## Coming Home The Newsletter of the Cache Valley Unitarian Universalists Vol. 22 No. 2 February 2016



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

FEBRUARY 7, 2016 Poetry Share: On Relationships - Jennifer Courtwright

FEBRUARY 14, 2016 Sacred Intimacy - Jennifer Hamilton

FEBRUARY 21, 2016 Loving the Alien – From Refugees to Republicans - Tara Hawkins

FEBRUARY 28, 2016 4<sup>th</sup> Sunday Lecture - Kevin Winn

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





cvuu.org

# Tara's Corner

## "Love"



I love February! What's not to love about St. Valentine's Day? It's a holiday dedicated to sharing love. I believe

that it's just as much about Platonic love as Romantic love. It's a wonderful time to let



Julianne and Tara

friends and family know you care and are thinking of them. One year I cut out snowflakes and pasted them to pink paper to make Valentines for all of my friends and family. It took some time and energy, sure, but it was a real delight to see them open the cards.

I also have my birthday in February. This year I turn 45. I never thought I'd live to be this old and in my mind I'm still a kid. I'll be celebrating with a trip to California to see my family and meet my newest nephew, Rusty James Hammond. (I know - he sounds like a singing cowboy). Julianne and I will be making a few side trips to see as many people as possible.

While we're thinking about love, might I suggest we all make a special effort to get to know our neighbors? Even if you've known them for years, take a minute to reconnect. Love is the key to survival.

Let us love one another

Tara Hawkins, Lay Minister



## Monthly Feature

## Haiku

Haiku is one of the most important forms of traditional Japanese poetry. Haiku is, today, a 17-syllable verse form consisting of three metrical units of 5, 7, and 5 syllables.

**The seasonal theme.** Each Haiku must contain a *kigo*, a season word, which indicates in which season the Haiku is set. For example, cherry blossoms indicate spring, snow indicates winter, and mosquitoes indicate summer, but the season word isn't always that obvious.

## Seasonal theme: Winter Solstice

Haiku written by members and friends of CVUU for the Winter Solstice Celebration

#### 1.

Light out, dark night Light only by candle Cuddle with me close

#### 2.

Hello winter snow The trees all frosted and glow Meditation flows

#### 3.

Give of yourself to The bonds of community Here the divine rests

#### 4.

Pink morning skies and A freshly blanketed landscape Sound softened by snow

#### 5.

Winter is dead space Chilled air swirling wind and ice Only we dare live

#### 6.

Nuthatch, chickadee Siskin, junco, house finch, dove Guests at my table

#### 7.

This is a haiku For the brokenhearted cats Up in Alaska

#### 8.

On my tall bookshelf Stories gather row by row Adventures await

#### 9.

Snowy Snowy night Light the fire burning bright Winter solstice night

#### 10.

Climate change is real! The time for change is right now! Mother Earth needs us!

#### 11.

Glad light will increase! Solstice is sacred to me! Falling snow brings light!

#### 12.

Cardinal brightly Shines against snow and forest Holiday cheerful

#### 13.

Friends and family Sitting round the fire glowing Snow softly falling

#### 14.

Where's my soul at home? Up the canyon with my skis Falling snow beckons

#### 15.

I've fallen further (numb, naked, hopeful, look light) into horizons

#### 16.

Outside, surprise tracks Raccoon rabbit deer squirrel Tell me where they go

#### 17.

sinusoidal though longing for inflection points warm near the vertex

#### 18.

falling winter snow soft and gentle under feet only spare me the cold wind

#### 19.

winter is upon us months go before the warmth time for books under covers

#### 20. Snow falls gently through Branches stripped of summer leaves Winter has arrived

21. Final grading done Two a.m. walk with my dog Peaceful happy snow

#### 22.

We play Yahtzee now Even at this time of year When all things are cold

#### 23. Ice Snow Wonders

24. Dark and silent night With hushed wonder of the sky Makes time to reflect

### 25.

look out the window snow is falling everywhere white wherever I look

#### 26. Hills draw sledders up Gravity makes projectile Filling ER lines

27. A haiku for you My new friends at UU church Thanks for your kindness

#### 28. Guests of winter wind Skittering across the snow Call us out to play

29. Spiral in the snow With my Piggly Wiggly shirt I dream of cookies

# 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** 



Sharla Hart Organizational Coordinator

**Jennifer Hamilton** Director of Religious Education

**Tara Hawkins** Lay Leader

**Emily James** Worship Coordinator & interim Team Lead

Michelle Wiltgen Music Director

Susan Buffler Communications Coordinator: newsletter, website, social cvuu.newsletter@gmail.com



