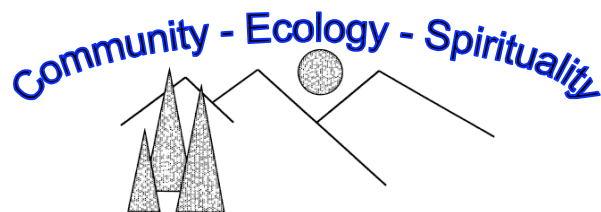


Coming Home

The Newsletter of the Cache Valley Unitarian Universalists



Vol. 16 No. 4 April 2010

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.

Upcoming Services

Sundays at 10 am:

April 4: Intergenerational Easter Service

led by Beth Walden and Suzanne Marychild

April 11: Totally Cosmic, Bro

Guest Speaker from the Ogden UU church, Bill Hackett

April 18: This I Believe

led by Beth Walden

April 25: Earth Day celebration

led by our Middle School youth

Friday services have concluded for the season and will resume in the fall

Services are held at 596 E 900 N, in Logan.



Spring Cleaning

It's been an interesting experience to think about "Spring Cleaning" this year. First, I feel overwhelmed. We are cleaning out the thousand or more files in the office and converting them to electronic files. Great! An excuse to procrastinate! I'm too busy! Then, it rains mud. Apparently China did their spring cleaning and swept it right out to sea. Great! Now I have an excuse to wait until it quits snowing. But, Ruby the car needs cleaning, too.



Enough joking around. When I think about doing what needs to be done, I find my mind wants to clamp shut. I'm feeling lazy and sluggish. Hmm, there used to be preparation called Spring Tonics. I wonder what was in them. I'm guessing field greens and alcohol. Maybe that's not the answer.

Maybe, I'll start with the spring cleaning in my heart and soul. What attitudes do I need to throw out? Are there any outmoded beliefs that no longer serve me? How can I rid my life of those thoughts that slow me down and get in my way? So, what are you cleaning?

Beth Walden, CVUU Lay Leader

Spring greetings from Religious Explorations

Happy spring to all of our RE friends and families! I hope you have all had a chance to go outside and play. We are coming upon our last segment of RE classes and there are many exciting things happening and still to come! It will be good to see some of our friends again that have been enjoying winter up on the ski hill. During the past few months the children have been learning about our 7 Unitarian Universalist principles. In March there was an

Intergenerational "Church of Craft" service led by Eva Mayfield. Sarah Ringueberg led an Energy in Action class where the children decorated pots and planted seeds that will be shared in an upcoming service.

An RE teacher/planning meeting was held on Sunday March 28th. In attendance was: Jo Leary, Jordan Leary, Eva Mayfield, April Ashland and Sarah Ringueberg. We decided on a new curriculum for the pre-K-3rd grade group. It is based on "various gifts we have to share" and comes from the UU Tapestry of Faith. Dawn Holzer will lead another O.W.L. (our whole lives comprehensive sexuality course) for the 4-6th grade group. Eva Mayfield will be coordinating an Intergenerational service for Easter. There will be an egg hunt after the service. April Ashland is our new youth program coordinator. Welcome to our RE program April-we are excited to be working with you to create some fun projects and activities for our youth. So far the youth has had a kick-off party, went bowling and are working on planning an upcoming Earth Day I-gen service and are gearing up for some other service projects. Go youth! Let's give April our support!

Sarah Ringueberg, DRE

Pardon the President. . .

Sitting in church this past Sunday, I found myself reflecting on all that we've accomplished in our CVUU community over the last year. After a year away, I can say that I'm glad to be home.

At least from my own perspective, this has been one of the most rewarding and stimulating years of worship services in my 8+ years of CVUU membership. I have really appreciated the efforts by our minister and worship committee to put together a diverse set of Sunday experiences, and the music has filled my soul. This week I even got to find out what my spouse believes...and there were not major surprises! Kudos to those who have taken the plunge and shared their beliefs publicly with our congregation. I continue to enjoy the alternative Friday service events, and have shared more songs, poetry, acting, and food with my CVUU friends this year than ever before.

I appreciate the work of our RE Director, RE committee, RE teachers, and new Youth Coordinator. Having spent years in the trenches as a teacher, I know how much work it is to show up each week with a well planned curriculum or activity. The OWL class is a gift to the middle-school youth and engages several families from outside our regular CVUU community.

The Social & Environmental Justice work of our congregation is a great example for our community, and the annual Isabelle Katana Award recognizes individuals in our community whose efforts exemplify the engaged community-minded spirit of Isabelle's life. The solar panels make me grin each time I see them, and I like to check up on our cumulative electric output on the web.

The endless work of our hospitality, fellowship and membership committees has been critical to making visitors feel welcome, to connect new members with opportunities to volunteer, and to ensure that we all get to know one another better outside of regular CVUU services and events. The folks that maintain our website, Google-group email list, and publish the monthly newsletter play the critical role of ensuring we all know about CVUU events and activities.

