Our Principles
We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

* The inherent worth and dignity of every person;
* Justice, equity, and compassion in human relations;
* Acceptance of one another and encouragement of spiritual growth in our congregations;
* A free and responsible search for truth and meaning;
* The right of conscience and the use of the democratic process within our congregations and in society at large;
* The goal of world community with peace, liberty, and justice for all;
* Respect for the interdependent web of all existence of which we are a part.

Radical Love:  
Gratitude Keeps Us Going  
On the Journey  
November Worship Services  
(Sundays at 10 AM)

Nov 5 -- It's a Long Season — There's no connection between radical love and baseball, unless you love the game. Rev. Barnaby reflects on how that is true as well of gardening, fishing, singing and every other human activity. It starts with profound gratitude in the presence of all that ends.

Nov 12 — A Larger Gratitude -- Rev. Barnaby reflects on whether we need to learn new lessons about gratitude to pursue the greatest challenges to radical love, like how to embrace the commandment of Jesus to love one's enemies. Fall CommUUion follows service in the lower level.

Nov 19 -- A Great Thanksgiving -- Rev. Barnaby and congregants share stories of what we learned about love from our most memorable Thanksgiving celebrations. New Members will be welcomed in this service. Radical Love Giveaway Party follows.

Nov 26 -- Buddhism, Love and the Journey: Four Personal Testimonies. Led by our CVUUS Sangha. Join them for meditation every Sunday night at 7 pm in Fenn Chapel.

Radical Love Giveaway Party  
Sunday, Nov. 19, 11:15 AM (following worship)  
Raffle opens Sunday, Nov. 12 (look for jars)  
Donations close Nov. 5

Come to our party for all ages to give away, through a massive raffle, a wide range of experiences and services to be shared and enjoyed over the year. We have 100 offerings and many financial donations in hand. The only questions now are how amazing it will turn out to be, will it be publicized in UU World for other congregations to try, and how are YOU going to participate?  

See more inside!
Words from Rev. Barnaby:

As I write this, we are coming up on the one year anniversary of the election of Donald Trump. In some ways, it seems like the bitter campaign has never ended. Distressingly, polls show a clear majority of the country believing that things are getting worse, not better, and no political consensus on how to change that.

I don't feel that things are getting worse at CVUUS. We are in the midst of preparing for an exciting, novel experiment in fellowship we call the Radical Love Party. The Building More Love project for downstairs is moving toward decisions in January or February on when to start the actual work and where to focus our expenditures. We will reach a new high in membership when new members sign our book during the Nov. 19 service just before the Party. A great line-up of guest and lay-led worship services is taking shape for the January through March period when I am on sabbatical. And we are actively working on ways to expand the variety of music in our worship.

For all that, though, I am sensing in myself and many of you profound sadness for what is happening to our country and the world. The temptations to retreat into family and personal pleasures can only mount as the assaults on compassion and justice roll relentlessly on. And our vulnerability to lashing out ineffectively or inhumanely in our anxiety to resist is higher than ever.

We have been talking this past month about these pressures. They are painful, but they are also symptoms that we are in touch with reality and each other. They are the foundation from which we will, in the words of one of our hymns, “turn the world around.” This November, our radical love theme will bring us to gratitude and other spiritual resources we can share and celebrate in this time of need.

The Sunday after the election last year, 192 people attended CVUUS. That included many people who told me “I needed to be here. You will see more of me.” I generally replied, “We needed you to be here. I hope we will see more of you.” It feels truer than ever as we near the election anniversary.

Blessed be, Rev. Barnaby

---

CVUUS Directory Frequently Asked Questions

**How do I get the Directory?** Pick one up in the sanctuary lobby or contact the Office at 388-8080 or office@cvuus.org to get one. Specify if you’d like to receive the photo version or condensed non-photo version. Those listed in the directory with email addresses get it emailed to them from the Office.

**How do I get my picture into or updated in the Directory?** Email your photo to office@cvuus.org. Have one taken at the Radical Love Giveaway Party by our bookkeeper Heather Seeley, who is also a professional photographer. She will be on hand. She’s raffling a family photo session.

**Do I have to be a member to be in the Directory?** No. While all members are listed, we also like to list anyone who is actively attending our services or involved in our endeavors, religious exploration classes or many ministries. Official UU members have their first name boldfaced. See Rev. Barnaby or Marjorie Carsen if you’re interested in becoming an official member. Classes to orient you are offered each fall and spring.

