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: Changing Course
On the Journey

December Worship Services
(Sundays at 10 AM)

Dec 3—Game Changers—The birth of Jesus story, which Christians begin to celebrate in earnest this month, is one vision of how radical love arrives among us. Rev. Barnaby suggests UU's can, and must, find other game changer stories in this time of globalization and climate change.

Dec 10—Blowing Up a Non-Violent Conversation—Changing course can start with changing how we talk to each other. Rev. Barnaby and Poppy Rees, Dir. of Religious Exploration, reflect on Poppy's experience when white privilege and a presentation on Non-Violent Communications collided at a conference she attended. There will be special offering during this service to thank our staff for their devoted service to CVUUS this year.

Dec 17—How Can We Miss You If You Won't Go Away?—Rev. Barnaby riffs on a classic song by Dan Hicks and His Hot Licks and reflects on some things CVUUS has to gain from his upcoming sabbatical.

DEC 24 CHRISTMAS EVE SERVICES

Bring visiting family, neighbors and friends. Both end with traditional lighting of candles and singing of Silent Night. No morning service.

5 pm —No-Rehearsal All-Ages Nativity Pageant! Join our family-friendly service in which all are welcome to take part in our joyful story with Mary, Joseph, shepherds, sheep, angels, animals, wise ones, and stars - flexible depending on who shows up (last year we had 3 Marys, each with a baby Jesus). We provide costumes or bring your own. Or just sit, watch, and sing along with the traditional carols. Holiday Youth Choir will sing. Led by Director of Religious Exploration Poppy Rees.

7:15 pm —Carol Singing with CVUUS Choir

7:30 pm -- Stealing Jesus Rev. Barnaby and the CVUUS choir will lead our traditional service of carols, lessons and reflection, with special musical guests.
Words from Rev. Barnaby:

I’m writing this on the eve of Thanksgiving, looking forward to a December that will be my last month with you before my sabbatical – the very first extended break from a job that I have ever taken! My three months away from CVUUS will be a short break by college professor sabbatical standards, which some of you have experienced. But it will be a longer time set aside for professional growth and renewal than most people ever enjoy.

As I prepare for this sabbatical, I’m profoundly grateful for this gift from CVUUS of an opportunity to seek some fresh perspective on how I am ministering to you and with you. I’ll be sharing in more detail about what I will be doing with this time in weeks to come, and especially in the Dec. 17 worship service. And you’ll hear plenty about how the staff and your lay leaders are prepared to make my absence a growth experience for you as well. But today I’m in a Thanksgiving mood so I want to focus simply on blessing and the feeling of being blessed.

Rev. Lynn Ungar, who is a poet and the Minister for Lifespan Learning for the online UU Church of the Larger Fellowship, has a lot to say on the subject in the recent issue Quest (CLF’s monthly journal). You can read her thoughts at www.questformeaning.org/quest-article/resources-for-living-november-2017/ I was especially intrigued by Rev. Ungar’s reflection on the Jewish concept of mitzvah: the term has come to mean a good deed or charitable act but is derived from the Hebrew word meaning commandment from God. Rev. Ungar sums her understanding this way: “You are expected to be a blessing to the world. You are blessed by being a blessing to the world. It’s all woven together.”

She also has an intriguing suggestion for a mealtime blessing ritual. It’s offered in the context of Thanksgiving but could just as easily be a regular family routine or a good fit for Christmas Eve. She suggests that everyone at the table be invited to fill in the blanks in two phrases: “I am blessed by ______.” “I try to be a blessing by ______.”

May this be food for thought at every meal we are fortunate to share with loved ones in these days where the light is brief and the darkness long.

Blessed be, Rev. Barnaby
Radical Love Giveaway Party

What was it? A party for all ages that began after worship on Nov 19. We gave away, through a massive raffle, more than 80 experiences and services to be shared and enjoyed by a majority of the congregation over the next year. The party is going to continue through the fellowship we share. And it's going to grow as we attempt to bring congregants who didn't participate into the fun! Watch our weekly announcements for invitations to take advantage of some opportunities that weren't fully subscribed on the 19th and for new offerings from congregants inspired by their experience on the 19th.

