

# Coming Home

The Newsletter of the Cache Valley Unitarian Universalists

Vol. 22 No. 1 January 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

**JANUARY 3, 2016**

***Vision Questing***

- Matt & Dawn Hansen, Dr.  
Scott DeBarard

**JANUARY 10, 2016**

***Paris Climate Summit***

- Piper Christian

**JANUARY 17, 2016**

***Goodbye Normal - How I  
Went Crazy and Never Came  
Back***

- Tara Hawkins

**JANUARY 24, 2016**

***Religious Humanism***

- Jared Anderson

**JANUARY 31, 2016**

***The Death Café***

- Susan Buffler

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

### "Invest in Chocolate"



As someone who lives with both Fibromyalgia and Rheumatoid Arthritis, I dread January. For me, it is a month of aching and

pain unrelieved by any celebration. There are a few things I do in January to trudge through:

1) I create a budget for the year. This may not sound like fun, but I make decisions on January first as to how much money I can spend on presents for my family, new clothes, books, games, and movies. All of these things put a smile on my face.

2) I set some firm goals. I sit down and meditate on my intentions for the year. How do I want to spend my time and energy and money? Who do I want to be and how can I become that person? I consider ways to get closer to friends and family. I think about my health and consider ways to improve it. I consider ways to be more creative and productive.

3) I call my family. I won't see them all month, so I make an extra effort to connect. I set aside a few extra minutes for stories and laughter.

4) I invite my friends over for game night or dinner or both. I'll never forget the time my friend Corinne got confused and called Rush Limbaugh "Luscious Limbaugh." I almost peed myself laughing. Or the time I got a triple Yahtzee and broke out in a rash that moved up and down my arms and completely baffled the doctors at the ER. Now, whenever I get a Yahtzee, we check me for "Yahtzee Rash" and laugh.

5) I invest in hot cocoa. There's nothing like chocolate to see you through a hard winter's night.

Whatever your January traditions are, I hope you start the year with love, warmth, and peace.



Julianne and Tara



Tara Hawkins, Lay Minister

# Happy New Year! January Feature



"We're better together than we are divided. There's a lot of voices trying to divide us. So all of you have come together to spread a very powerful message of unity and love. God bless, thank you." - Erik Thalman



"Despite the overheated national view of Islamic people, Alafifi said the Cache Valley is one of the best places for a Muslim to live, partially because everyone is so polite." - Ayman Alafifi

"I think any opportunity to stop that cycle of anger and terror is a positive thing," Stokes said. "It's an honor to be part of a community that's trying to spread love rather than hate."

- Meili Stokes

## Support Rally for the Logan Muslim Community

About 200 people came out on December 11<sup>th</sup> for an event at the Logan Islamic Center <https://www.facebook.com/LoganIslamicCenter/> sponsored by the Utah State University Interfaith Initiative <https://www.facebook.com/USUInterfaithInitiative/> in support of the local Muslim community.



CVUU members and friends show support for local Muslim Community



(images courtesy of Kimberly and Sandy)

"It isn't love that makes the world go round but compassion - starting over in gentleness when love hasn't been enough or other factors have failed:  
a gentle refusal to blame oneself or others and just begin again."

- Nancy Shaffer (Unitarian Universalist, clergy)

While Still There Is Light: Writings from A Minister Facing Death

## Point in Time Count

Campaign to end  
homelessness  
in our community

**Volunteers needed to help  
with Point in Time Count**  
[http://cvvolunteer.blogspot.com/  
2015/12/point-in-time-  
count.html](http://cvvolunteer.blogspot.com/2015/12/point-in-time-count.html)

### Bear River Area:

Cache, Box Elder, Rich Counties  
January 28 – January 30, 2015

Volunteer to work in teams to interview homeless individuals or support the effort of the count by providing in-kind or monetary donations to support the campaign to end homelessness in our community.

### OUTREACH VOLUNTEERS:

- About 20 volunteers
- Four-day commitment
- Training sessions

**Wednesday, January 27 –  
Overview & Volunteer Train-  
ing 7:00-8:00 p.m. – attend-  
ance required**

- Thursday, Jan. 28 – Meet with  
Team/Survey, 4-7 a.m.  
- Friday, Jan. 29 – Meet with  
Team/Survey, 4-7 a.m.  
- Saturday, Jan. 30 – Meet with  
Team/Survey, 4-7 a.m.