**How do I update my contact info?** Contact the Office at 388-8080 or office@cvuus.org to change your address, phone or add or change your email address or cell phone number.

**Do I get to participate in the Radical Love Giveaway raffle if I am not listed in the Directory?** Yes, if you arrange to be added by contacting the Office at 388-8080 or office@cvuus.org. Every household listed will get 10 raffle tickets to disperse in the love jars of their choosing Nov 12-19.
Radical Love Giveaway Party

Sunday, Nov. 19, 11:15 AM (following worship)
Raffle opens Sunday, Nov. 12 (look for jars)

What is it? A party for all ages after worship to give away, through a massive raffle, a wide range of experiences and services to be shared and enjoyed over the next year.

What isn’t it? An auction. Everything will be given away. There will be no bidding and no charge for admission.

What about the hole in our budget from having no auction? We are asking everyone to help fill that hole by making a donation amounting to 4 percent of their annual pledge (e.g., $4 for every $100). If you need help figuring out what that is, email our bookkeeper, Heather Seeley, at fm@cvuus.org. We will stop soliciting these donations after this Sunday Nov. 5. We have close to $7,000 toward our goal of raising $10,000, thanks to your generosity. You do not have to make a donation to participate in the Party!

When is the party? – Nov. 19, right after worship. Where? Sanctuary What? Pizza, cake, some games and photo taking for our directory provided while congregants make their selections.

How will it work? – Every adult in our Directory will be entitled to ten tickets with a number assigned to them prewritten on their tickets and invited to put them in the containers for the gifts that interest them. Raffle choices can be made anytime Nov. 12 through Nov. 19. Winners will be drawn at random at the party on Nov. 19. You don’t need to be present to win. Mary Hadley has volunteered to record who wins what. Let her know if you’d like to help. Donna LaRose has volunteered to work on gathering and displaying the containers. She also can use help!

Is this really going to happen? – We already have 100 offerings and many financial donations in hand. The only questions now are how amazing it will turn out to be, will it be publicized in UU World for other congregations to try, and how are YOU going to participate?

What Can I Do Right Now?

• Figure out what 4 percent of your pledge is and get that donation in. You can drop it off or mail it to the office or give it to someone collecting after services, ending Nov. 5. For checks, write Radical Love Party on the memo line. Please donate cash in an envelope with your name on it if you want Heather to be able to include it in the donations statement we send you for your tax records.

• Come up with what you want to offer at the Party. Be sure to ask yourself what extra twist would make the offering more fun, bring in more people, allow it to take place in a memorable setting, make it more fun and creative for you – it short, make it radical! Let Donna LaRose know as soon as possible. Contact Elizabeth Golden-Pidgeon for help shaping your donation. Use your imagination to decorate and label your raffle ticket container, which can be dropped off now and through Nov. 12. Spare containers will be provided for those who need them or forget. Service donations close Sunday Nov. 5. We have close to 100 to date. Here’s a sample. See Mary Hadley for full list.

• Multiple dinners and other dining opportunities
• Vermont Lake Monsters Baseball Game with Karl Lindholm (covers tickets, food and beer/drink, ride)
• A weekend getaway at Bill and Abi Sessions’ 4 BR house on Isle La Motte
• An hour and a half of scrapbooking or some other agreed upon craft activity for up to 3 people at Elizabeth Golden-Pidgeon’s home in Burlington
• Francois Clemmons singing on your answering machine
• Fresh Thanksgiving turkey – Paul and Frances Stone
• A backpacking weekend for beginners curious to try it out – organized and led for you by Jay Harrington — or a night walk in the forest led by Roland McGlashan
RE THOUGHTS

WHAT HAVE WE BEEN UP TO IN RE?

All the groups (except the Nursery) started the year by making a group covenant –

Infant-3 year: NURSERY
Lots of arts and crafts, decorating the walls, looking at board books, sitting together at the little table to eat snack, play kitchen, cars, animals - hoping to start a costume corner

PreK-grade 1: SPIRIT PLAY
The stories this year are mostly connected to our CUUUS theme of Radical Love and out monthly themes (The Terrible Things, Super Manny...). If you peek in the room, you’ll see “story boxes” on the shelf - feel free to open one up to see the little animals, people and homemade backgrounds. During “work time”, the kids have chosen to make little books, paint, draw on the Buddha Board, play with Story Boxes

Grades 2-4: HARRY and UU
The kids share “good and bad magic” (joys and concerns), they pulled out their wands from last year. This year’s “Horcruxes” (world problems) have included Natural Disasters - they did an activity where they worked together to save animals in a flood and they sent drawings and pictures to several hurricane-affected UU churches in Florida. Next Horcrux is illiteracy (book drive coming soon).