What wasn’t it? An auction. Everything was given away. There was no bidding and no charge for admission. However, we are delighted to report that through voluntary contributions in the weeks before the 19th, CVUUS received more than $10,000 -- as much as we typically received from past auctions!

Who should we thank? The lay leaders who stepped forward to make Rev. Barnaby's crazy idea a reality were led by Donna LaRose and Mary Hadley. They got significant help from Marjorie Carsen, Elizabeth Golden-Pidgeon, Sylviane Acker, Karl Lindholm, and David Durgin. Julie Chippendale and Silas Conlon had major roles in reading and recording the winners with lots of our youth participating. Laura Asermily and Heather Seeley put in many extra hours in the office, and Heather took some wonderful pictures as well. Truthfully, though, there are many other names that belong on this list, or will belong here as the event continues to unfold!

Have more questions? -- Look in the Sanctuary lobby or contact the office for paper lists of "who got my stuff", and "what I won." These lists have the contact information for the people as well as the title/description of the items. If you want to see the full list to try to arrange swaps, that is available as a pdf file that we can email you.

From the entire Radical Love Planning Team: We thank all of our donors for their extremely creative and generous offerings. You can claim your containers this Sunday if you were unable to do so last Sunday. Your feedback is welcome, especially in email form for easy sharing. And let us know if you want to join the team....Contact Rev. Barnaby, Donna, or Mary Hadley.
Have you ever thought things were fine with someone and later found out that they were not? You liked what was going on, they seemed happy...but they weren’t. So why didn’t they speak up? Shouldn’t we talk directly with whomever we have conflict with? But what if we just don’t feel like we can speak up? Maybe because we’re in a minority here, somehow – we think we might be the only one bothered by something. And if we speak up, we don’t just represent ourselves, maybe we might seem to represent a group somehow – people of color, single adults, elders...?

I was recently at a very conflict-filled professional conference for DREs (Directors of Religious Exploration) (yes, we have professional conferences!) and was rocked by something that happened. We had just done an activity that I really loved. I was thinking that I might even take it back to CVUUS, to do with others. The facilitator had said we had choices about how we wanted to participate: we could walk around, sit in a chair, or not participate at all. I thought that was great that he offered options. But later, a black woman (I’m mentioning her race because her comment was about her racial identity) was sharing that the activity had made her so uncomfortable that she had wanted to leave the room. BUT she felt like she couldn’t. Despite being “given options” - because they didn’t feel like options for her. As a black woman, she felt like if she left the room, it would make a statement. It would be noticed. It would be a deal. So she stayed, despite being really uncomfortable and wanting to leave.

I felt awful. That I had loved it and she had hated it so much, sure. But mostly I felt awful because she felt like she couldn’t leave. Because she was in a room of mostly white people who might be bothered? That’s so wrong, in so many ways. And I realized, again, how little I know about what it’s like to not be white, especially when you’re in the midst of white people. I felt ashamed. Ashamed to be so oblivious, ashamed to be part of white supremacy culture that makes people feel that way.

And I wondered about our congregation. I wondered how many times someone has felt uncomfortable but not said anything. Maybe it had to do with race. Or gender. Or not being able-bodied. Or a million other reasons that we feel uncomfortable. But it’s the not saying anything part that has been haunting me. How often have I assumed things are fine, great even, because no one is complaining? And because I love what’s going on? And how can I support people who feel like they can’t speak up? And I don’t see what’s wrong?

As a staff member here, I am responsible for creating and maintaining a community where people feel safe. And that includes feeling safe to really be who you are, especially if you are not in the majority here because of your race, body, gender identity, age, class or anything else.

I am sure that I get it wrong. That we get it wrong. When I choose what happens in RE, when we plan worship, choose music, organize events, choose language for communications. I am trying but I don’t know what it’s like to be you. And I would like to know, if you want to share.

SO, this is an invitation. I invite any of you to share with me about how comfortable or uncomfortable it is for you in our congregation. I will respect confidentiality unless you want me to share. No concern too small. If I/we can make some positive changes, let’s make them.

