“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.

Tara Hawkins, Lay Leader
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 26th 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 <dchristian99@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.
Goodbyes

On Sunday, April 24th, 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!
CVUU Hikers first hike of the season!

The inaugural CVUU hike occurred on Sunday, April 24th 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 green 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 22nd at 1:30 pm for the next hike. Details posted below.

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!
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.

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. Questions should be addressed to Sharla. The outgoing music director, Michelle Wiltgen (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.

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). 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. Review of applications will begin May 15, 2016 and continue until the position is filled.
CVUU Spring Cleanup THANK YOU!
Thanks to the usual suspects who turned out on April 2 for the building and yard Spring Clean-up. 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.

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.

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.**

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!

SOLAR POWER: Check it out! [CVUU solar power production]

Cache Solar Discount Program extended another year! [Read more here...]

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.

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!

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@cvuu.org 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
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

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
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 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 [Creative Commons](https://creativecommons.org) 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.

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**CVUU Calendar for May 2016**

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<td>Sunday Service</td>
<td>This I Believe</td>
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<td>Cache Valley Buddhist Sangha 7:15pm</td>
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<td>Socrates Café 7pm (see p.8)</td>
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<td>8</td>
<td>Sunday Service</td>
<td>Congregation Meditation</td>
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<td>15</td>
<td>Sunday Service</td>
<td>Flower Communion</td>
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<td>Cache Valley Buddhist Sangha 7:15pm</td>
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<td>22</td>
<td>Sunday Service</td>
<td>4th Sunday Lecture: Spirituality of Trees</td>
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All activities listed here are held at the [Jay and Leslie Fellowship House located at 596 E. 900 N., Logan, UT](https://www.CVUU.org) unless otherwise noted.