

Coming Home

The Newsletter of the Cache Valley Unitarian Universalists
Vol. 22 No. 5 May 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



MAY 1: *This I Believe*
Sharla Hart

MAY 8: *Congregation Meditation*
Leah Hazlett

MAY 15: *Flower Communion*
Multigenerational service
Tara Hawkins

MAY 22: *4th Sunday Lecture:*
Spirituality of Trees
Nalini Nadkarni

MAY 29: *TBA*
5th Sunday Potluck

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

"Change"



The other day I woke up from a nightmare in which I could not find my mother. All day the panicked feeling stuck with me even though I knew exactly where my mother was: at home in San Francisco. However, I could not shake the bereft, homesick feeling, because to me, home is where my mother is and my father and my siblings and we have been scattered to the wind.

May contains both Mother's Day and Memorial Day and we at CVUU are losing some significant members of our tribe. Things are ending and beginning. Change is the only constant.

Change is good; it keeps us thinking and engaged. Change encourages us to place more value on those we love and to speak the words, "I love you," just in case there isn't another chance to say them.

This Mother's Day I'll send my mom some silly socks and this Memorial Day I'll go decorate my ancestors' graves with pinwheels.

I'll celebrate the world as it changes from winter to spring. I'll remember that love knows no distance.



Julianne and Tara



Tara Hawkins, Lay Leader

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
Board member

Staff

Sharla Hart
Organizational Coordinator

OPEN
Director of Religious
Education

Tara Hawkins
Lay Leader

Emily James
Worship Coordinator &
interim Team Lead

OPEN
Music Director

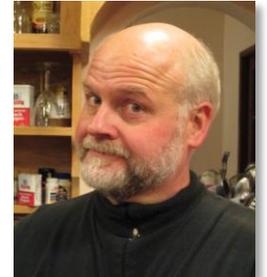
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**Susan Buffler**  
Communications Coordinator:  
*newsletter, website, social*  
[cvuu.newlsetter@gmail.com](mailto:cvuu.newlsetter@gmail.com)



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

### Please Support our Mission!

At CVUU we offer an oasis of liberal community in an otherwise conservative culture. Maintaining this mission requires your support. We are approaching pledge season. Your pledge of time, talent and money is required to maintain and grow our mission.



We have many to thank for the decades of donations that have brought CVUU to where it is today. But for CVUU to maintain itself and grow as a vibrant community, we need your ongoing support.

As we enter pledge season, reflect on what CVUU means to you, whether it's presence of a liberal community, weekly services, potlucks, the Sunday services we offer to the community or our youth and adult programs.

Consider a generous donation consistent with your means. Prior to the upcoming annual **Congregational Meeting** on **June 26<sup>th</sup>** following the Sunday Service, we will provide you with a detailed budget for what we hope to accomplish. We also want to know how we can make CVUU better serve your needs and interests.

Call or email me at <[dchristian999@gmail.com](mailto:dchristian999@gmail.com)> or any Board member with your ideas of how we can improve CVUU. Thanks so much for your past support. And thanks for your willingness to help us maintain and extend our mission of a liberal religious oasis in Cache Valley. We want to serve your needs for many years to come.



*Dave Christian, CVUU Board President*



*The Jay and Leslie Black Fellowship House*



## Goodbyes

On Sunday, April 24<sup>th</sup>, CVUU said goodbye to long-time CVUU member Nyla Newman and Music Director Michelle Wiltgen, her husband Jake Duncan, and their son Vito.

Following the recent death of Nyla's husband and CVUU member Don Newman, Nyla is moving to Montana to be closer to family.

Nyla was a key member of our CVUU church community and served as the Membership Team Chair as well as on the caring and hospitality team. Nyla always welcomed everyone with genuine warmth and caring.

Nyla was also a member of the Cache Valley Buddhist Sangha. We will miss you Nyla and wish you the best in your new community in Montana!

Michelle Wiltgen was the CVUU Music Director and coordinated the CVUU Sunday Services music for the last year. We will miss Michelle, Jake, and particularly Vito's energetic presence at CVUU! They are moving to Indiana, where Jake will start a new job.

Best of luck to you all!



Tara and Nyla



Nyla and Irene on *Dog Day*



Michelle and Tara



Jake and Michelle performing at CVUU



Michelle, Jake, and Vito say goodbye

Native wildflowers begin to bloom along the Bonneville Shoreline Trail



Arrowleaf balsamroot\*



Phlox\*



Utah sweetvetch\*

\*photos courtesy Susanne Janecke

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We will meet at the **Forest Service Station parking lot (on Hwy 89) at 1:30pm** and will be out for a few hours.

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For more information **contact: [Susanne Janecke](#)**



## CVUU Hikers first hike of the season!



View west toward the Wellsville Range over-looking the Logan Golf & Country Club\*

The inaugural CVUU hike occurred on Sunday, April 24<sup>th</sup> under cloudy skies with the threat of rain.

Six CVUU hikers enjoyed a nice out and back stroll of about three miles on the Bonneville Shoreline Trail between Green and Logan Canyons. The soon to be open Highline Trail was pointed out to those who were unfamiliar with this new trail.