~ Poppy, your Director of Religious Exploration
DECEMBER for Children and Youth - lots going on!

ALL MONTH: GUEST AT YOUR TABLE collection – take a box home for your table, write a check, donate some change, buy an ornament for your home or the CVUUS tree – many ways to support the UUSC’s social justice programs – this year’s focus is on climate change responders and Burmese human rights activists. Kids will be selling homemade ornaments in the foyer.

** SAT., DEC 2: YOUTH GROUP sleeping outside at Marbleworks by falls in support of John Graham Housing & Services (see next page for more)

DEC 3: > BRING IN AN ORNAMENT FOR OUR HOLIDAY TREE! We’ll put them on during Time for All Ages. And then ornaments can be added at any time, by anybody -
 SPIRIT PLAY, HARRY & UU start in worship
 NEIGHBORING FAITHS – FIELD TRIP to Christian church in Middlebury, location and times TBD
 OWL 10-12:30 next door at Mary Johnson Children’s Center

DEC 10: SPIRIT PLAY, HARRY & UU
 NEIGHBORING FAITHS – FIELD TRIP to another Christian church in Middlebury, location, time TBD
 YOUTH GROUP – MAKE DINNER AT JOHN GRAHAM SHELTER 3:45-6

DEC 17: RE SOLSTICE FUNDAY start in main service, then out for all-ages solstice activities
 OWL 10-12:30 next door at Mary Johnson Children’s Center
 YOUTH GROUP 4-6 pm

** HOLIDAY YOUTH CHOIR REHEARSAL for Pageant 11:15-12 **

DEC 24: NO MORNING SERVICE – come to the evening services!
 5 pm: A CHRISTMAS CELEBRATION FOR ALL AGES
 4th Annual No-Rehearsal All Ages Nativity Pageant! All visitors welcome to take part! Family-friendly service. Come be part of our joyful story with Mary, Joseph, shepherds, sheep, angels, animals, wise ones, and stars - flexible depending on who shows up (last year we had 3 Marys, each with a baby Jesus). We provide costumes or bring your own. Or just sit, watch, and sing along with the traditional carols. Holiday Youth Choir will sing. Ends with candle lighting and “Silent Night.” Led by Director of Religious Exploration Poppy Rees.
 SECOND SERVICE 7:30 pm - led by Rev. Barnaby

DEC 31: RE FUNDAY start in Worship, then all-ages activity TBD

For more information, contact Director of Religious Exploration Poppy
Social Action Updates

December “Share the Plate” Donee

Earthjustice provides free legal aid to individuals and groups of citizens confronting large corporations and government agencies involved in environmentally hazardous or unsustainable activities. They’re involved in over 400 active cases. It’s been the backbone behind cases large and small. See www.earthjustice.org.

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.

!!!!CROP Walk of Addison County raised $27,845.90!!!!!In no small part because of CVUUS! This is $498 more than the biggest year to date (2013).

November’s collection raised $1,897 for Hurricane Maria Community Relief & Recovery Fund.

Thank you for your generosity!

CVUUS Youth have been out and about! The group went to Otter Valley High School to see Sydney Singh in the musical Big Fish. On Nov. 12, we prepared dinner for John Graham Shelter. We were warmly greeted by staff and residents and shared some of the delicious mac and cheese, salad bar, and a wonderful dessert that Journey made. They were all very appreciative and complimentary of the meal and we have already planned to return in December and make homemade pizza! We’ll be joining Rev. Barnaby and Abi Sessions and sleeping out Dec 2 to support the John Graham Shelter. We thank those who have already supported us, but there is still time to donate. Here’s the link: John Graham Shelter Sleepout

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!
COMPASSIONATE COMMUNICATION (NVC) Continued

Welcome to the fourth installment of this monthly column on aspects of Compassionate Communication, or Nonviolent Communication (NVC). NVC is a peacemaking tool that focuses on making human connection by communicating from the heart; attending to our universal needs and feelings that are underneath our judgments and blaming.

