

# Coming Home

The Newsletter of the Cache Valley Unitarian Universalists

Vol. 21 No. 7 October 2015



*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

**OCTOBER 4, 2015**  
**3,000 Miles for Peace**

- Emily James

**OCTOBER 11, 2015**  
**"Will the Cache County Water Conservancy District really conserve water?"**  
- Bryan Dixon

**OCTOBER 18, 2015**  
**United Nations Sunday**  
- George Wooton

**OCTOBER 25, 2015**  
**Halloween Intergenerational Service**  
- Tara Hawkins



Join us for Sunday Services at  
the **Jay and Leslie Black Fellowship House**  
596 E 900 N, Logan, UT



## Tara's Corner

### "Sharing"



As I write this, I am awaiting the birth of a new nephew. He's due any time now, so may have been born before you read this, or may be still curled in his mother's womb, refusing to come out. And who could blame him? Even in California (where his family lives) it gets a bit nippy this time of year.



He will not lack for clothing or toys or food or shelter or love. We're all excited to see him. His older sister is just two and a half and no one is quite sure how she'll take this little intruder. She understands what a family is and what brothers are, but she's never had to share anything before.

Sharing can be hard. It means I don't get to eat all the grapes all by myself or keep all of Grandpa's hugs for my very own. It means recognizing that there is enough for all of us: enough clothing, toys, food, shelter, and love. It means knowing that while there may only be so many grapes to go around; there is an endless ocean of love. It means holding on to one another more, and holding on to things less. It means re-calibrating what is of value.

May we all, in this season of plenty, remember to share our hearts gladly, and welcome strangers as if they were family.



Tara Hawkins, Lay Leader

## Welcome New CVUU Members!

Sandy Charlson and  
Chris Lant



Sandy and Chris moved to Cache Valley from Carbondale, Illinois. Chris moved here a year ago to take the role as Head of the Environment and Society Department at USU. Sandy joined him this past July and is teaching Art History at USU. They have two daughters; Helen (19) and Hannah (23).

Sandy and Chris were members of the Carbondale UU Fellowship for about 20 years. Between the two of them, Chris and Sandy enjoy hiking, fishing, gardening, preserving food, cooking and eating, as well as spending time with family and friends. You are in the right place!

Welcome Sandy and Chris!

## The Leary's Most Excellent New Zealand Adventure!



Once in a great while, you meet people who instantly seem more like family than mere friends. The Leary family integrated into the CVUU family seamlessly. They touched every aspect of our church community and they will be missed.

Jordan and Jo took on many responsibilities, sometimes unnoticed. Jordan has managed the CVUU website and rental contracts as well as working closely with the Religious Education Program. Jo took a personal interest in our CVUU Youth and has spent many Sunday afternoons with them, a relationship that began when she facilitated the Coming of Age program.

She noticed that the youth had developed strong friendships and went beyond the call of duty by creating a Sunday youth meeting at the church that allowed them to deepen their sense of community and build even deeper friendships.

Lucy and Gabe have been lively participants in our youth program, providing spunk and personality to our Sunday services and family gatherings. We wish the Leary's well on their new adventure. They will be missed!



The Leary's are moving to  
Aotearoa; Land of the Long White Cloud!

**GOING AWAY POTLUCK: October 4<sup>th</sup>** following the service  
Everyone welcome! Bring a dish to share or just drop by!

# Who's in Charge Here Anyway?



## CVUU Board of Trustees

**Dave Christian**  
President

**Jay Black**  
Vice-President

**Lorien Belton**  
Treasurer

**Julianne Larsen**  
Treasurer elect

**Jennifer Courtwright**  
Secretary

## Staff

**Tara Hawkins**  
Lay Leader

**Emily James:**  
Worship Coordinator

**Sharla Hart**  
Organizational Coordinator

**Jennifer Hamilton**  
Director of Religious Education

**Michelle Wiltgen**  
Music Director

"Religion is our human response  
to the dual reality of being alive  
and having to die.

- Forrest Church, Unitarian  
Minister

Newsletter editor:  
**Susan Buffler**  
cvuu.newsletter@gmail.com



## My Guiding Principles as Board President

**I'm Grateful:** I acknowledge a great debt of gratitude to all those at CVUU who have created the organization, staff, building, reputation, traditions, and facilities we enjoy today. We are always building on the foundations created by those who have gone before us. They have my deep appreciation. I also appreciate the Unitarian Universalist Association (UUA) who, at a national level, has created resources, traditions and structures that pre-dated the birth of CVUU and support it currently.