The Bonneville Shoreline Trail featured beautiful views of the greening Cache Valley and snow covered peaks of the Wellsville Mountain range. Views also included budding trees, male Broadtail hummingbirds doing their mating dance, and native wildflowers just beginning to bloom.

Coming on a hike is a great way to enjoy the beautiful Cache Valley and Logan Canyon, get some exercise, and get to know fellow CVUUers.

Join us on **May 22<sup>nd</sup> at 1:30 pm** for the next hike. Details posted below.

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CVUUer Susanne Janecke and Marilyn Hammond will lead a group walk or hike for CVUU on the **fourth Sunday of every month during the walking season**. Please join us if you can.

Car pools and biking are encouraged. Please bring water, sturdy shoes, a hat, sunscreen, and a sack lunch if you don't have time to eat your lunch beforehand.

We plan to select trails that are suitable for a range of ability levels. These might include the Bonneville Shoreline Trail, River Trail, Green Canyon, Wood Camp, Mill Hollow, or Spawn Creek. Feel free to suggest your favorite walk or hike!

## Programs & Action Teams



### Building

Ryan Dillingham & Todd Seeholzer

### Caring

Leslie Black  
Marlene Conner

### Social & Environmental Justice

Jenny Norton  
Paul Rogers

### Grounds

Jean Lown

### Membership/Fellowship

Open

### Music

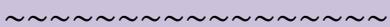
Open (staff position available, see p. 5)

### Children's Religious Education

Open (staff position available, see page 6)

### Worship/Sunday Services

Interim Worship Team Lead:  
Emily James



## Fundraising via Natural Grocers Gift Cards

Do you do any of your shopping at Natural Grocers?

If so, consider buying gift cards through CVUU to use for your shopping there. It's the same cost to you, but if you buy gift cards from CVUU, 5% of the amount you spend is donated to CVUU! When many of us participate, it adds up to an important contribution to our community.

You don't have to be a member of CVUU to participate. Even if you don't attend CVUU regularly, but just value the presence of this resource in our Logan community, consider this as a way to show your support for the values and programs we encourage, like comprehensive sexuality education for teens, safe space for LGBT and homeless youth in our community, and a community where personal spiritual journeys are supported and respected.

Gift cards come in \$25, \$50, and \$100 amounts. Some people buy a regular amount each month; others just purchase a card when needed. **Contact Lorien at 435-770-2413** if you are interested.



*Lorien Belton, Treasurer*



## Position Announcement: Music Coordinator

The Cache Valley Unitarian Universalist (CVUU) congregation welcomes applications for a part-time Music Coordinator to begin in May, 2016 and be responsible for the musical component of Sunday services 10-11am each week.

We welcome applications from proficient pianists or guitarists who are willing and able to either (1) play and lead singing or (2) arrange for a guest musician(s) each week. The Music Coordinator will report to the CVUU Personnel Team and Board of Trustees. Located at 596 East, 900 North in Logan, UT.

The Cache Valley Unitarian Universalist (CVUU) congregation in Logan, Utah, is a diverse spiritual community that follows the Unitarian [Universalist Seven Principles](#) of liberal religion. CVUU is a lay-led congregation of about 50 members. Learn more at [www.cvuu.org](http://www.cvuu.org). The salary is \$3000 per year (\$250 per month). An additional \$900

annual budget is available to compensate guest musicians at up to \$50 per service.

Interested candidates should send a one-page letter of interest, relevant resume, and one letter of recommendation to Sharla Hart at [info@cvuu.org](mailto:info@cvuu.org). Questions should be addressed to Sharla. The outgoing music director, Michelle Wiltgen ([wilt0078@umn.edu](mailto:wilt0078@umn.edu)), can also answer questions concerning the experience of filling the position this past year. Review of applications will begin May 1, 2016 and continue until the position is filled.

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## **Position Announcement: Part-time Sunday Children's Program Coordinator**

The Cache Valley Unitarian Universalist (CVUU) congregation in Logan, Utah, is a diverse spiritual community that follows the Unitarian Universalist Seven Principles of liberal religion. ([www.uua.org/beliefs](http://www.uua.org/beliefs)). The CVUU Children's Religious Exploration Program Coordinator is responsible for organizing and overseeing children's programming each Sunday during 10-11am services. In fulfilling this congregational need, the Children's Program Coordinator will:

### **Duties:**

- Be present every Sunday to lead programming except when volunteers are available
- Be ready, willing and able to organize volunteer efforts among CVUU members and parents of children involved in the Sunday religious exploration program.
- Coordinate with the childcare provider to ensure that two responsible individuals are always present each Sunday (normally, this position and the childcare provider)
- Manage the childcare provider's hours and schedule
- Report to the CVUU Religious Exploration Team, who will conduct an annual evaluation and make a recommendation to the Personnel Team
- Participate in Board of Trustees meetings upon request

### **Qualifications**

- Have successful experience leading activities for children;
- Flexible enough to teach small multi-age groups (1-6 children, normally) of children between the ages of 3-11 years.
- Be committed to becoming familiar with Unitarian Universalist Association (UUA) religious education materials as a resource for Sunday activities and exploration;
- Be at least 18 years old
- Be able to pass a background check

**Salary:** \$2000/year (\$166.67/month) based on approximately 4 hours/week

**Start Date:** July 1, 2016 (start date negotiable)

### **To Apply:**

Interested candidates should send a one-page letter of interest, relevant resume, and names of three references to [info@cvuu.org](mailto:info@cvuu.org). Review of applications will begin May 15, 2016 and continue until the position is filled.