No method of communication is helpful for every person in every circumstance. We react to our interpretations, judgments, and blaming, which heighten feelings. With NVC it is a judgment call determining when it is helpful to express one’s feelings and needs vs. be aware of the others’, and how much of NVC’s ‘form’ is relevant to use when. Nonetheless, NVC has been used effectively worldwide for over 50 years.

This column is to present key principles and examples, which you may find useful as you encounter situations within our congregation and our wider lives.

December’s NVC sharing emphasizes its core; that all humans have basic needs. Some examples would be connection, meaning, capability, and autonomy (freedom to make choices). In NVC we listen to feelings and judgments to help identify our own and others’ needs. We are mindful of how various ways of meeting our needs can set us apart.

Here are three recent examples.

**Being Aware of One’s Own Needs:** I was anxious and puzzled about whether I still wanted to participate in a rescheduled Green Mountain Club hike. Some acquaintances familiar with NVC asked me questions that helped me see that as much as I wanted to go on the hike, I was upset about having to juggle and reschedule my commitments on the rescheduled day. Realizing my need for ease, my decision to not go on the hike became easy.

**Being Aware of Shared Needs:** I was trying to get a LYFT ride for a group of us but was having trouble understanding how the app worked on my phone. One companion started criticizing me in a way that might have upset me in the past. Fortunately, I stayed focused on the fact we both needed to get the ride, so instead of reacting defensively, I sought her help with my phone. She responded positively and our ride was soon on the way.

**Supporting Another in Being Aware of their Needs:** I was with a friend giving into anger about how much work he had encountered running a recent book fair in New York City. Instead of focusing on his anger, I wondered aloud if he was exhausted because he needed some personal time for rest. It was amazing how his whole body relaxed when he considered my suggestion and saw his need clearly.

In summary, I came away from each of these situations at ease and with a lingering sense of pleasure. The trick was to respond to needs more than react to emotions or blaming. It appeared to me that the others included felt that positive connection as well.

Anne Christie, Right Relations Team & Speech and Language Pathologist

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**Remember**

If you wish to make a donation to CVUUS before the end of the year, contact CVUUS' bookkeeper, Heather Seeley (388-8080 or fm@cvuus.org) and she can facilitate the donation.

Directly donating securities like stocks and bonds to CVUUS (or any charitable organization) can be a smart tax move any time they have gone up in value. If you sold the security, you would have to pay a capital gains tax on the increased value while you owned it. But if you donate the security, you get full credit for its value at the time of the donation and CVUUS can sell it without paying any capital gains tax. The entire value of any securities donated to CVUUS before Dec. 31 is deductible from your 2017 taxes.

For more information, you can talk with Mary Conlon - 802-349-0512 - or contact your financial advisor.
December Thoughts from Your Membership Ministry

As we pass beyond the Thanksgiving holiday season, we can try to sustain, as the choir sang awhile ago, that "Amazing Gratitude". As a spiritual community, we have so very much to be grateful for-- the generosity, sharing, and fellowship of our Radical Love Giveaway Party on November 19th is a wonderful example. Counting our blessings, as a regular spiritual practice, can grow our gratitude, which will also improve our physical health, as it opens our hearts and lifts our spirits, even in troubling times.

On our individual, yet shared, spiritual pathways, some have been exploring what it means to be a Unitarian-Universalist, including participation in Rev. Barnaby's New UU course. I am very grateful to the individuals who became members of CVUUS recently, as well as to those who are showing up and getting involved here, as they give thoughtful consideration as to when or whether to sign the membership book at a future time. It is a core value for us to provide a welcome that reflects the principle of the inherent worth and dignity of every person. We all can put this principle into action, but special thanks goes to our devoted greeters, ushers, and hospitality providers. These folks serve with warmth and cheer, and would likely appreciate having newer volunteers join them (also a way to get to know more of the congregation, as well as providing valued service).

I encourage you all to get to know any newer folks, especially our newest members:

- Lise Anderson & Miles Peterle
- Martha Fulda
- Amy McGlashan
- Scott Smith

If you are new to CVUUS and would like to get acquainted with Rev. Barnaby before he starts his three-month sabbatical in January, please let him know as soon as possible at revbarnaby@cvuus.org or 989-9303 (new cell).