**My Mission:** My mission is to help our congregation act upon the mission statement adopted 2005 (see our website homepage). I think it captures nicely what we are about. Now that it's ten years old, some may want to tweak it a bit. I'm fine with that, but I'd rather invest my time in acting on it rather than revising it. My one-line version of our mission is: "We are a liberal religious community, actively doing good locally and globally."

**Our Congregational Mission has Two Parts:** One is internal and the other is external. They are interdependent. In short, we are a community with a purpose.

**Our internal Mission: We Care for Our Community.** This means we create a vibrant, healthy community. This includes things like great Sunday services, engaging circle dinners, inclusive church socials, provocative religious education, etc. I plan to work with our staff and committees to assure that our internal (congregational) needs are met.

**Our External Mission: We Make the World Better.** We actively do projects that benefit those outside of our community. Our members serve in many capacities, including social justice programs, Humane Society, Alternative Gift Market, Citizens' Climate Lobby, Interfaith Initiatives, etc. We provide a home for various groups including Buddhists, youth groups, Socrates Café, etc. There are two ways our congregation can fulfill its external mission. Members can actively support existing service organizations in our community, making us active participants in our interfaith community. And where our members feel the need to provide a service not offered in our community, they can create their own project which we will support as our resources permit.

**We Must Act Sustainably:** Just as the world is learning it cannot over-tax our planet's resources without reaping dire consequences, the same applies to our congregation. We cannot over-extend ourselves financially, or with regard to the services we offer. All of the principles that follow (see below) support sustainability. We must set a pace we can maintain. Too slow and we lose momentum. Too fast and we become overwhelmed. Too far in either extreme and people "burn out" or "bore out." We must do what we can with the time, money, talent, and energy we have. We must keep our aspirations balanced with our resources.

**We Make Our Structure and Procedures Accessible.** It has been said; "If you can predict, you can participate." We have developed organization, committees, job descriptions, responsibilities, policies, and procedures. These must be made simple, clear, and accessible to all.



Much of this can be posted on our website so that questions about such things are easily answered. We want to make it easy for people to see what we are doing, how we do it, and how they can get involved.

**We are an Active Church:** Actions trump beliefs. Karma beats dogma. I would rather live in a community of people who have great actions and no beliefs than be with people who have great beliefs but no actions. Some churches have a passive culture in which one can simply accept certain points of dogma and show up for a few key holidays. By contrast, UU's have an active church. We take care of ourselves and others. We should invite every member, friend and visitor to participate in our internal and external mission. Participation as an opportunity and honor.

Following are additional ways to practice our active culture in a sustainable way: We make sure people are involved to the level they desire. We need to get better at asking people to help in ways they can. We should accept it when they say no. We don't guilt trip. We identify those who are burning out and relieve them of duties. We inquire about members' skills to better know who to invite to do what. We create clear job descriptions and organization so that participation is more efficient. And we regularly celebrate our members and their contributions.

I've probably averaged 20 hours per week lately in my presidential duties. This included reading a 100-page UUA document on creating covenant, mission, and vision statements, exchanging emails, rummaging through archival documents, drafting a board meeting agenda, doing "on-line" board member training, and coordinating with various staff and committee members. I accept that my job will be more demanding at some times. However, 20 hours/week is not sustainable for me. Five to ten hours per week is.

If I cannot get my job to a sustainable level, I will resign the presidency and simply function as a board member. And I advise others to do the same. Identify what level of activity is sustainable for you. Give your fair share. But don't burn out. We'd rather have you a little than not at all. I talked to a former board president who estimates they spent 30 hours per week. If that works for you, great. If not, don't do it. And don't feel guilty about it.

**We Make Doing Good Attractive:** As UU's we can't entice people to action with promises of afterlife upgrades, threats of hell, or special favors from deities. And we don't guilt trip. Instead, we offer people opportunities to participate in something bigger than themselves. We create a place people want to tell

their friends about. We offer services, music, and comradeship that people hate to miss. We offer a liberal, accepting community that can't be found elsewhere in Cache Valley. And our primary motivation? We act for the joy that comes from purposeful action. We make doing good attractive.

**We are Financially Responsible:** It takes money to run our church. Many have made great financial sacrifices to provide the building and facilities we enjoy. But facilities are not cheap. Mortgage and maintenance costs are guaranteed. Our income is not. I have no problem asking for money. But I have no need to pressure people for money. Like everyone, we must live within our budget. If members value our building, facilities and programs enough to fund them, great. If not, we simplify and reduce our spending to fit our funding. We are at a critical juncture with the financing of our building. I will advise that we stay well, WELL within our financial means. I refuse to lose sleep over money.