## CVUU Building & Grounds Reminders

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### CVUU Spring Cleanup THANK YOU!

Thanks to the usual suspects who turned out on April 2 for the building and yard Spring Cleanup. It's great to be able to see out the windows! If you were unable to participate, you still have the opportunity to help.

The building is in continual need of tidying up which includes emptying trash and recycling, watering indoor plants, and weeding the grounds. Pick up just one piece of the trash that continually appears in our yard; pull a couple weeds, and wash a window or the kitchen/dining room floor.

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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.

Please help yourself to the empty plant pots in the backyard.

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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)
- **Plastic bags** are **NOT** recyclable
- 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.**

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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.



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

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

**Cache Solar Discount Program** extended another year! [Read more here...](#)

# 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/northwest entrance.

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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 meetings worldwide.

email [Dave Christian](#) to be added to our reminder list.  
For more info, check out [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 to 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

Need help sorting out your personal finances? Trying to figure out how to afford college tuition? Not sure about your asset allocation for retirement? CVUU member Dr. Jean Lown provides financial advice on a sliding scale basis to the CVUU community in exchange for a donation to CVUU.

Jean teaches personal finance, investing, retirement and estate planning at USU and the Financial Planning for Women (FPW) seminars. Jean provides advice on financial concerns ranging from budget and credit problems to investment asset allocation and retirement planning. The standard rate is \$75/hour with reduced rates based on income. Contact Jean at 435-760-2392 or [jean.lown@usu.edu](mailto:jean.lown@usu.edu)

### [Financial Planning for Women](#)

**May 11:** Protecting your Home with Insurance (includes renter insurance)

**June 8:** Mutual Funds for IRAs and other Goals

**July 13:** Best Ways to Save for College

Join us at 11:30-12:30 p.m. in USU Taggart Student Center Room 336 (bring your lunch) or 7-8:30 p.m. at the USU Family Life Center, 493 North 700 East, Logan (free, easy parking). The longer evening session allows for more discussion.

No charge; all ages and knowledge levels are welcome. Men are always welcome.

For information: 435-797-1569 [jean.lown@usu.edu](mailto:jean.lown@usu.edu)

[Financial Planning for Women on Facebook](#)

Check the searchable [FPW Blog](#) for lots of great consumer and financial planning information:



## 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 May 2016

| Sun.                                                                  | M                                            | T                                   | W                                   | Th.                                                                       | F                                                                                                                                                                                                                                         | Sat. |
|-----------------------------------------------------------------------|----------------------------------------------|-------------------------------------|-------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 1 Sunday Service<br><i>This I Believe</i>                             | 2<br>Cache Valley Buddhist Sangha<br>7:15pm  | 3<br>Socrates Café<br>7pm (see p.8) | 4<br>Amrita Yoga Satsang<br>6:30pm  | 5<br>O.W.L<br>Ewe Ewe Fiber Arts Group / Feminist Group<br>7pm (see p. 8) | 6<br>CYRC 4:30pm<br>(see p. 8)                                                                                                                                                                                                            | 7    |
| 8 Sunday Service<br><i>Congregation Meditation</i>                    | 9<br>Cache Valley Buddhist Sangha<br>7:15pm  | 10                                  | 11<br>Amrita Yoga Satsang<br>6:30pm | 12<br>O.W.L ends<br>Ewe Ewe Fiber Arts Group 7pm                          | 13<br>CYRC 4:30pm                                                                                                                                                                                                                         | 14   |
| 15 Sunday Service<br><i>Flower Communion</i>                          | 16<br>Cache Valley Buddhist Sangha<br>7:15pm | 17                                  | 18<br>Amrita Yoga Satsang<br>6:30pm | 19<br>Ewe Ewe Fiber Arts Group 7pm                                        | 20<br>CYRC 4:30pm                                                                                                                                                                                                                         | 21   |
| 22 Sunday Service<br><i>4th Sunday Lecture: Spirituality of Trees</i> | 23<br>Cache Valley Buddhist Sangha<br>7:15pm | 24                                  | 25<br>Amrita Yoga Satsang<br>6:30pm | 26<br>Ewe Ewe Fiber Arts Group 7pm                                        | 27<br>CYRC 4:30pm                                                                                                                                                                                                                         | 28   |
| 29 Sunday Service<br>TBA<br><br><i>5th Sunday Potluck</i>             | 30<br>Cache Valley Buddhist Sangha<br>7:15pm | 31                                  | Amrita Yoga Satsang<br>6:30pm       | 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 |      |

