CVUU  
Communications Coordinator  
(newsletter, website, social)  
[newsletter.cvuugmail.com](mailto:newsletter.cvuugmail.com)

A huge thanks to Jordan Leary for his contributions to CVUU over the years. If you are unaware, among many other 'behind and not so behind the scenes' volunteer efforts, Jordan created and maintained the current CVUU website.

## Marginally Exciting Building Updates

*a.k.a: Greening Our Building, One Maintenance Task at a Time*

Sometimes, being part of a church is just about the little details. Sometimes, there are a lot of them. Here's a sampling of some of the progress happening in our building. Many of them even move us in little steps toward being a "greener" congregation.

- **New Internet (and phone) Service Provider.** This may not seem very exciting, but we just moved our internet, phone, website hosting, and domain registration to XMission. It will save us a tremendous amount of money, consolidate quite a bit of complexity in our technical support services, connect us with a great local business (based in Salt Lake), and let us use a company that uses renewable energy. Now we have phone service through "voice over IP" technology, with some fancy potential voicemail options.
- **Getting the furnace serviced.** Pretty exciting, right? Another local company, Gary Ricks Services, came to CVUU and gave our furnace a thorough once-over. They checked all the electrical connections, vacuumed it out, checked on its efficiency, and even changed the filter. The good news is that it is remarkably efficient. And keeping the filters changed regularly will help maintain that functionality. It's a little old, but still running well.
- **New code on the outside door.** There is nothing green about this at all, sorry. But it's good for security to change it once in a while.
- **New building contacts!** Ryan Dillingham and Todd Seeholzer have agreed to co-chair the team in charge of the building. They'll be getting up to speed soon.

### *Some stuff that still needs to be done – who's game?*

- **Weather-stripping and weatherizing windows and doors.** This is an ongoing need, and it's time to check where we need to add a little lining here and there. The downstairs windows are a particularly vexing conundrum. Feeling clever? Looking for a way to get involved? Maybe this is the opportunity you've been waiting for. Contact Lorian (phone or text 435-770-2413) if this seems like your cup of tea.
- **Vigilance in recycling enforcement:** Help our little ones, and our not-so-little ones, only put the right stuff in the recycling. This is everyone's job!
- **Does anyone have a spare battery-backup power strip** they can donate? Here's the deal: the VOIP phone, in order to work, goes through both the modem/router and its own little converter box. Both of those plug in. So if we want our landline to keep working in a power outage, we need a battery-backup power strip that those two items can be plugged into. It would run about \$80-\$100 for a basic one. If you have one you can spare, or want to get one new for CVUU, contact Lorian. While we're at it, we should upgrade our router/modem someday as well.



Lorien Belton (phone or text 435-770-2413)



# Regular Happenings



## Cache Youth Resource Center

The [CYRC](#) is a youth drop-in center open every Friday 4:30-7:30 to any youth age 14-23. We are a safe and supportive space for LGBTQ youth. Meets at CVUU in the Youth Room/north entry

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**Socrates Café** meets at 7:00 p.m. on the first Tuesday of every month for stimulating questions and lively discussion. We meet right here at CVUU.

Participants are invited to submit a question or topic to discuss. We vote for our favorite question and then the discussion begins! We wrap up by 8:30. We are one of over 600 Socrates Cafes meeting worldwide.

If you would like to be on our reminder list, let Dave Christian know at [dchristian999@gmail.com](mailto:dchristian999@gmail.com)  
For more info, check out [Philosopher.org](http://Philosopher.org). Hope to see you!

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## Ewe Ewe Knitting and Fiber Arts Group

(The Ewe Ewe group will take December off and will meet again in January)

Join the CVUU Ewe Ewes (get it!) every Thursday evening at 7pm at CVUU for an evening of sharing and fiber arts and crafts. Beginners welcome! Snacks and a bit of wine are usually served. U do not have to be UU (or drink wine) to join the Ewe Ewes!



Contact Susan at [cvuu.newsletter@gmail.com](mailto:cvuu.newsletter@gmail.com) to confirm if the group will meet on a given evening OR join the Ewe Ewes Fiber Arts public [Facebook Group page](#)

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## Financial Planning For Women

Improve Your Personal Finances!

Check the searchable [FPW Blog](#) for lots of great consumer and financial planning information:  
[Find us on Facebook!](#) Jean Lown also offers financial advising to CVUU members in exchange for a modest donation to CVUU.

For information: Contact *Jean Lown* at 435-797-1569 [jean.lown@usu.edu](mailto:jean.lown@usu.edu)

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## Newsletter Best Practices

Submit newsletter items and direct questions to: Susan Buffler at [cvuu.newsletter@gmail.com](mailto:cvuu.newsletter@gmail.com)

- Articles preferably no longer than 250 words
- Any submission is subject to editing 😊
- Send files in Microsoft Word
- Photos encouraged
  - Make sure you have permission in writing / attribution to use an image, particularly from parents of children
  - Do NOT use images from the internet unless they have [Creative Commons licenses](#) (include with image)

**\*Deadline:** the evening of the third day before the end of the month. Items received after the deadline will not be posted for that month.

# CVUU Calendar for December 2015

Sun.	M	T	W	Th.	F	Sat.
		1 Socrates Café 7 pm (see page 9)	2 Amrita Sangha 7pm	3	4 <a href="#">CYRC</a> 4:30pm	5
6 Sunday Service <b>World Water Issues</b>	7 Cache Valley Buddhist Sangha 7:15pm	8	9 Amrita Sangha 7pm	10	11 CYRC 4:30pm	12 Alternative Gift Market 9am-2pm Presbyterian Church (see p. 2)
13 Sunday Service <b>Service on 'Service' Cookie Exchange</b> (see p.5) <b>Christmas Caroling</b> 4pm (see p. 5)	14 Citizen's Climate Lobby meeting 6pm Cache Valley Buddhist Sangha 7:15pm	15	16 Amrita Sangha 7pm	17	18 CYRC 4:30pm	19
20 Sunday Service <b>Winter Solstice</b> <b>Solstice dinner</b> 6pm (see p.6)	21 Cache Valley Buddhist Sangha 7:15pm	22	23 Amrita Sangha 7pm	24 <i>Christmas Eve</i>	25 <i>Christmas Day</i>  No CYRC meeting	26
27 Sunday Service <b>How Far Have we Come From Selma? The Death of Kalief Browder</b>	28 Cache Valley Buddhist Sangha 7:15pm	29	30 Amrita Sangha 7pm	31 <i>New Year's Eve</i>	Jan 1 <i>Happy New Year!</i>  CYRC 4:30pm	2
3 TBA	Cache Valley Buddhist Sangha 7:15pm	Socrates Café 7 pm	Amrita Sangha 7pm	Ewe Ewe Fiber Arts Group 7pm (see p. 9)	 All activities listed here are held at the <b>Jay and Leslie Fellowship House 596 E. 900 N., Logan, UT</b> unless otherwise noted	