Grades 5-6: NEIGHBORING FAITHS
They talked about religious pluralism - appreciating the many different faiths and religions. Looking at faith’s rituals, holy days, founders, symbols and more. Also considering how each faith defines the “problem in the world” and the “solution” to that problem. Learning the “8 Practices of Welcoming Difference” (#4 Be comfortable with discomfort). Started with Unitarian Universalism. Judaism and a field trip to Havurah House up next.

Grades 7-8: OWL 7-8 (OUR WHOLE LIVES SEXUALITY ED)
Sessions so far have included language, values, and anatomy. Anonymous questions put in the Question Box are answered - sometimes involving some research by Joanna and Shannon J

Grades 9-12: YOUTH GROUP
Slideshow presentation of last year’s Youth Group service trip to New York City and discussion about how to continue community service this year. Picked apples for HOPE food shelf. Next - meeting with Director of John Graham Shelter Liz Ready to look at starting a relationship there this year with the Youth Group.

All Ages: KIDS FOR KIDS
CROP Walk to End Hunger had a huge CVUUS turnout! Kids made Halloween decorations and treats for kids staying at the Charter House. Up next, the annual making and selling holiday ornaments as a UUSC Guest at Your Table fundraiser.

Plus...learning and singing “Brave” with Lucy and the choir, Joys and Concerns, lighting group chalices... and more to come - thanks to everyone who leads and assists in RE!

~ Poppy, your Director of Religious Exploration
NOVEMBER for Children and Youth ~

NOV 5: SPIRIT PLAY, HARRY & UU, NEIGHBORING FAITHS start in Worship
      OWL 10-12:30 next door at Mary Johnson Children’s Center basement
      YOUTH GROUP 4-6 pm
      ** OWL 2 pm FIELD TRIP to see Zora and Ariana in “The Crucible” at Town Hall Theater

** SAT., NOV 11: NEIGHBORING FAITHS – FIELD TRIP to Havurah House in Middlebury, times TBD
      OWL 4-10 Fenn House for pizza making, movie watching and game playing

NOV 12: SPIRIT PLAY, HARRY & UU start in Worship
       NEIGHBORING FAITHS – FIELD TRIP to Friends Meeting House (at Havurah) in
       Middlebury, times TBD
       YOUTH GROUP 4-6 pm

NOV 19: KIDS FOR KIDS 10-11:15 start at Fenn House - All-ages kids social justice group that works
to help other kids. This month: our annual time to make holiday ornaments to sell to raise money for UUSC
      Guest at Your Table (supports climate change responders and Burmese human rights activ-ists) – Youth Group and adults welcome!
      OWL 10-12:30 next door at Mary Johnson Children’s Center basement
      ** RADICAL LOVE PARTY after the service – see info in this newsletter
      YOUTH GROUP 4-6 pm

NOV 26: SPIRIT PLAY, HARRY & UU, NEIGHBORING FAITHS start in Worship

For more information, contact Director of Religious Exploration Poppy Rees re@cvuus.org

THANKS TO ALL WHO PARTICIPATED IN CROP HUNGER WALK! We broke records!
Social Action Updates

November “Share the Plate” Donee
Support Frontline Puerto Rican Communities in the Recovery from Hurricane Maria

The Hurricane Maria Community Relief & Recovery Fund is designed to help the vulnerable communities of Puerto Rico that have suffered the most damage from the storm. These communities have minimal supplies and resources to recover and safeguard any property. One hundred percent of money is raised to support the immediate relief or long-term equitable rebuilding to these vulnerable communities. Plus, grassroots organizations have concluded that, aside from initial emergency funding, all grants from the Maria Fund will be decided by a committee made up entirely of Puerto Ricans, 50% from the island and 50% in the diaspora.

Please speak with anyone on Donation Ministry to suggest an organization you would like CVUUS to support: Jason Duquette-Hoffman (chair), Parker (Monty) Montgomery, Ashleigh Hickey, Barbara Karle, Kimberly Waterman, Rev. Barnaby. Previous donees are listed at cvuus.org/justice.