### IMPORTANT:

Volunteer training located at  
Bear River Association of  
Governments 170 N Main  
Logan, UT

**Sign up to volunteer**  
[https://braghomeless.wufoo.c  
om/forms/bear-river-  
homeless-point-in-time-count-  
2015/](https://braghomeless.wufoo.com/forms/bear-river-homeless-point-in-time-count-2015/)

## News Coverage

**200 rally in Logan to show support for Muslim community**

<https://www.ksl.com/?sid=37730922>

**Hundreds rally to support Muslims in Logan**

<http://bit.ly/1UmQNMk>

**Interfaith group stands with Muslim community, response to political rhetoric** <http://bit.ly/1OAmFI2>

**Local Muslims see community support at grassroots rally**

<http://bit.ly/1JQ5EcR>

**Loganites stand together in vigil to support Muslims against backlash** <http://bit.ly/1R3BVEJ>

**Standing Together Against the Trump Grump** <http://huff.to/1SsGSX8>

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## Thank you from the Logan Islamic Center

Dear Dr. Glass-Coffin (Utah State University Interfaith Initiative),

On behalf of all of us in the Cache Valley Muslim community, I wish, from the bottom of my heart, to express my immense gratitude to you for organizing this show of support and love today, and to all those who took time out of their day to send such a powerful message. It was well-received, and greatly appreciated. I have spoken to quite a few members of the community today and this evening, and several people have told me how touched and moved they were.

We actually had a meeting tonight after evening prayers to discuss ideas on how we can be better at receiving our neighbors and making them feel welcome when they visit the mosque. During the meeting, I brought out the butcher-paper signs from today's event and we read through them to remember and relive the spirit of love and generosity you all brought today.

Many a tear was shed in that little sacred room tonight; many a smile brightened the faces of Americans and immigrants who have intimately felt the pressures recent events and rhetoric are putting on the Muslim community. As the Prophet Muhammad might put it--peace be upon him--your gift was like cool water upon our eyes.

In gratitude, and humbled by your generosity, I offer you his farewell:

عليكم السلام

Peace be with you,

Erik Thalman  
Committee Member  
Logan Islamic Center



# 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

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



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

### Looking Back and Forth

It's been a great year at CVUU. We bid farewell to Beth Walden with great thanks for her service as our lay minister. Great members moved on and dynamic new members are taking up the slack. We refinanced our mortgage, allowing us to take advantage of better interest rates. We have new people and new ideas - on the Board, in our committees, and our staff. It was a good year for CVUU. But what lies ahead?



I see great things ahead for CVUU in 2016. Given my limited space in this column, I will address just one area I'm excited about: our committees! Yeah, I know, that may sound a little weird. But our committees do much of the work that keeps CVUU vibrant and fulfilling its mission.

The members of these committees are often unsung heroes. They tirelessly do what they do, often behind the scenes, making great things happen. To refresh your memory, here is a quick review of our committees: Building, Membership, Fellowship/Hospitality, Grounds, Ministry, Newsletter/Outreach/Communications, Nominations, Religious Education, Religious Exploration, Social/Environmental Action, and Worship.

One of my personal goals for 2016 is to better support our committees. To reach their potential, committees need clear goals, good leadership, and coordination with the larger congregation. They also need resources to fulfill their goals. These resources may include skilled members, materials, money, and recognition for what they do. If a healthy church is like a healthy body, I see the members being the cells and committees being the organs (organizations of members) that specialize in providing the functions needed for overall church health.

I'm also excited to encourage our members to get more involved in committees and our committees to work more as teams. More about this in my column next month! Happy 2016.



*Dave Christian,  
CVUU Board President*

## Programs & Action Teams

(formerly committees)

### 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

## RUAUU?

Everyone interested in learning more about Unitarian Universalism is invited to our **RUAUU SESSION#1** **January 10, 2016 11:30a.m** following Sunday service. We can arrange childcare if you give us a few days notice. Come join us!

**January 14th 4:00p.m.**

Membership committee meeting at the church



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



## Membership

A big shout out to Shar for finishing the phone directory. If you are planning to change your address or phone number please let us know so we can keep current records.