**We are a Learning Organization:** We are fortunate to have many bright and talented members. I want to benefit from what each brings to our table. Let's not waste time reinventing wheels others have already developed. This requires that we keep good minutes of our meetings, clear and well-organized records of what we have done and how well it worked. Otherwise, we are doomed to repeat our mistakes. We want to recognize and repeat what works and let go of what doesn't.

**We Respond to Member Needs:** To remain vital, we must know what our members need and want. Members can make suggestions to me or any board member. I hope to create more fluid and consistent ways of assessing our congregational needs such as questionnaires and periodic focus groups. I encourage all to participate in our board meetings. I will circulate our agendas and minutes.

**We Lead by Engaging.** Leaders are not here to do the work. Leaders create the structure and organization necessary for all to share in the work. Leaders delegate where appropriate. This is not to get out of work (they have enough). This enables all to participate. This is what it means to be an active community. If you come to me with a problem, I will generally help YOU solve the problem, rather than assuming responsibility for it myself.

**In Summary:** I look forward to serving as your president. Success is a team effort. I want to make CVUU the best, sustainable church it can be. Stay tuned.



*Dave Christian, CVUU Board President*



## Religious Education

### Active Committees

- Religious Education
  - Jennifer Hamilton
- Membership
  - Nyla Newman
- Worship/Sunday Services
  - George Wooton
- Building & Grounds
  - Jean Lown & Jay Black
- Environmental & Social Justice
  - Jenny Norton & Paul Rogers

### Teachers Needed

#### Children & Youth Religious Education Programs!!

#### For more information contact:

Jennifer Hamilton, Director of Religious Education  
[cvuu.dre@gmail.com](mailto:cvuu.dre@gmail.com) or

Sharla Hart, CVUU Organizational Coordinator  
[sharla.hart@gmail.com](mailto:sharla.hart@gmail.com)

"Perhaps we should realize that our need is not to 'find something to believe', but rather to discover that our lives indicate what we believe right now. This is the place to start.

- Edith Hunter, religious educator



### Children & Youth Religious Education

What does it mean to *Seek Truth*? What is *Truth*? Are there *different Truths*? Is there an *absolute Truth*? Through beautiful and thoughtful lessons, our Sunday Service classes will explore the idea of Truth and guide each child towards a greater understanding of their own beliefs, as well as, foster understanding and acceptance of others beliefs.

Our **Little Wonders (3mo. To Pre-K)** using songs, stories, and opportunities for artistic self-expression will be engage in the "*Creating Home*" series, which explores their family homes, homes of others and homes found in nature, while we simultaneously nurture a sense of belonging in our community of faith home.

Our **Freedom Seekers (K to 4<sup>th</sup> grade)** will begin their journey with the "*Wonderful Welcome*" series which will expand children's understanding of their relationships with others and teach the importance of welcoming as an act of Unitarian Universalist faith. They will also get hands-on experience in creating a shared atmosphere that encourages a sense of reverence, awe, gratitude and wonder.

Our **Trailblazers (5<sup>th</sup> grade to 12 grade)** will delve deeper into identifying their own values, views, and needs as well as those of others through the "*Windows & Mirrors*" series. Developing empathy, open-mindedness, and respect for difference both seen and unseen.

A calendar of individual lessons being offered as well as RE Registration Forms are posted in the Children & Youth RE Corner!



Jennifer Hamilton: Director of Religious Education



### COMMIT2RESPOND

#### **People of Faith Taking Action for Climate Change**

##### **UU 7<sup>th</sup> Principle**

"Our seventh Principle may be our Unitarian Universalist way of coming to fully embrace something greater than ourselves. The interdependent web expressed as the spirit of life, the ground of all being, the oneness of all existence, the community-forming power, the process of life, the creative force, even God - can help us develop that social understanding of ourselves that we and our culture so desperately need. It is a source of meaning to which we can dedicate our lives.

**- Forrest Gilmore**

Follow Commit2Respond on  
[Facebook](#)

#### **October Membership Activities:**

All are most welcome to  
participate!



**October 11, 2015** RUAUU  
session #1 re: History of Unitarian  
Universalism



**October 18, 2015** RUAUU  
session #2 will be held following  
the service

**October 23 (Friday) & 24 (Saturday)**, dates have been set for Circle  
Dinners



## **Environmental & Social Justice**

The Environmental and Social Justice (ESJ) Committee met September 17, 2015 to kick off the fall season. Services ideas included Global Water justice (Dec 6th) and poverty in Logan/ food pantry, and spend a moment in each service to highlight concerns and topics of interest from the ESJ committee.