October’s collection raised $1,161.74 for Doctors without Borders and $597.50 for BLM UU

Thank you for your generosity!

Clean out your closets and raise funds for CVUUS!

Bring your used clothing to Neat Repeats and give them the CVUUS account number (108) or Buy Again Alley and give them account number (504). It’s easy way to raise funds for the CVUUS budget and Youth Group while also helping people who are in need of reasonably priced, good clothing. Donations are tax-deductible.

Donate items to HOPE and WomenSafe!

Look for HOPE shopping cart to donate food. Needed items include peanut butter, jelly, tuna, rices, mac & cheese, juice, cereals. Prefer smaller sizes to jumbo ones. Also look for the WomenSafe heart-wrapped box in our sanctuary lobby near the welcome table. WomenSafe is always in need of self-care items but currently their biggest need is for both men's and women's deodorant, toothbrushes and toothpaste. Donations of these items would be greatly appreciated! In addition, donations of soap (large bars), shampoo, conditioner, combs, brushes, diapers, small stuffed animals and gift cards to laundromats and hair salons would be very welcome! See Dottie Nelson if you have questions or suggestions. Thanks so much!
Small Group Ministry Underway—A Few Spots Still Open

Small Group Ministry cohorts are underway, with a few spots still available in some groups for those interested in participating. Regular meeting times have been set for three groups, as follows:

1- **Saturday morning group**: First Saturday morning of the month, 9-11am in the Fenn House

2- **Wednesday evening group**: Second Wednesday evening of the month, 7:30-9pm, Sanctuary Library

3- **Tuesday afternoon group**: Second Tuesday afternoon of the month, 3-5pm. For information on location, you can contact Marjorie Carsen at marjcarsen@gmail.com

4- **Weekday evening all-women's group**: This group held its initial meeting on Thursday evening, October 26, and agreed to meet on a Thursday night once a month at someone’s home.

**INTERESTED?** If you have an interest in joining any of these groups, or want to know more about Small Group Ministry at CVUUS, contact Doug Richards at drichard@keuka.edu or 802-989-9387.

**NONVIOLENT COMMUNICATION (NVC) Continued**

November's NVC sharing addresses our October 15th Congregational Conversation: What is the Language of Inclusion we at CVUUS want to use to welcome diversity to our congregation? Such a good question! I'll use NVC (Nonviolent—or non hurtful—Communication) to help us answer.

We mean to be inclusive and welcome folks, regardless of race, income, sexual orientation, etc. However, words we use when received from another’s perspective can too easily and unintentionally be misinterpreted or even hurtful. We struggle to find the right word or phrasing to accurately convey our idea. Words may have multiple meanings, and to different persons. We may not express our idea exactly but refer to it vaguely. Words can also have non literal meaning, such as: Standing on the Side of Love. Include? “Standing” is what one physically does while “Love” is in our emotions. NVC outlines how words can set us apart by containing interpretations, judgments and blaming, which reflect our individual views and compare us, can punish, reflect morals, or can insinuate anger and unmet needs.

I propose our language, words we use, reflect our heart and not just our head thinking. We often talk trying to convey the idea in our head, or listen for ideas. In wanting folks to feel welcome, connection is based on our shared humanness, our universal feelings and needs. We all feel: glad, sad, mad (and all their subtle shades). We all have basic needs for: connection, honesty, play, spiritual, physical, meaning, autonomy and capability (and all their subtle shades). Necessary? For more complete lists of feelings and needs, see Marshall’s book, *Nonviolent Communication: A Language of Life*.

Following are three recent examples of mine. With the UU phrase which does not speak to my literalness, I interpret the meaning from its context to be, 'Come from my place of emotional Love', in UU gatherings, when expressing myself, and when listening to others. If I was authoring the phrase we know as 'Standing on the Side of Love', I might try, 'Come from our love' or 'Choose according to our Heart Connection'. When talking with one close friend, I knew we could talk intellectually about a topic (the language we used with each other), and after a point, we needed me to stress the most important thing, which is our heart connection. In another situation, to get a true reflection of what was going on with another, I asked “What are you feeling?” rather than “What are you thinking?” and had a miraculous shift in the other’s openness in sharing with me. My sibling!

Anne Christie, Right Relations Team & Speech and Language Pathologist
November Thoughts from Your Membership Ministry

Looking forward to Thanksgiving Day, our gratitude can begin with an extra hour of rest, for most of us, on the morning of November 5! Then we have our Radical Love Giveaway Party on Nov 19, one of our best opportunities to brighten the approach of winter together.