Marjorie Carsen, for Membership Ministry

Gentle Christmas at St. Stephens Episcopal Church, noon, Sat., Dec. 16 -- People feeling loss, illness, or a general need for quiet solace during this Christmas season are invited to this Christian worship and Communion service, followed by lunch.

Living with Dementia, 10 am Sun. Dec 31 Join guest speakers Jane Dwinell & Sky Yardley for worship in our sanctuary.

COMMUNITY CHRISTMAS DAY DINNER 4:00 P.M. at The Commons (across the street from the Town Ice Rink) Reservations are appreciated – please call Dottie Neuberger at 388-7613; Pat Chase at 382-9325. Rides available if called in by Dec. 22nd. For those who would like to contribute food or money, call one of the above numbers if you can donate a homemade pie, other foods or money. Thank you!

Snow Cancellation Possibilities: It is impossible to predict all of the winter weather conditions that might warrant the closing of CVUUS. This is especially true for services on Sunday morning when no one would want us to be closed. In an effort to provide an approach that might enable members and friends to anticipate what to expect, the following guidelines are being offered: 1) In the event of a major snow storm on a Saturday night/Sunday morning, check the office voicemail (802-388-8080) and our website www.cvuus.org 2) Don’t take any unnecessary chances. If you feel that there is significant reason to question your safety while traveling on the streets, stay home. 3) If an ice storm is in progress, stay home.
How Would You Like to Stand for Radical Love?

Saturday, Dec. 2, Mexican Consulate Visit, 9 am - 3 pm.
The Mexican Consulate in Boston returns to CVUUS for a day of providing services and legal advice to Addison County farmworkers. We help provide lunch and winter clothing donations. See further work of Migrant Ally Group at cvuus.org.

Saturday, Dec. 2, Standing for the Earth Vigil, 10:30-11 am, Middlebury Triangle Park. Hosted by Addison County Interfaith Climate Action every first Saturday of the month.

Saturday, Dec. 2, Homelessness Support, Join Rev. Barnaby, Abi Sessions and CVUUS Youth Group for the 4th annual sleep-out at the Marble Works Park to raise funds for the John W. Graham Emergency Shelter. Pick a prime spot near us, spend some time around the bonfires overlooking the falls, then sleep on the side of love. Can’t sleep out? Join a Homelessness Vigil preceding the camp-out 4 pm at Middlebury Triangle Park, Soup & Bread supper at St Stephens 5 pm.

Sunday, Dec 3 and 10, Habitat for Humanity, 11:15 am will hold an Alternative Gift Fair after worship. You’ll be able to benefit Habitat for Humanity and give a meaningful gift to honor someone you love at the same time. You’ll be able to purchase parts of the next Habitat houses which we hope to build soon in Cornwall with our new partner families. Habitat will give you a card for your friends or relatives saying that, in their honor, you have donated a bundle of roofing shingles, or wallboard, or nails, etc. Gifts will be priced so that children also will be able to participate in building next Habitat houses.

Wednesday, Dec. 6, Loving, 4 and 7 pm at Marquis. Next in the Seeing Color/Seeking Justice Racial identities/Justice movie series hosted by Showing Up for Racial Justice (SURJ). This film tells the story of Richard and Mildred Loving, the plaintiffs in the 1967 Supreme Court decision Loving v. Virginia, which invalidated state laws prohibiting interracial marriage. Because of demand from two local schools, Mt Abe and Red Cedar School, we will also have a special showing at 11:45am. Please feel free to join us at that time if it better suits your schedule. Suggested donation to see the film is $10. Funds raised will benefit the Rokeby Museum, which educates Vermonters and visitors about Abolition and the Underground Railroad, and Middlebury SURJ. The Marquis Theater is located at 65 Main Street in downtown Middlebury. Food and beverages are available for sale in the cafe area between screenings, along with an opportunity to discuss the film in an open forum setting.