Events included Citizens Climate Lobby (Sept. 28 meeting), Clean Air Consortia conference (9/21). Alternative Gift Market December 12th (planning/advertising help needed). Next ESJ meeting in early November. Any ideas for a local action or Environmental and Social Justice service contact Jenny Norton or Paul Rogers.



*Jenny Norton: co-chair*  
[jeanettemarienorton@gmail.com](mailto:jeanettemarienorton@gmail.com) (preferred email for SEJ activities)



*Paul Rogers: co-chair* [p.rogers@aggiemail.usu.edu](mailto:p.rogers@aggiemail.usu.edu)



## **Membership Update, Aug. 29, 2015**

Thanks to Membership Chair, Nyla Newman for organizing a table at the Aug. 25 USU Freshman Information Fair. Also, thanks to Sharla Hart for creating a great pamphlet to hand out. We also would like to thank our lay leader, Tara Hawkins, for making herself available to meet with the new students. I was also at the table giving out information about UUA and CVUU as well.

There was a good turnout of students with positive response. The USU event was so much fun it has me wanting to call out the battle-cry from the children's movie, Horton Hears a Who - We Are Here!

We Are Here! We Are Here! Also, that movie has a great moral, which is that everyone's voice matters and a person is a person, no matter how small! It reminds me very much of our little congregation here at CVUU.

If any of you know of opportunities in Cache Valley to have a free booth or table for raising awareness or showing a presence of our Fellowship, please let Nyla [reikipeace@gmail.com](mailto:reikipeace@gmail.com) or someone on the Membership Committee know.



*Julianne Larsen: CVUU Board & Membership*

"A living tradition is not bequeathed through some law of inheritance; it must be earned, not without dust and heat, and not without humbling grace."

**- James Luther Adams (1901-1994) Unitarian minister**



## CVUU Building & Grounds



**Lights:** Last out, turn off ALL lights and make sure all doors and windows are locked. Thanks!



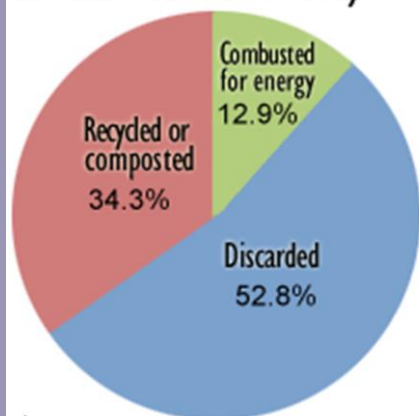
**Solar:** Check out [CVUU solar power production](#)

## Did you know?

### Reduce, Reuse, Recycle:

- Recycling is only one "leg" of the recycling process
- A lot of what is thrown away is single use plastic containers, packaging, and bottles

### What Happens To Stuff We Throw Away\* ?



\* based on 2013 MSW Characterization Report

### On the go?

- Shop with reusable bags and put them back in the car immediately after unloading groceries
- Carry your own place setting - fork/plate/napkin
- Stash a reusable water bottle in your car



### Recycling: Are You Recycle Aware?

We have a major problem with contamination of the recycling and a simultaneous problem of failure to recycle items that should go in the blue bin.

- PLEASE read the flyers and info attached to the indoor and outdoor blue bins about what is and what is NOT recyclable.
- All items must be CLEAN!!
- NO FOOD (such as icing on a cardboard box or pizza boxes with grease or cheese)
- NO used tissues, paper towels, or aluminum foil.
- NO plastic bags!

As much as you might *wish* that these items were recyclable, they contaminate the rest of the items and cost us all money from inefficiency. Recycling is a very low margin process. Don't throw a monkey wrench into the works! Be responsible.

**GLASS RECYCLE:** Rinse glass containers and place in basket under the sink in the CVUU kitchen.



### "Who Does The Laundry? Who Waters The Plants?"

**Who Picks Up Litter?** Do you ever wonder who washes the kitchen and bathroom hand towels? A couple of us do so on a regular basis but, as with most CVUU cleaning and maintenance, we could use more help, especially when we are out of town.

- Water indoor plants if drooping and soil is dry
- Take any towels home and run them through the wash
- Replace with clean towels from the drawer next to refrigerator
- Be a good neighbor and pick up trash that blows across the street from The Factory apartment construction



**Grounds:** Our yard is looking very attractive since installation of the new sprinkler system with the help of the lawn mowing service (Thanks Jay & Leslie!) and the maturing of our xeriscaping. But we can always use help with weeding and picking up trash on the lawn.