This month we will welcome new members during our Sunday services on November 19. Some prospective members first attended CVUUS when they learned about a particularly appealing service and then made return visits after that initial invitation from someone in this congregation. The blessings of this community are too good not to share, in my opinion. With gratitude, for the Membership Ministry Team-- Marjorie Carsen

Thursday Night Out Resumes!

Thursday Night Out returns Nov 2 from 5 - 7:30 for kids age 10 and under. We’ll provide supper, games, homework help and quiet reading time for up to 10 kids while parents have some grown-up time. Every first and third Thursday of the month, Nov. through March. Let Kate Gridley know if you’d like your child added to the list for Nov. 2 or another night. We’ll list the first 10 kids and wait-list the others. Also, let her know if you would like to help the Caring Network in providing supper or supervision. kmgridley@gmail.com or 989-1928.

This season’s dates are:
November 2, 16
December 7, 21
January 4, 18
February 1, 15
March 1, 15

Seeing Color/Seeking Justice:
A Racial Identities/Racial Justice Film Series Starts Nov. 1

Showing Up for Racial Justice (SURJ) presents the 2017/2018 Seeing Color/Seeking Justice: A Racial Identities/Racial Justice Film Series in Middlebury starting Wed. Nov 1 with their first film in the series, Rumble, showing at 4 and 7 pm at Middlebury’s Marquis Theater. This tells the story of the Native American Indian’s influence on one of America’s great gifts to the world, rock and roll. Moviegoers will also have a unique opportunity to hear some Native American music performed live at 5:30 pm, (between the two film showings). The money raised from the showing will support the Vermont Abenaki Tribe’s efforts to replace Columbus Day with Indigenous People’s Day in the state of Vermont.

Chuck Miller Concert, Nov. 10, 7:30 pm At the Town Hall Theater of his original works and other improvisations. He’s setting up a possible CD of the performance. Its advanced sales will go to CVUUS.

How Would You Like to Stand for Radical Love?

Visit cvuus.org/justice for the many ways that CVUUS participates in advancing justice through action and monthly donations and cvuus.org/news for latest developments. Youth Group picked apples for our local food shelves.
FROM THE BOARD

I have been grappling with the notion of radical love and how it might inform my actions and hence shape my life into something more giving and “holy.” And I must confess, I am not sure I truly understand all the dimensions of radical love. I thought I was demonstrating radical love when I was pleasant to and accepting of individuals who sometimes make me cringe or in some cases even repulse me. Let me explain. About 5 times each month I am a driver for the Meals and Wheels Program here in Addison County. At one household, my footing is carefully planned so as to avoid stepping into dog mess and once inside I have to deal with a refrigerator whose seals are so encrusted with dirt and mold that to close the door, I have to use all my physical might and then seal it with duct tape in order to keep the door closed. But to this individual I deliver not only what I am directed to give but additional food whenever there is some in my delivery box or when other clients decide they do not want what has been allocated to them. I do this often as I can. The other drivers often speak of how much they dislike delivering to this address. I reckon their dislike of delivering to this client comes across to him whenever they deliver his meal to him.

At another household (they have since moved), I took the deepest breaths I could and held them as long as I could before entering the house as the cigarette smoke inside was so dense it burned my lungs. When placing the food on the table where I was instructed to the pile of cigarette ash and butts obliterated any clear indication of where the table actually was and the ashtrays began. It was all just a pile of ash and butts. Yet, when this individual asked me to return so she could share her letters of commendations from then Governor Jeffords, and Senators Sanders and Leahy I did and had a 45 minute conversation about her work of knitting doll clothes and what it means to give to others. I still have a sample of the over 1,500 doll outfits she knitted and gave away to children in the state’s foster care program. I never would have known of her kindness to others if I had not returned to visit despite the fact that I initially dreaded my return to that smoke filled apartment.

I guess I do know more about radical love than I thought. Radical love can be comprised of those small moments when you suspend yourself from fear and the need for comfort and from feelings of repulsion. It is the opening of yourself to the other. The Tibetan Buddhist master Chogyam Trungpa reminds us: “The only way to implement our vision for society is to bring it down to the situation of a single household.” So, while the vision itself includes both singular and multiple dimensions...for any vision to be realized, whether collectively or otherwise, we are required as individuals to act. Everyone has a role to play; everyone can make a difference. Even if they are small gestures, perhaps radical love is comprised of just that; the smallest of gestures, from one person to another.