Friday, Dec. 8, Community Supper, 5 pm— at Middlebury Congregational church. We need apple crisp makers! You can deliver a pan from 1-5 pm on Dec. 8 to the Congregational Church in Middlebury. Please put a label on the pan so we can return it to you at CVUUS. We need prep people to make the meal from 2 - 4:30 pm., servers from 4 - 6:15 and after, folks to help wash dishes and restore the room to order. Teens welcome for any of these tasks. Please e-mail kathrynschloff@gmail.com if you can help. Thanks.

Sunday, Dec 10, Remembering Victims of Gun Violence, 5:30 pm—CVUUS will host a community candlelight vigil for victims of gun violence in the sanctuary. Those who wish to stay afterwards to write to legislators are invited to do so. Writing materials and refreshments will be provided. Talk to Bobbi Loney (bobbiloney@gmail.com) if you have questions or would like to help.

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.
CHOIR NOTES

Can it be the last month of the year? Amazing how time flies when you’re having fun! And, fun is what the CVUUS choir is all about. We learn great music to share with the congregation three Sundays a month. We practice on Wednesdays from 5:45 to 7:15 and on Sundays, when we are singing, from 9-9:45. We have some new members who are helping us grow and evolve. If we're not growing…

December will be an exciting month for the choir. Dec. 3, I shared the song that was taught by the Clinician and Composer Brian Tate at the UUMN conference you sent me to, Take Down These Walls. It is an exciting song in the Gospel style that the choir is really taking a liking to. Chuck is playing that day, and it will surely bring down the house, at least the walls of it! Hope you’ll be in attendance to hear that.

December is a 5 Sunday month. We will not sing on Dec. 10 or 31.

Dec. 17 brings the return of a favorite tune the choir has loved for years, Lui Collins’ Blessed. We’ll feature some of the singers in the choir as soloists, which is always fun for the congregation to hear.

Our big night is Dec. 24, Christmas Eve. There is no formal morning service. But, in the evening, first, there’s a sing-along of favorite Christmas Carols starting at 7:15. Then we start the service at 7:30 with the beautiful John Jacob Niles song, I Wonder as I Wander with our soaring tenor Neil Chippendale as soloist. We will also sing In the Bleak Midwinter which is in the hymnal, but we will present in a 4 part choral setting. Then, we will offer the Pete Seeger arrangement of ’Twas on a Night Like This to flow into the end of the service where we all sing Silent Night as a congregation.

Then, we’ll see you again in 2018. Hope you’re thinking of joining the choir. Is it on your to-do list? One possibility is if you need child-care, we might be able to set that up so as to allow more singers to join in the fun of CVUUS choir. Please contact Lucy or Rev. Barnaby to let us know of your desire to sing, if it is being held back by childcare needs.

Blessed Be. Lucy Tenenbaum, Your Choir Director.

P.S. I have started year 4 with y’all, and a great 3 years and counting it has been. Onward and Upward!!

Have You Discovered CVUUS LIBRARY yet?

Check out the children’s book collection in Fenn House chapel and our adult library collection in the sanctuary meeting room. Feel free to borrow any of these books! Please return books out for more than 3 months so others may read them.

If you’re an Amazon shopper, start your shopping at Amazon Smile, https://smile.amazon.com/, designating Champlain Valley Unitarian Universalist Society as the beneficiary. Your Amazon shopping will help CVUUS Library.

For more information about our library, see CVUUS web site’s library page under the Learning tab: http://www.cvuus.org/learning/library/. Library volunteers are always welcome! Contact Artley Wolfson, awolfson@middlebury.edu, 989-7081.
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.

Thursday Night Out

We’ll provide supper, games, homework help and quiet reading time for up to 10 kids (ages 10 and under) while parents have some grown-up time. Every first and third Thursday of the month, 5-7:30 pm, Nov. through March. Let Kate Gridley know if you’d like your child added to the list for Dec. 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 next dates are:

- December 7, 21
- January 4, 18
- February 1, 15
- March 1, 15

Writers’ Group

CVUUS Writers’ Group meets third Monday of the month. Next one is Dec 18, 20, 3 PM, in the Fenn House chapel. All welcome. Bring something to read (with a few copies): fiction, nonfiction, poems. Questions? Contact Nancy Wright (nancymeanswright@gmail.com).