# President's Page – "Dr. Dave"

#### The Wisdom of Teams

We are now referring to our committees as teams. Why the name change? First, it's easier to say (think of all those syllables saved!). "Committee" has the connotation of meetings and talking. "Team" has the connotation of doing. A committee is led by a "chair." Most of us equate a chair with sitting. Teams have leaders who move them toward a clear mission, purpose or objective. Members of teams have clear roles that support the team's goals.



In their book "The Wisdom of Teams" Jon R. Katzenbach and Douglas K. Smith state "A team is a small number of people with complementary skills who are committed to a common purpose, performance goals and an approach for which they hold themselves mutually accountable." They also point out that team success depends on having the right mix of skills, discipline, and regular communication.

As a Board, we've directed our Organizational Coordinator, Sharla, to connect with each of our teams monthly, to identify the current leader, the team's goals, its current members, and any resources or support needed from the Board. Teams, of course, have considerable autonomy in selecting their goals and the means they use to achieve those goals. As a Board, we will work to assure that Church needs are being adequately met, and that our teams are adequately coordinated and supported with resources and members.

Next month, I'll talk about how we can better support CVUU's "small groups."

Cheers, Dave



Dave Christian, CVUU Board President



# Action Teams

Programs & Action Teams (formerly committees)

**Building** Ryan Dillingham & Todd Seeholzer

**Caring** Leslie Black Marlene Conner Nyla Newman

**Environmental & Social Justice** Jenny Norton Paul Rogers

**Grounds** Jean Lown

Membership/Fellowship Nyla Newman

**Religious Education** Jennifer Hamilton

Worship/Sunday Services Interim Worship Team Lead: Emily James



"We are often called to do the difficult, if not the seemingly impossible, and it is vital to our spiritual growth that we not ignore these challenges."

Janice Marie Johnson (Unitarian Universalist, educator, activist, faith leader) Bless the Imperfect: Meditations for Congregational Leaders



## Membership Team

#### **Membership Committee News**

Leslie Black has volunteered to help Marlene Connor with the Caring Subcommittee. Thank you Leslie! Marlene & Leslie need to be notified of any all needs for cards, phone calls, transportation, meals, support needed by our congregation. Please do not hesitate to contact them.

We are still looking for a Hospitality Subcommittee volunteer. You can sign up on Shar's (<u>sharl.hart@gmail.com</u>) spreadsheet as well.

Sunday February 7th an RUAUU#1 class will be held following Sunday's service at 11:30a.m. If you need childcare please contact Nyla Newman or Leslie Black so we may find a provider for your child. Bring a friend! Everyone interested in learning more about Unitarian Universalism is welcome to attend this one hour session.

#### WHY CONSIDER BECOMING A MEMBER?

Because each person brings unique gifts to the community---gifts of time, talents, and financial support---our Cache Valley Unitarian Universalists (CVUU) needs people who make the membership commitment. Our diversity is our greatest strength for today and the future.

Membership growth means greater strength for our CVUU community and more impact on the local community, even extending to international questions.

Since February 14th falls on a Sunday, come prepared for a Valentine surprise!

We are also placing a **SUGGESTION BOX** on the visitors table for helpful suggestions/comments from our congregations. Please do give us some feedback. What are we doing well? What are not doing so well? What would you like to see happen at CVUU? How can we better serve you/your interests?

A reminder about our **Fifth Sunday of the month potlucks** following Sunday services. This is a great time for visitors, new folks, and those interested in learning more about CVUU to attend, become better acquainted with our congregation and to get answers to any UU questions you may have.

And lastly, please know how very much each and every one of you are cared about and how important you are to the health and wellbeing of our CVUU community.

Warmly,



争)) Nyla Newman, Membership Chair

## What does spirituality look like?



"To grow restless with who we are helps us move toward our ideals. Perfection is impossible, but we all have the potential to be more patient, more compassionate, more openminded."