October CVUUS Board Meeting highlights:
We continued our discussion of the book Growing a Beloved Community. The focus of the discussion was the need for our church to be open to everyone, and nourish those who stay. The dates were finalized for reviewing this year’s ministerial monitoring reports, with board members being assigned to lead discussion on certain dates. Leading discussion will involve a brief description of the relevant section from the Policy Governance Manual and a brief review of the monitoring report.

We continued our discussion of ways to improve the church’s Ends Statement. It was agreed that structural changes should be made to the document, and after than we can more carefully consider changes in the substance of the document.

The annual hospice Service of Remembrance will be Sun. Nov 5, 4 pm, Middlebury Methodist Church. We will remember those who received hospice care and died in the past year. All are invited to join us for this solemn time of remembering, honoring, and lighting candles for those we have cared for and are now gone.

Also, remember that Nov. 5 is Daylight Savings. Fall back an hour.
CHOIR NOTES

Greetings and Salutations! It is finally fall, and I for one am happy to see the procession of the Equinoxes! (that is the 30,000 year cycle of constellations appearing to move behind the sun as it rises) We don’t want the universe to stop!! I’m pleased to say we do have some new choir members, and I just want to say, Thanks! If the choir isn’t growing, it’s shrinking. We all appreciate the support and strengthening of our musical sound and also our friendship bonds.

The choir is singing Great Trees on Nov. 5 from Peter Amidon’s book for Interdenominational choirs. It is a flowing piece with some musical tension/dissonance that is gently resolved to consonance. We are all grateful for consonance!

Nov. 12 Chris Prickett and Connie Leach will sing with and accompany the choir with guitar and Bass Viol on a piece by UU composer Hal Walker, Amazing Gratitude. I had the piece in my collection of music from the 2015 UUMN conference, but at this year’s conference I actually met him and just loved his style and attitude. So I looked for music by him for our choir. This piece takes us just the right place for our month’s theme of “Gratitude” which of course works well for November and near Thanksgiving.

Nov. 19 the choir returns to the Amidon’s arrangements, but from the 50 Anthem book which is often more Christian that usually suits us UUs. But Acres Grace is a prayer of Thanksgiving and gratitude. “We thank you for this food we share, These gifts we’ve gathered from the field; Grains, fruits and greens sustain us here; This bounty nature yields. Your blessings shower down on us below, May we use them well; And when our days on earth are past, Back in your arms we’ll dwell.”

The choir is taking Thanksgiving weekend off. We’ll be back in December.

On a note regarding the wider musical world that sometimes appears at CVUUS, my choir, Ladies’ Night Out Women’s Chorus is giving our 8th Annual Fall Concert with Heidi Soons, Harp on Nov. 14, a Tuesday night at 7:30 pm. The name of the program is Searching for Something Greater and includes Be Thou My Vision arranged for Cello and Harp and voices, of course. And we’re singing some contemporary music by the Beatles, Cold Play and Cyndi Lauper to liven up the concert. One very interesting piece is Veni Veni Emmanuel by Michael Trotta, which superimposes a 9th Century chant over a rhythmic pulse of voices and percussion that is exciting. The text “Ero Cras” meaning, “I will Come” is the response to Veni (Oh, come!). Do come hear this concert and support your church choir director’s community chorus.

With great fondness to you all, CVUUS congregants and choir members,

Your choir director, Lucy Tenenbaum
CVUUS Sangha & Meditation

We meet every Sunday evening at the CVUUS Fenn House at 7 PM. We sit silently for 20 minutes, walk in silence for 15 minutes, sit in silence for 15 minutes more, and then have a brief conversation about our meditation practices or discuss questions for the final 10 minutes.

All are welcome, regardless of level of experience (or lack of experience) with meditation and regardless of faith tradition. If you have any questions about the CVUUS Sangha or Meditation Group, call Colleen at 989-9974 or Van at 388-2142.

CVUUS Sangha / Meditation Group met with the Bread Loaf Mountain Zen Community (BLMZC) and its leader, former CVUUS member, Joshin Brian Byrnes, who is now a Zen priest. The CVUUS Sangha will have the opportunity to participate in and support BLMZC programs, in addition to continuing its regular Sunday night meditation group.

The CVUUS webpage has information about the sangha and its ongoing activities.