The fact that we have our own building never ceases to amaze me. Each time I drive past the Senior Center, I celebrate the fact that we HAVE OUR OWN SPACE that we can use any day and any time to support the work of our congregation. It is truly a gift. I love the fact that our building is also used to facilitate the

activities of various like-minded groups from the valley (the bilingual preschool, the Buddhist/meditation sangha meeting group, the rental of the building for various campus group events, the folk music house concerts, etc.). I see great potential to expand our work in all of these areas.

Overall, I take heart in the fact that CVUU exists as an outpost of liberal religious thought in our valley. We are an open and caring community that welcomes inquiring minds and invites the free and open search for truth and meaning. We believe in the inherent worth and dignity of all people – and are a place of refuge and tolerance from our GLBT friends and neighbors. It is important to me (as a parent and a citizen) that CVUU's presence and work in our community continue to grow in visibility and impact.

In the coming weeks, CVUU friends and members will be receiving letters from me and the CVUU Board asking them to renew their pledges (or begin pledging) to support the work of CVUU. Our church runs on a shoestring budget, but we rely on the continued generosity of our pledging friends & members to pay our part-time staff, cover our mortgage & building expenses, and provide minimal operating funds for our various committees. Please give what you can (in both time, talent & money), find ways to grow your investment in our collective project, and know that we appreciate all that you do.

This year we have decided to celebrate our CVUU community with a Dinner & Pledge party – to be held in the evening of Saturday May 1st at the CVUU building. I urge all of you to make plans to come to this event. We are planning to have live entertainment and dinner (most likely a loosely organized potluck to keep costs down), and will use the time to take note of the accomplishments of CVUU over the last year. Childcare will be provided to ensure that everyone can attend. Look for details in your pledge letter packet and on our Google-group list in the coming weeks.

Doug Jackson-Smith
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OWL Series for 4th - 6th Graders Starts in April

CVUU would like to offer the next class in the OWL series for our 4th through 6th graders. Many of them have recently been through the “maturation program” offered by the public schools at this age. The one evening talk hopefully opened them up for some conversations with parents, but the focus on hygiene leaves room for many other topics.

Our Whole Lives: Sexuality Education for Grades 4-6 is an 8-session program for learning about and discussing the physical and emotional changes of puberty. Participants will read *It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health* by Robie H. Harris, and examine topics such as values and sexuality, communication and decision making. Each session includes a HomeLink - a homework activity for parents and children to complete together.

Classes will be held at CVUU during the regular scheduled Sunday services. Parents are encouraged to attend with participants. Parents should plan to attend with their child for the first session to be held on Sunday, April 11th for an orientation to the class.

Attendance at this class will pave the way for the much more intensive and comprehensive 7th -9th curriculum. OWL 4-6 is much shorter and provides a brief age appropriate introduction to topics that will be explored in greater depth later. The strongest feature of this curriculum is the parental involvement and encouragement to engage in discussions about sexuality with your child.

OWL 4-6

<http://www.uuabookstore.org/productdetails.cfm?PC=719>

It's Perfectly Normal. This new edition has a chapter on Internet safety as well.

http://www.amazon.com/Its-Perfectly-Normal-Changing-Growing/dp/0763644846/ref=sr_1_2?ie=UTF8&s=books&qid=1269986219&sr=1-2

The Parent Guide to Our Whole Lives for Grades K-1 and Grades 4-6 available from the UUA bookstore. A copy of this is available to borrow from CVUU.

<http://www.uuabookstore.org/productdetails.cfm?PC=728>

Contact Dawn Holzer (753-4428) for further information.

Financial Planning for Women

FPW meets at noon in USU TSC 335 and at 7 pm at the USU Family Life Center 493 North 700 East in Logan. See the website: www.usu.edu/fpw

April 14: Investing Basics—Setting goals, understanding risk and learning about stocks, bonds and mutual funds.

May 5: Planning for Future Life Events: Estate Planning Fundamentals. Note that in May FPW will meet on the FIRST Wednesday: May 5 for both noon time and evening sessions! Date change due to USU schedule.

We are using the workbook: Money Talk: A financial guide for women.



CVUUsers helped the Mayfields move into their lovely new house in Hyde Park. This photo shows the moving crew meeting neighbors and having a tasty lunch.

SAVE THE DATE!



Saturday
May 1, 2010



We are planning a
Cache Valley Unitarian Universalist

Celebration of Community
& Pledge Party

All CVUU Members and Friends Invited

Dinner, Live Entertainment, Good Cheer,
Pleasant Conversation, Childcare, and more!

details to follow...

CVUU Calendar for April 2010

<i>Sun.</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>Th.</i>	<i>F</i>	<i>Sat.</i>
Calendar entries in black are services; other events are in blue.				1	2	3
4 Intergenerational Easter Service	5	6	7	8	9	10
11 Totally Cosmic, Bro OWL begins (see page 3)	12	13	14 Financial Planning for Women (see page 3)	15	16	17
18 This I Believe OWL 4-6 grades	19	20	21	22	23	24
25 Earth Day celebration OWL 4-6 grades	26	27	28	29	30	



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