Stephen Shick (Unitarian Universalist, peace activist, reformer, clergy) Be The Change: Poems, Prayers and Meditations for Peacemaker

"Practicing forgiveness...opens the heart to kindness, beauty, and love."

– Art Severance, UU minister

"I believe there are many paths to the sacred, not the least of which, perhaps the most of which, is beauty."

– Barbara Carlson, UU minister

## Adult Religious Exploration

**Continuing discussion series** around the PBS Bill Moyer interviews of Joseph Campbell about the power of myth.

*The Power of Myth* deals with the universality and evolution of myths in the history of the human race and the place of myths in modern society.

Campbell blends accounts of his own upbringing and experience with stories from many cultures and civilizations to present the reader with his most compelling thesis that modern society is going through a transition from the old mythologies and traditions to a new way of thinking where a global mythology will emerge. INFO: Jennifer at **courtwjl@dukes.jmu.edu** 



congregation.

## Caring Team

Have you wondered "Who is there to help me when I need a helping hand?" At CVUU we deeply care about each other and want to offer support in troubled times. Our Caring Team is organized to help fellow CVUU members, friends and visitors know we care about

them and offer to organize others when help is needed. This outreach would include personal visits, meals, transportation, and general, sincere well wishing. We offer information on community resources that can provide care beyond that which we can provide as a

Our sincere hope is that you will step forward to let us know when you need help, or if you notice someone who is reluctant to ask. If you are willing to provide assistance with visits, meals or transportation to others, please let us know.

Please contact us if we can help you - or if you are interested in joining our team! Helping others makes our world a better place. Thanks.



Leslie Black (753-5030) Marlene Connor (245-4768) Nyla Newman (753-2432)



I'm excited about the direction that the worship team is headed. I wanted to highlight a couple of new programs and practices that the team has been implementing.

#### Worship Associates Program

As a lay-led congregation that relies on the talents and time of our members and friends, developing a strong Worship Associates program is integral to maintaining high quality worship services. In an effort to expand the role of Worship Associates at CVUU and to grow the number of members and friends serving in this role, the Worship Team is offering quarterly trainings to familiarize people with the role.

Last November, a group of seven of us met and had a vibrant conversation about how we can improve the feel and content of our services. We'll be having our next training/conversation **Saturday, February 27<sup>th</sup> from 10:00-11:30am.** 

#### 4<sup>th</sup> Sunday Lecture Series

This year the worship team is working on developing a 4<sup>th</sup> Sunday Lecture series. Meant to address the humanist and intellectual aspect of our congregation, the lecture series is supported by our 4<sup>th</sup> and 5<sup>th</sup> principles; a free and responsible search for truth and meaning, and the right of con-

#### Upcoming Dates/Services

- 2/ 7 Poetry Share
- 2/14 Sacred Intimacy
- 2/21 Loving the Alien From Refugees to Republicans
- 2/27 Worship Associates Training (10:00-11:30am)
- 2/28 4<sup>th</sup> Sunday Lecture Quarterly Worship Planning



<u>UU Ministry for the Earth</u>

Please support Logan High School's Logan Environmental Action Force (LEAF) club as they present their proposal for several resolutions acknowledging human-caused climate change and supporting activities locally to address air quality and carbon pollution.

Currently this resolution is scheduled to be presented at the **Logan City Council meeting Feb. 16, 5:30 p.m.** 

Members of CVUU, including Piper Christian, are LEAF members driving this effort. Show up and show your support! If the opportunity arises, please consider speaking out and/or writing a letter to the editor backing this resolution.



science and the use of the democratic process within our congregations and in society at large.

The structure of 4<sup>th</sup> Sundays will be a little different. To start, services will run an extra 15 minutes, ending at 11:15a.m., to give the speaker more time to present and facilitate a question and answer session. To optimize time, children will go straight downstairs for childcare, and the service will be lean on songs and readings.

As the lecture series becomes more established, it's my hope that it can serve as a community event, bringing in new faces to CVUU. If you know someone who would give a good lecture, let me know (emijame@gmail.com).

#### **Quarterly Planning of Services**

The worship team wants your input in participation in planning services. We've been meeting quarterly to schedule three months of services. Our **next worship planning meeting will be Sunday, February 28<sup>th</sup>, at 11:30a.m.** following the service.