Seeking Hosts

Thank you to the families who joined the UU’re Home bed and breakfast program which began in the fall of 2015. Most of our reservations come from the family of a first year UU Middlebury College student, including October’s Parent Weekend.

There are ways to boost our requests and consequently our revenue. One is to list our program in the office at the college that helps students find housing for family members for college events, which we’ve done. We can all recommend the program to local friends and neighbors who don’t have room to house all of their guests. One benefit to volunteering to be a host in our B & B program is access to the national UU’re Home directory.

The rates are $50 per person per night; $60 per person with breakfast included. Reservations may be made by contacting the coordinator. If you are interested in learning more about this program, contact coordinator Johanna Nichols, 802-349-9436 or send an e-mail: nichols.johanna@gmail.com.

Writers’ Group

CVUUS Writers’ Group meets third Monday of the month. Next one is Nov 20, 3 PM, in the Fenn House chapel. All are welcome! Bring something to read (with a few copies): fiction, nonfiction, poems. Questions? Contact Nancy Wright (nancymeanswright@gmail.com).

Seeking a CVUUS Quilter

For each of the past seven years, CVUUS has developed a Rhubarb Festival, held on the Saturday between Memorial Day and Middlebury College’s alumni weekend. The date of the next festival is June 2, 2018. The goals are many: fellowship, fun, food, and fundraising. One activity that has been undertaken in the past was the creation of a quilt by several of our members. The quilt was displayed in the window of the downtown National Bank of Middlebury, raffle tickets were sold, and the name of the winner was drawn during the festival. This project offered fellowship and fun to participants and was a means for fundraising throughout our local community. In order to create this handmade item, we need an experienced quilter or two, comfortable with coordinating the activity. Could you be that person? Is there someone who might like to work with you? Please contact Mary Hadley (hadleyme@juno.com, 382-8572) if you are interested, even if you don’t want to direct the project by yourself. She no doubt remembers the names of past participants and can connect you with a group able to create a lovely, desirable handmade item.

Sanctuary Door Code has been reset. Those who have access to this have been sent an email. The old code will still work until Nov 12 as people get used to the new code. We’ll send a final email to let you know when only the new one will work. Let the office know if you have any concerns.

Please return CVUUS Library books that you’ve had out for more than a month. If you’ve enjoyed a book and want to share it with somebody else, please return it first so its whereabouts can be recorded. There are no fines for overdue items. Questions? See Artley Wolfson. Many thanks!
Night Sky Wonders for November

As in October, November is not a good month for observing planets in our evening sky. The only possibility is viewing Mercury and Saturn extremely low in the southwest about 30 minutes after sunset. Meanwhile, in the morning sky, planets are dancing brightly. Venus and Jupiter, the two brightest planets, pass each other low in the east on the 13th. Venus rises about 90 minutes before the Sun at the start of November, but only 45 minutes before by month’s end since it’s racing away from us. Jupiter comes up too near sunrise to be seen early in the month, but almost two hours before the Sun at month’s end.

Mars is climbing higher in the morning sky as Earth catches up to it. A very thin crescent Moon will be near it on the 14th and 15th. It is rising three to four hours before the Sun.

You’ll find the Moon full on November 4th and new on the 18th of November. The Moon will pass in front of the bright star Aldebaran on November 5th around dinner time. Aldebaran will be blocked off for around three hours. Look east to see this.

Here’s wishing you (and me) clear skies. If you have astronomy questions, or would like to visit the observatory, drop me an e-mail at astromanvt@gmavt.net

Need a name tag? Check the racks where they have been organized alphabetically. If not there, check with a greeter to see if it is elsewhere or needs to be made for you.

Standing for the Earth Vigil

Saturday, Nov. 4, 10:30-11 AM
Middlebury Triangle Park
Hosted by Addison County Interfaith Climate Action every first Saturday of the month.

Openings for Deeper Connections

"The highest priority is that people of all ages are opened to deeper connections with themselves, others, and the spirit of life."
(CVUUS Purpose Statement)

The following CVUUS groups have openings.

**Worship Ministry**, two openings
- we work closely with Reverend Barnaby to provide all aspects of weekly services, serve as worship associates, and spend time educating ourselves and exploring the purpose of worship, our role in the process, and how best to meet the needs of the congregation
- there is public speaking and a need to be reliable and organized while being willing to be vulnerable
- contact Ann Webster (webster.awf@gmail.com), Piper Harrell — meet one Wed a month after choir practice

**Flower Co-op**
- Enjoy taking a turn and placing seasonal decorations in the sanctuary space. Planning for upcoming holiday season coming up.
- Most flowers, plants, and other things from nature are from our own yards, and there is also a budget
- Current members are open to assisting any interested folks who would like to participate.
- contact Marnie Wood (middmarm@yahoo.com)
- Communications/scheduling done via email, and time commitment is the time needed to do one Sunday, or more, early Sunday morning (or Saturdays if no event taking place).