Sunday afternoon the youth helped sing carols to our west side neighbor. Thank you Kimberly, Kate, Maya, Chloe, & Nyla caroled/visited Cora Sullivan at Williamsburg Retirement Center (who was tapping her toes to our music), and Barry Franklin at Terrace Grove. Barry's wife Lynn was there and she caroled along with us. And we could not leave until we caroled Chloe's grandmother Sara who enjoyed it as well.

The following were ordered from the UUA bookstore and Nyla thought they were worth sharing. Let's make 2016 a banner year for new members!

### TEN GOOD REASONS FOR JOINING A UNITARIAN UNIVERSALIST CONGREGATION:

- 1 because here we join with open hearts and minds to worship together, seeking what is sacred among us.
2. Because here we are part of a long, liberal tradition of reason and tolerance of hope and liberation.
3. Because here we honor our Jewish and Christian roots, and also reach out to know the great truths found in other religious expression.
4. Because here we acknowledge that revelation is never sealed and empower ourselves to search for new truths.
5. Because here we nurture our children's enthusiasms and encourage their questions.
6. Because here we welcome diverse people and views.
7. Because here join our strength with others to create a more just society.
8. Because here we respect the whole self - mind, body, and spirit while working together.
9. Because here we encourage each other to be true to ourselves.
10. Because here we build a supportive community that eases our loneliness and opens our hearts.

- Bill & Barbara Hamilton-Holway and Mark Harris

## Religious Exploration Events



**January 3<sup>rd</sup>:** Journey of the Spirit

**January 10<sup>th</sup>:** "Become a QPR Gatekeeper" - Suicide Prevention Workshop for Youth RE by Emily Pugsley from Bear River Health Dept.

**January 12<sup>th</sup>:** Religious Exploration Team Meeting, 5:30pm at Café Ibis. Come enjoy a warm drink while we vision and plan.

**January 16<sup>th</sup> – 18<sup>th</sup> :** *SNOWBLAST* hosted by First Presbyterian Church Youth Ministry @ the Beaver Mountain Yurt - High Schoolers will stay overnight on Saturday, Jan. 16<sup>th</sup>,

- Middle Schoolers will stay overnight on Sunday, Jan. 17<sup>th</sup>. Cost is \$20 to cover the yurt and food. Youth are welcome to ski the following day but must bring their own equipment and pass or purchase a pass and rent gear at the resort.

**January 24<sup>th</sup> :** No Youth RE

**January 31<sup>st</sup> :** Journey of the Spirit



## Youth Religious Exploration

### Something New, Something Old

It's that time of year where we begin to contemplate new goals and ambitions for the upcoming year; often setting our sights on making grand changes which will have stunning results.



At times, the luster of something new seems to outshine what has come and past. However, I have found throughout my years of community organiz-

ing that often a better strategy for improvement is blending something new, with something old.

As I begin to have a better understanding of what CVUU has offered its children & youth in the past, I am astounded at the level of participation and dedication various members and parents have played. I truly love hearing the stories. As I begin to better know the new families that are becoming a part of our community, I am again astounded. Our youth program particularly would be seriously lacking without the passion and support of these amazing parents.

To all the members of our community past and present, I want to thank you for caring, for showing up and giving of your time and talents to ensuring that CVUU has a wonderful RE program.



Jennifer Hamilton  
Director of Religious Exploration



## Adult Religious Exploration

**Coming soon!** Look for a new six week series of discussions 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.



## Snow Removal at CVUU: Help Needed!

Thanks to Bruce Pendery for snowblowing 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

Please pitch in to help with snow removal this winter

Thanks! – Jean Lown



### Solar Power

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



## CVUU Building & Grounds

**COMPOSTING REMINDER:** Yes, we do compost. There is a 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. 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

Make SURE that items are recyclable. They may not be even if they have the recycle symbol. We've received a formal notice from the city that our neighborhood has a high contamination rate and Jean can attest. Just because you think something should be recyclable doesn't mean it is. Any items with food (even if marked with a recycling symbol) are contaminated. Paper towels and tissues are NOT recyclable! Take a few minutes to educate yourself and your children.

