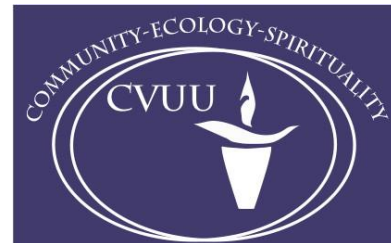


Coming Home

The Newsletter of the Cache Valley Unitarian Universalists
Vol. 22 No. 3 March 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



MARCH 6, 2016

A Diverse Spiritual Community
Lorien Belton

MARCH 13, 2016

Would you want Homer Simpson to be your neighbor?
Robert Schmidt

MARCH 20, 2016

On Being a Regular
Tara Hawkins

MARCH 27, 2016

(TBA) Regeneration - Easter Sunday

Join us for Sunday Services at
**The Jay and Leslie Black
Fellowship House**
596 E 900 N, Logan, UT
(435) 755-2888
info@cvuu.org
cvuu.org



Tara's Corner

"What does Children's Religious Education mean to you?"



On March 17, 2006, I arrived at Salt Lake City Airport with a small suitcase. I went to live with my little grandmother

and was immediately immersed in her LDS Ward. Much to my surprise, I was called to teach the Sunbeam (3 year old) class. I had no prior experience with children and no choice about accepting the position: Mormons do what they're told.

Fortunately for all of us, I team taught with Lois Turner; who had kids, grandkids, and knew all the children in the neighborhood. She really kept the class together.

Ten years later I'm at CVUU where there are no callings. The congregation volunteers their time and talent to do the things they feel they do best. We are fortunate to have so many talented people generously giving of their time to keep the church going; however, one of our programs is suffering for lack of volunteers. I would like everyone to volunteer to teach Children's Religious Exploration.

Contemplate what Children's RE means to you personally, what it means for the children, and what it means to our congregation as a whole.

The more people who are willing to step up to this challenge, the fewer Sundays each person will have to volunteer. Contact Jennifer Hamilton, our Director of Religious Education, for more information. (801) 649 - 6041 or CVUU.dre@gmail.com



Julianne and Tara



Tara Hawkins, Lay Minister

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 &
interim Team Lead

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"

### New Directions at CVUU

Our congregation has hit a critical developmental level. Studies of congregations show that they often function as a "family" up to about 50 members. A few strong personalities often run the show. Things get taken care of by word of mouth with informal structure. People just step in and do what needs to be done.



However, we are at 50+ members. At this point congregations, in order to grow, need more specialized leaders, clear job descriptions, and more formal ways to identify tasks and make decisions.

Think of a "Mom and Pop" business that does fine employing family members until steady growth eventually requires a more "corporate" structure. The term corporate comes from the Latin "to make into a body." A healthy body has organ systems, each with a clear role, all coordinated to work in synchrony.

To address this and related issues, on Feb 20, the CVUU Board and Staff conducted a training retreat. Over seven hours, we grappled with how to best meet the needs of our growing congregation.

Sandy and Chris shared a wealth of information on methods used in their last congregation in Carbondale, Indiana. Jay shared a summary of UUA workshops he's attended on growing congregations. Lorien led us in an analysis of our congregation's strengths, weaknesses, and opportunities. We all reviewed our individual roles. Jennifer H. helped us identify better ways to structure CVUU.

We are excited to offer new ways to participate in CVUU as it becomes a richer and more vibrant community. Stay tuned.



*Dave Christian, CVUU Board President*

## Programs & Action Teams



### Building

Ryan Dillingham &  
Todd Seeholzer

### Caring

Leslie Black  
Marlene Conner  
Nyla Newman

### Social & Environmental Justice

Jenny Norton  
Paul Rogers

### Grounds

Jean Lown

### Membership/Fellowship

Open

### Religious Education

Jennifer Hamilton

### Worship/Sunday Services

Interim Worship Team Lead:  
Emily James



## Membership Team

Five participants joined Leslie Black and Nyla Newman for an RUAUU class on February 7th. A follow-up RUAUU class was scheduled for February 28th. The RUAUU class is for those wishing to learn more about Unitarian Universalism.

The Membership Team will hold a member recognition service for those who wish to join in March sometime following USU's Spring Break (March 7 - 14).

Conditions and events are changing in the lives of the Newman families. Don had yet another seizure a few days ago and in addition to a head laceration and goose egg from falling which resulted in a possible brain bleed. His behavior changes and the possibility of moving to Montana at the end of May necessitated my resignation as Membership Team Chair. I have every confidence that the Nominating Committee will find a wonderful replacement.

Don't forget the **Fifth Sunday Potluck** falls on **Easter Sunday, March 27th!** If you have dietary restrictions, please do bring along something you can eat so no one feels left out. 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.

I have spoken with Jennifer Hamilton and she is planning an Easter Egg Hunt for the children as well. Let's celebrate Easter Sunday together.

And a Happy St. Patrick's Day to all!