**CVUUS’ Sound System group** is seeking at least two more people
- to join their Sunday morning service rotation, and
- to take turns recording services onto CDs, and to sometimes play music brought in on CDs or other devices.
It's not difficult! You will be trained to set up mics and adjust sound levels. - contact Mitch Kramer (mbkramer@510yahoo.com or 353-0817) for more.

**Money Counters**
- Help count offering on Mondays from 9:30-10:30 am (different time can be arranged)
- contact Mary Conlon (mconlon@shoreham.net)
CVUUS Seasons of Life Fund

Our Seasons of Life Fund is a way to share your joy or concern with the CVUUS community. Members and friends can commemorate personal milestones and passages through financial gifts to CVUUS that provide extra money for us to fulfill our mission statement. The names of the donors and the occasions of the gifts are noted in our monthly newsletter. There is no minimum amount and the size of your donation will not be made public. Please consider the Seasons of Life Fund the next time you—or someone you know—want to honor a birthday, marriage, retirement, anniversary, death, or achievement of any sort. We received a gift in memory of Bob Kellogg.

Planned Giving: For help remembering us in your will or trust, contact John Berninghausen at 349-7080 or berningh@middlebury.edu.

Pastoral Care

CVUUS is blessed with many wise and well-trained individuals beyond Rev. Barnaby capable of providing temporary counseling support to members and friends in various kinds of distress. Sue Grigg, Laurie Borden and Marjorie Carsen lead our team. Their contact info is in the Directory.

Our Caring Network provides support, such as calls, visits, meals, and rides, to those in need. Please contact Linda Shubert (458-8931 or jlishu68@gmail.com) or Ginny Moser (989-7586 or tvmoser117@gmail.com) for assistance.

We thank all the faithful folk who have participated in our efforts to support our members—providing lots of meals and myriad rides to doctor’s offices, doing errands and paying visits. We encourage members of the congregation to call on us. We have an extensive network of willing helpers standing by that we can call or email on your behalf. You can also let us know if you would like to join this network.

Visit www.uua.org to learn about the wider work of UUA and our affiliates. Visit www.cvuus.org to explore our happenings and most current calendar.
Champlain Valley Unitarian Universalist Society

2 Duane Court, Middlebury, VT 05753
Located at Duane Court & Charles Avenue

FOR MORE INFORMATION:
(802) 388-8080; office@cvuus.org
Office Hours: T—F, 10-2

MINISTER
Rev. Barnaby Feder
388-8080 (office)
(973) 919-2448 (cell)
989-7197 (home)
Email: revbarnaby@cvuus.org

CVUUS Board of Trustees
Mike Greenwood – Co-President
Laurie Borden – Co-President
Mary Conlon– Treasurer
Mark Spritzer—Clerk

Members At Large:
Donna LaRose
Jean Terwilliger
Mary Hadley

CVUUS Leaders
Caring Network – Linda Shubert & Ginny Moser
Communications — Margy Young
Council of Ministries: Steve Maier, Margy Young
Donation Ministry — Jason Duquette-Hoffman
Facilities – Bob House
Ground Floor Project —Steve Maier, Brett Millier
Hospitality – Sylviane Acker, Julie Chippendale
Library & Information Resources – Artley Wolfson
Membership Ministry—Marjorie Carse
Pastoral Care —Sue Grigg and Laurie Borden
Radical Love—Piper Harrell, Steve Maier
Religious Exploration Council – Kas Singh
Right Relations—John Barstow, Anne Christie, Joanna Colwell
Small Group Ministry — Doug Richards
Worship – Ann Webster (Interim)

Staff
Accompanists – Kate Gridley and Chuck Miller
Bookkeeper – Heather Seeley (fm@cvuus.org)
Choir Director – Lucy Tenenbaum (lucytunes@me.com)
Dir of Religious Exploration – Poppy Rees (re@cvuus.org)
Nursery Care Provider: Jackie Derse
Office Manager– Laura Asermily (office@cvuus.org)