Emily James, Worship Coordinator & interim Worship Team Lead



## Social & Environmental Justice

(A RESOLUTION PROPOSAL FOR THE LOGAN CITY COUNCIL)

#### LOGAN CITY CORPORATION A RESOLUTION SUPPORTING POLICY AND ACTIVITIES WHICH ADDRESS AIR QUALITY & CLIMATE CHANGE

WHEREAS the Logan City Corporation has demonstrated its commitment to improve air quality and reduce greenhouse gas emissions through the formation of the Renewable Energy and Conservation Advisory Board (RECAB), creation of a conservation coordinator position to support transitioning to cleaner sources of energy through conservation, efficiency, solar and other forms of renewable energy combined with clean vehicle deployment on a community-scale; and

WHEREAS Cache County has become a nonattainment area for PM 2.5 pollutants and is facing the likelihood of ozone pollution violation with warmer summers and more stringent EPA standards primarily caused by the combustion of fossil fuels which threaten our economy, residents and overall quality of life; and

WHEREAS climate scientists worldwide are in near-unanimous agreement that the planet is warming rapidly and this must be slowed to prevent the development of a climate that is perilous to human civilization, numerous species, and the global biosphere we all share; and

Read the rest of the resolution here...



#### Our Whole Lives (OWL) Human Sexuality course

In partnership with First Presbyterian Church, CVUU is happy to announce that registration is open for the comprehensive Our Whole Lives ~ Human Sexuality course for grades 7th - 9th!

This course is open to the larger community so please help us spread the word!! Feel free to download, print, and share our flyer.

Parent Information/ Orientation meeting at CVUU is **Sunday, Feb. 7th 4pm – 5:30pm** in the Main Sanctuary.

Parents must attend to enroll their child(ren). Can't make it? First Presbyterian will also be hosting a parent meeting TBA.

Jennifer Hamilton Director of Religious Exploration

More information http://www.uua.org/re/owl



## Religious Exploration & Programs



## Cache Valley Unitarian Universalists

Invites all youth 7th - 9th grade to participate in an

#### OUR WHOLE LIVES (OWL) class on Human Sexuality

When: Thursdays, starting February 18th - April 28th, 6pm - 8pm. There will be one weekend intensive in March. No class during Spring Break. Dinner will be provided.

Where: CVUU Fellowship House - 596 East 900 North, Logan

**Class Fee:** Fee for the class will be \$55 to cover materials and food. Scholarships available. Class size is limited to 20 students.

**Description:** Our Whole Lives: Sexuality Education helps youth gain the knowledge, life principles and skills they need to express their sexuality in life-enhancing ways. It puts sexuality into the context of values and personal responsibility,helping them manage social pressure and advocate for equality. It provides an opportunity to bring values and integrity to real-life issues. Our facilitators have been trained in the recently updated Our Whole Lives Curriculum for this age group.

For more OWL information visit www.uua.org/owl

Parent Information/Orientation Meeting: Sunday, February 7th 4pm - 5:30pm All parents/guardians of youth enrolled in the class must attend this orientation before your youth can begin the class. First Presbyterian will also be hosting a Parent Meeting TBA.

For more information or to register, contact Lorien at tecova@gmail.com

\*\*\*10th - 12th graders...if you are interested in an OWL course for you too, please let Jennifer Hamilton or Lorien Belton know (tecova@gmail.com)\*\*\*

### OWL in the News

Program provides holistic sexuality education http://www.newstimes.com/news/article/Program-provides-holisticsexuality-education-5692331.php

Testimonial: Our Whole Lives Teaches Sexuality Education—In Church! <u>http://www.uua.org/re/owl/120510.shtml</u>





#### SNOW REMOVAL

Thanks to Bruce Pendery for snow-blowing the drives and sidewalks but he needs help and not just on Sundays.

- 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 during the week) which quickly packs down to ice
- 'Snow melt', sand, shovels are located near the door and outdoor trash & recycling bins to use for icy walks
- Logan city is cracking down on building owners who fail to clear their sidewalks of snow and ice. Besides, it is our civic responsibility to be courteous neighbors
- You will help out our mail carrier too!



**COMPOSTING REMINDER:** Yes, we do compost. Use the blue bucket on the counter left of the sink. Please dump into compost bin on east side of building as needed.