### LOGAN CITY RESIDENTIAL COLLECTIONS: RECYCLING

<http://www.loganutah.org/Environmental/Residential/index.cfm#tab3>

Help out the folks who sort the recycled materials and **remove any trash and contaminated containers.**

### 2016 RECYCLING CALENDAR

<http://www.loganutah.org/Environmental/Residential/doc/2016/2016RecyclingCalendar.pdf> also in Spanish

### 2016 RECICLAJE CALENDARIO (COLOR)

<http://www.loganutah.org/Environmental/Residential/doc/2016/2016RecyclingCalendarEspa%C3%B1ol.pdf>



**PLANTS:** Please check the indoor plants in dining room and room reading/library/cry room and water 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!

**NOTE:** Lights over the kitchen island now work! The switch is near the blue compost bucket, to the left of the sink.

# Regular Happenings



## Cache Youth Resource Center

The CYRC <http://on.fb.me/1SsGibU> 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



**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://www.philosopher.org/Socrates\\_Cafe.html](http://www.philosopher.org/Socrates_Cafe.html)  
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](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 <http://on.fb.me/1JMS1O>



## Financial Planning For Women

**Improve Your Personal Finances!**

Check the searchable **FPW Blog** <http://fpwusu.blogspot.com/> for lots of great consumer and financial planning information:

**Find us on Facebook!** <http://on.fb.me/1ODd62f> 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)



## 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 / or attribution to use an image, particularly from parents of children.
  - Do NOT use images from the internet unless they have **Creative Commons** licenses <http://creativecommons.org/> (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 January 2016

| Sun.                                                                                             | M                                                                                                | T                     | W                          | Th.                                                                           | F                                                                                                                                                                                                                                     | Sat. |
|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|-----------------------|----------------------------|-------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Happy New Year!</b>                                                                           |                                                                                                  |                       |                            |                                                                               | 1<br>CYRC 4:30pm<br>(see p. 8)                                                                                                                                                                                                        | 2    |
| 3 Sunday Service<br><br>Vision Questing                                                          | 4<br>Cache Valley<br>Buddhist<br>Sangha<br>7:15pm                                                | 5                     | 6<br>Amrita<br>Sangha 7pm  | 7<br>Ewe Ewe<br>Fiber Arts<br>Group 7pm<br>(see p. 8)                         | 8<br>CYRC 4:30pm                                                                                                                                                                                                                      | 9    |
| 10 Sunday Service<br><br>Paris Climate<br>Summit<br><br>RUAUU? Session 1,<br>11:30am (see p. 5)  | 11<br>Citizen's<br>Climate Lobby<br>meeting 6pm<br><br>Cache Valley<br>Buddhist<br>Sangha 7:15pm | 12                    | 13<br>Amrita<br>Sangha 7pm | 14<br>Membership<br>Team meeting<br>4pm<br>Ewe Ewe<br>Fiber Arts<br>Group 7pm | 15<br>CYRC 4:30pm                                                                                                                                                                                                                     | 16   |
| 17 Sunday Service<br><br>Goodbye Normal -<br>How I Went Crazy<br>and Never Came<br>Back          | 18<br>Cache Valley<br>Buddhist<br>Sangha<br>7:15pm                                               | 19                    | 20<br>Amrita<br>Sangha 7pm | 21<br>Ewe Ewe<br>Fiber Arts<br>Group 7pm                                      | 22<br>CYRC 4:30pm                                                                                                                                                                                                                     | 23   |
| 24 Sunday Service<br><br>Religious Humanism                                                      | 25<br>Cache Valley<br>Buddhist<br>Sangha<br>7:15pm                                               | 26                    | 27<br>Amrita<br>Sangha 7pm | 28<br>Ewe Ewe<br>Fiber Arts<br>Group 7pm                                      | 29<br>CYRC 4:30pm                                                                                                                                                                                                                     | 30   |
| 31 Sunday Service<br><br>The Death Cafe<br><br>5th Sunday Potluck<br>following Sunday<br>service | Cache Valley<br>Buddhist<br>Sangha<br>7:15pm                                                     | Socrates Café<br>7 pm | Amrita<br>Sangha 7pm       | Ewe Ewe<br>Fiber Arts<br>Group 7pm                                            |  All activities listed here are<br>held at the <b>Jay and Leslie<br/>Fellowship House 596 E. 900 N.,<br/>Logan, UT</b> unless otherwise<br>noted |      |



<http://www.uua.org/lgbtq/welcoming/program>