A bouquet of roses to:

- Barbara Merz for coordinating the gift drive for the residents of Helen Porter nursing home again this year.
- Bob House with Mitch Kramer, Paul Stone and Llyn Rice for coordinating so many facilities projects, including the sanctuary radiator and window repairs, weatherizing Fenn House and sound system upkeep.
- Colleen Brown, Sue Grigg, Mars VanOrder, Dick Swanson for their testimony in the Buddhism worship.
- Bobbie Carnwath and Jack Carter for getting the holiday tree and inside wreath and Marnie Wood and Dinah Smith for their coordination and all the other Flower Co-op folks for making our sanctuary beautiful for the holiday.
- Lise Anderson and Alan Moore for their organizing help with the Mexican Consulate Visit and Carol Kulczyk and Johanna Nichols and others who contributed food, clothing and fellowship.
- Kathryn Schloff for coordinating the community supper.
- Abi Sessions for her continued support of refugee resettlement in Rutland and homelessness.
- Scott Smith for stepping up to help run our sound system.
- Artley Wolfson, Lois Alberts and Dinah Smith for transforming the Sanctuary Meeting Room closet and cabinets for improved function.
- Gerry Loney for overseeing the collection of new or like-new children's books to the book drive of the Harry and UU RE class. Books will be given to the Project Hope Holiday Shop for low-income parents to give to their children.

kmgridley@gmail.com or 989-1928.

This next dates are:

- December 7, 21
- January 4, 18
- February 1, 15
- March 1, 15
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**
- we work closely with Rev. 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.afw@gmail.com)
- meet one Wednesday a month after choir practice

**Flower Co-op**
- Enjoy taking a turn and placing seasonal decorations in the sanctuary space.
- Most flowers, plants, and other things from nature are from our own yards, and there is also a budget
- contact Dinah Smith (dinah.smith@med.uvm.edu)
- 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**
- to join their Sunday morning service rotation (and holiday services, if available)
- 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)

**Small Group Ministry**
- a wonderful opportunity to get to know other CVUUSers while sharing about monthly topics
- the first Saturday of the month, through June, 9-11
- contact Doug Richards (dricht@keuka.edu)

**Rhubarb Festival** one person
- to solicit crafts from CVUUS members and friends to be sold at the festival June 2, 2018
- begin mid-winter - 2 or 3 group meetings
- contact Mary Hadley (hadleyme@juno.com) 802 382-8572

**Thursday Night Out**
- helpers and substitute helpers to be with children so CVUUS parents can enjoy an evening out
- every 1st and 3rd Thurs thru March, from 5-7:30
- contact Kate Gridley (kmgridley@gmail.com) 802 989-1928

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**Night Sky Wonders for December**

December ushers in Winter at 11:28 am on the 21st. Days become progressively longer in winter. Days get progressively shorter in summer. Many people get that confused. We astronomer will certainly enjoy the longest night of the year.

December 3rd will present the last full moon of the year, but at the end of the month the moon will be almost full. Our moon will pass in front of the bright star Aldebaran on the 30th. This Occultation takes place around 6:28 pm and last about an hour. Because the moon will be almost full, you’ll need binoculars to see this event.

The prolific Geminid meteor will occur on the night of December 13—14, but you’ll find some visible from the 4th to the 16th of the month. Look low in the east for the two bright stars of Gemini, Castor and Pollux, stacked one above the other. The rate for this shower can be as high as one every 30 seconds, making it the best meteor shower of the year. Although they radiate from Gemini, you’ll likely see some directly overhead.

Here’s wishing you clear skies. If you have any questions contact me at astromanvt@gmavt.net or 802-758-2221. You are always welcome to visit my observatory in Bridport.
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.

**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 jshu68@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](http://www.uua.org) to learn about the wider work of UUA and our affiliates. Visit [www.cvuus.org](http://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
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(973) 919-2448 (cell)
989-7197 (home)
Email: revbarnaby@cvuus.org

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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)