**RECYCLING**: Please help make CVUU a true Green Sanctuary

#### 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
- > Make **SURE** that items are recyclable (Items might not be even if they have the recycle symbol)
- > Put any items with food (even if marked with a recycling symbol) in the TRASH
- > Put Paper towels and tissues in the TRASH
- > Take a few minutes to **educate** yourself and your children

**LOGAN CITY RESIDENTIAL COLLECTIONS: RECYCLING** Help out the folks who sort the recycled materials and **remove any trash and contaminated containers**. **2016 RECYCLING CALENDAR** also in Spanish **2016 RECICLAJE CALENDARIO** (COLOR)



**PLANTS:** Please check and water indoor plants in dining room and room reading/library/cry room as needed. Please avoid overwatering.



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



SOLAR POWER: Check it out! <u>CVUU solar power production</u>

# **Regular Happenings**



## Cache Youth Resource Center (CYRC)

The **<u>CYRC</u>** 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 LGBTO youth. Meets at CVUU in the Youth Room/north entry



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** For more info, check out **Philosopher.org**. Hope to see you!



### Ewe Knitting and Fiber Arts Group

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



Contact Susan at **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



## **Financial Planning For Women**

#### **Improve Your Personal Finances!**

Mark your calendar for Wednesday, February 10 Financial Planning for Women. The topic is: Don't blow your tax refund; put it to good use. We will explore great ideas for your tax refund or other unexpected windfalls.

Financial Planning for Women (FPW) is a monthly educational seminar that meets the second Wednesday of most months at two times: 11:30-12:30 p.m. in the USU Taggart Student Center room 336 (Bring a lunch), and at 7:00-8:30 p.m. at the Family Life Center, 493 North 700 East, Logan (at bottom of Old Main Hill). The longer evening time slot allows for more discussion. Programs are free and registration is not required. Men are always welcome. New attendees will receive copies of personal finance magazines.

Each time you attend FPW between January and March you will be entered into a drawing for a free financial advising session. Other prizes include Carl Richard's book: The One-Page Financial Plan and books on Social Security planning and managing your money in retirement.

#### **Upcoming programs:**

March 2: (note the date which is the first Wednesday due to USU's spring break the second week of March). The program will be: Basics of Life and Health Insurance.

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



### **Newsletter Best Practices**

Submit newsletter items and direct questions to: Susan Buffler at cvuu.newsletter@gmail.com

- > Articles preferably no longer than 250 words preferably in Microsoft Word
- ➤ Any submission subject to editing ☺
- Photos encouraged
  - Make sure you have permission in writing / or attribution to use an image, particularly from parents of children.
  - **Do NOT** use images from the internet unless they have <u>Creative Commons</u> licenses (include license 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 February 2016**

Sun.	М	Т	W	Th.	F	Sat.
	1 Cache Valley Buddhist Sangha 7:15pm	2 Socrates Café (see p. 9)	3 Amrita Sangha 7pm	4 Ewe Ewe Fiber Arts Group 7pm (see p. 9)	5 CYRC 4:30pm (see p. 9)	6
7 Sunday Service Poetry Share RUAUU? (see p. 4) OWL orientation (see page 7)	8 Cache Valley Buddhist Sangha 7:15pm	9 Adult RE: The Power of Myth 7pm (see p. 5)	10 Amrita Sangha 7pm	11 Ewe Ewe Fiber Arts Group 7pm	12 CYRC 4:30pm	13
14 Sunday Service Sacred Intimacy	15 Citizen's Climate Lobby meeting 6pm Cache Valley Buddhist Sangha 7:15pm	16 Adult RE: The Power of Myth 7pm	17 Amrita Sangha 7pm	18 Ewe Ewe Fiber Arts Group 7pm	19 CYRC 4:30pm	20
21 Sunday Service Loving the Alien - From Refugees to Republicans	22 Cache Valley Buddhist Sangha 7:15pm	23 Adult RE: The Power of Myth 7pm	24 Amrita Sangha 7pm	25 Ewe Ewe Fiber Arts Group 7pm	26 CYRC 4:30pm	27 Worship Associates training (see p. 5)
28 Sunday Service 4 <sup>th</sup> Sunday Lecture Quarterly Worship planning (see p. 6)	29 Cache Valley Buddhist Sangha 7:15pm	All activities listed here are held at the <i>Jay and Leslie Fellowship House located at 596 E. 900 N., Logan, UT</i> unless otherwise noted				