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,



*Nyla Newman, outgoing Membership Chair*

"As a faith tradition, Unitarian Universalism makes sacred the right and responsibility to engage in this free and responsible quest as an act of religious devotion. Institutionally, we have left open the questions of what truth and meaning are, acknowledging that mindful people will, in every age, discover new insights."

*Rev. Paige Getty, UU Congregation of Columbia, Maryland (read more from Paige in [The Seven Principles in Word and Worship](#), ed. Ellen Brandenburg)*



## 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 congregation.

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)*



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## Worship / Sunday Services

The next **Worship Associate's training** will be held **Saturday March 10th from 10-11:30am**.

This quarter we will be focusing on creating continuity and carrying themes through a whole service. We'll talk about selecting quotes and readings, writing strategic transitions and sign up for the services for next quarter.

Participating as a Worship Associate is an opportunity to contribute to the worship experience at CVUU while deepening your own spirituality.

The Worship Associates training is intended to support those who want to serve CVUU in this role, but might feel nervous or want additional coaching.

Personally I've found that serving as a worship associate has been one of the strongest avenues for me to explore my own beliefs. I encourage you to consider coming to Saturday's training to reflect on if being a Worship Associate will be a good fit for you or to fine tune your skills.

Let Emily know if you'll be attending!



*Emily James, Worship Coordinator & interim Worship Team Lead*  
*emijame@gmail.com*



## CVUU Building & Grounds Reminders

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### SNOW REMOVAL - Potential for spring snow storms!

Thanks to Bruce Pendery and Kim Sullivan for snow-blowing and shoveling the drives and sidewalks but they need more help and not just on Sundays. Please consider shoveling for a few minutes before the Sunday church service or if you happen to be driving by the building after a snow event.

- 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!
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**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.

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**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](#)

[2016 RECICLAJE CALENDARIO](#) in Spanish (COLOR)

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

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

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

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# Regular Happenings



## Cache Youth Resource Center (CYRC)

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 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 [info@cvvu.org](mailto:info@cvvu.org) 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!**

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](mailto:jean.lown@usu.edu)

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## Newsletter Best Practices

Submit newsletter items and direct questions to: Susan Buffer at [cvuu.newsletter@gmail.com](mailto: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 [Creative Commons](#) 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 March 2016

| Sun.                                                                                                                | M                                                                                       | T                                | W                        | Th.                                                           | F                                                                                                                                                                                                                                         | Sat.                                       |
|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------|--------------------------|---------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
|                                                                                                                     | Cache Valley Buddhist Sangha 7:15pm                                                     | 1<br>Socrates Café<br>(see p. 6) | 2<br>Amrita Yoga 6:30pm  | 3<br>O.W.L. 6pm<br>Ewe Ewe Fiber Arts Group 7pm<br>(see p. 6) | 4<br>CYRC 4:30pm<br>(see p. 6)                                                                                                                                                                                                            | 5<br>Worship Associates training<br>(p. 4) |
| 6 Sunday Service<br>A Diverse Spiritual Community                                                                   | 7<br>Cache Valley Buddhist Sangha 7:15pm                                                | 8                                | 9<br>Amrita Yoga 6:30pm  | 10<br>O.W.L. 6pm<br>Ewe Ewe Fiber Arts Group 7pm              | 11<br>CYRC 4:30pm                                                                                                                                                                                                                         | 12                                         |
| 13 Sunday Service<br>Would you want Homer Simpson to be your neighbor?<br><br>Journeys of the Spirit - Youth RE 1pm | 14<br>Citizen's Climate Lobby meeting 6pm<br>Cache Valley Buddhist Sangha 7:15pm        | 15                               | 16<br>Amrita Yoga 6:30pm | 17<br>O.W.L. 6pm<br>Ewe Ewe Fiber Arts Group 7pm              | 18<br>CYRC 4:30pm                                                                                                                                                                                                                         | 19                                         |
| 20 Sunday Service<br>On Being a Regular<br><br>Building Bridges - Youth RE - 1pm                                    | 21<br>Activate: New Orleans (high-schoolers) 6pm<br>Cache Valley Buddhist Sangha 7:15pm | 22                               | 23<br>Amrita Yoga 6:30pm | 24<br>O.W.L. 6pm<br>Ewe Ewe Fiber Arts Group 7pm              | 25<br>CYRC 4:30pm                                                                                                                                                                                                                         | 26                                         |
| 27 Sunday Service<br>(TBA) Regeneration<br><br>Easter Brunch & Egg Hunt                                             | 28<br>Cache Valley Buddhist Sangha 7:15pm                                               | 29                               | 30<br>Amrita Yoga 6:30pm | 31<br>O.W.L. 6pm<br>Ewe Ewe Fiber Arts Group 7pm              |  All activities listed here are held at the <b>Jay and Leslie Fellowship House</b> located at <b>596 E. 900 N., Logan, UT</b> unless otherwise noted |                                            |