Leaf raking and yard clean up party, **Saturday November 7 at 9 am** until early afternoon. Leaves will be raked them into the border where they will compost and become mulch. Thanks to Jay & Leslie Black for paying for the lawn mowing and maintenance and to Susan Buffler for testing and fine tuning the sprinkler system for maximum efficiency.

We are starting to remove the grass in a circle around the base of our trees in order to replace with mulch. That's the reason for the plastic around the one tree.

Your ideas and volunteer time are welcome as we work toward a more water-wise, less labor-intensive landscape.



Thanks to the many helpers!

To volunteer, contact Jean at: [jean.lown@usu.edu](mailto:jean.lown@usu.edu)



# Regular Happenings



**Socrates Café** meets the first Tuesday of each month at 7:00 at CVUU. We hope to see you **Tuesday, October 6** for lively dialogue. Bring a topic or enjoy one selected from those provided by other participants.

Any questions? Send an email to Dave Christian at: [dchristian999@gmail.com](mailto:dchristian999@gmail.com). To learn more about how a Socrates Cafe works, check out [the Philosopher.org website](http://thePhilosopher.org):



## Ewe Ewes Knitting and Fiber Arts Small Group Ministry

Join the CVUU Ewe Ewes (get it!) every Thursday evening at 7pm at CVUU for an evening of sharing and fiber arts and crafts.

We are more than just a knitting and fiber arts club. Beginning fiber artists 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!

Join the Ewe Ewes Fiber Arts public [Facebook Group](#)



## Financial Planning For Women

Need help sorting out your personal finances? Trying to figure out how to afford college tuition? Not sure about your asset allocation for retirement? **Want To Learn To About Investing or Be Sure You Are On Track to Achieve Your Goals?** Successful Investing with [Financial Planning for Women](#)

Fall programs focus will be on investing, from basics to strategies for experienced investors. Mark your calendars for **Wednesday October 14 and Nov. 11. Join us at 11:30-12:30 p.m.** in USU Taggart Student Center Room 336 or 7-8:30 p.m. at the USU Family Life Center, 493 N 700 E, Logan.

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)  
[Find us on Facebook!](#)

Jean Lown also offers financial advising to CVUU members in exchange for a modest donation to CVUU.

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



## Newsletter Editor: Thanks Alvan!

Thanks to Alvan for his many years of service to CVUU! Long-time CVUU newsletter editor Alvan Hengge has had to recently step down. Susan Buffler will temporarily assume the editor position.

Interested in "shadowing" as the newsletter editor? Let Susan know at: [cvuu.newsletter@gmail.com](mailto:cvuu.newsletter@gmail.com)

### Submit newsletter items to:

Susan Buffler

[cvuu.newsletter@gmail.com](mailto:cvuu.newsletter@gmail.com)

- No longer than 250 words
- Send in Word or other document format, preferably not in the body of the email
- Any submission is subject to editing ☺
- Photos encouraged
  - must have permissions / attribution OR
  - use images with Creative Commons license


**Deadline:** the evening of the third day before the end of the month (October 29)



Susan Buffler



# CVUU Calendar for October 2015

Sun.	M	T	W	Th.	F	Sat.
 <p>All activities listed here are held at the <b>Jay and Leslie Fellowship House</b> 596 E. 900 N., Logan, UT unless otherwise noted</p>				1 Ewe Ewes Knitting/Fiber Arts Group 7pm (see p. 8)	2	3
4 3,000 Miles for Peace Going away potluck for the Leary family 11:30am	5 Cache Valley Buddhist Sangha 7:15pm	6 Socrates Café 7 pm (see page 8)	7 Amrita Sangha 7pm	8 Ewe Ewes Knitting/Fiber Arts Group 7pm	9	10
11 Will the Cache County Water Conservancy District really conserve water? RUAUU 11:30am	12 Citizen's Climate Lobby meeting 6pm Cache Valley Buddhist Sangha 7:15pm	13	14 Financial Planning for Women (see page 8) Amrita Sangha 7pm	15 Ewe Ewes Knitting/Fiber Arts Group 7pm	16	17
18 UN Sunday RUAUU part II 11:30am CVUU Board Meeting 11:30am	19 Cache Valley Buddhist Sangha 7:15pm	20	21 Amrita Sangha 7pm	22 Ewe Ewes Knitting/Fiber Arts Group 7pm	23	24
25 Halloween Intergenerational Service	26 Cache Valley Buddhist Sangha 7:15pm	27	28 Amrita Sangha 7pm	29 Ewe Ewes Knitting/Fiber Arts Group 7pm	30	31