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: Doubt’s Role

March Worship Services
(Sundays at 10 AM)

March 4—Thinking About Implicit Bias —Yes, we are all biased, but all good people are. It’s a part of us that we need to understand and deal with. Join Paul Stone and Piper Harrell in looking at what implicit bias is and how it sneaks up on us in all phases of our lives, particularly in racism and sexism. Francois Diva Man will sing.

March 11—Abundance of Doubt - When we gather on Sundays, we are often reminded of our blessings: the love, beauty, and connection that surround us as we join together in community. But what does it mean to celebrate this abundance in a world so full of doubt -- a world full of things we actually don’t want: fear, greed, hunger, disasters, hate, and violence? Is celebrating the good things in life just an indulgence or is it a way to build resilience for facing all the hard stuff? Andre Mol, Ministerial Intern at the First UU Society of Burlington, reflects on the role abundance plays in bridging the gap between the world as it is and the world we wish to create.

March 18—Where Was God In All This —Join Mike Heaney in looking at our doubts about war. He will join us later as well to read from his new combat memoir in our Sanctuary at 7 pm. More inside.

March 25—Who Are Your Idols?"—At first glance, the ancient religious concept of idolatry might seem of little use to us on our modern-day (or postmodern) spiritual journeys as UU's. But could the concept of "idols" have something to teach us after all, as we seek to lives of meaning and related to the world around us ? Our service will explore the resonance of "idolatry" for UU's and, related, consider what it is that is worthy of our worship. Led by Rev. Mara Dowdall who has served UU congregations in Burlington, Montpelier, and the Boston area and currently lives in Burlington.

Radical Love in Action Gala, Sat. March 10, 5-7 pm
Passover Seder, Fri. March 30, 5:30 pm
March is Canvass Month!

Canvass Team co-chairs Neil and Julie Chippendale are excited to kick off this year’s canvass with a Family Friendly pot luck dinner and fun fest on Sat., March 10 at CVUUS from 5-7pm. We will share food, music, skits, and hear from our friends what CVUUS means to them. Please hold the date and join and plan to participate if you can. Mary Hadley is coordinating the pot luck dinner. Connie Leach and Chris Prickitt are organizing the music and a Children’s Fun Fest, and Ted Scheu will add his special touch to the evening.

This year we will be conducting the canvass via a face-to-face conversation with each member and regular friends of the congregation. Over the next few weeks we will meet with one another to share stories about CVUUS, talk about where we are headed as a congregation, and pledge our support for the coming financial year. The canvassers will provide each supporting member and friend a pledge card to complete and return to the canvasser. You do not have reveal your pledge to the canvasser. What you contribute is private and only the campaign treasurer and co-chairs will see the pledge amount. Please try to be as generous as you can to help support the ongoing program of the church through the next fiscal year.

The CVUUS Canvass is now underway. You should have been contacted by a member of the church to arrange a visit for a conversation and delivery of pledge materials. If you have not been contacted please notify Neil or Julie Chippendale. If you have been canvassed be sure to return your pledge card to your canvasser. If you have turned in your pledge card then: Thank You Very Much.

Reminder: Canvass Training will take place Sat. March 3, 9:30 AM to noon in the Sanctuary. Light lunch provided.

Rev. Barnaby’s Sabbatical (Jan-April 8)

Frequently Asked Questions

General Questions: Contact Office Manager Laura Asermily at office@cvuus.org or 388-8080. Hours in directory and cvuus.org.

Pledge/Donation Inquiries go to our bookkeeper Heather Seeley who is in the office on Mondays. Call 388-8080 when she’s in or email fm@cvuus.org anytime.

Worship Questions: Contact Ann Webster (388-7506).

Pastoral Questions/Concerns: Contact Laurie Borden (545-2052) or Sue Grigg (462-2966).

Caring Network: If you or someone you know in the congregation needs support such as calls, visits, meals or rides, contact Linda Shubert or Ginny Moser.

Web Site: cvuus.org WIFI Password: 1BamaDiva!

Librarian: Artley Wolfson

Calendar of Events: Under News at cvuus.org

Building Use Schedule, Policy & Rates: Contact office@cvuus.org or refer to Building Use Binder in the Sanctuary or our website.

Email Blast: weekly notices listing current CVUUS events. Contact Laura to get on the email list.

Newsletter: We send out a monthly newsletter. Contact Laura to get on the mailing list.

Directory: We send out a directory monthly by email to those listed in the directory. There are two versions: one with photos and one without photos.

Religious Exploration: RE for children and youth happens during Sunday services and Sunday afternoons. Contact Director of RE Poppy Rees for more (349-8508). RE is also available for adults and announced in our newsletter. Contact Doug Richards about Small Group Ministry options.

Choir: The choir practices weekly on Wednesdays at 5:45 pm and many Sundays 9 am, except over the summer. If interested, contact Choir Director Lucy Tenenbaum (342-8348, lucytunes@me.com)

Membership: Contact Marjorie Carsen (453-8457) to learn what it means to be a member. Ask her about new member classes each fall and spring to orient you.

Name Tags: Ask Ginny A (453-5648)

Parking: We have 12 spots in our lot that we try to reserve for those who need close access (handicapped, unloading supplies, special guests). MUHS and Mary Johnson say it’s fine to park in their lots on weekends and after 5 pm on school days. Remember that we can’t park along Duane Ct or in the spots across the street near Martha’s house on Water St. We can’t use Mary Johnson or MUHS lots when school is in session or they have their own large events, which we check when scheduling ours.
RE THOUGHTS  ROLES FOR KIDS IN OUR WORSHIP SERVICES!

On February 11, we did a worship service 99% led by the kids in the 3 youngest RE groups (PreK-grade 6). The kids rocked. And the kids showed up! The large majority of the kids in these groups took part. They did the Welcome, did readings, sang, acted in skits, played music, lit the Chalice and did all part of worship.

Aside from the skits and group song, the kids did this without organized rehearsal. We sent readings to many kids, they rehearsed at home, and they were great! Strong voices, not too fast, expressive. I mention this because there has sometimes been a concern about asking kids to take part in our worship services unless they rehearsed first. And organized rehearsals are hard to fit in, so it has meant that kids barely take part in the services. But they should!

I hope that we can find ways for kids of all ages to take part in the worship service every Sunday, during the time before they leave for the Religious Exploration programs. They can do readings, sing, play music, and do pretty much whatever the adults can do. So please invite them to take part!  

- Poppy, your Director of Religious Exploration

MARCH for Children and Youth

MAR 4:  YOUTH GROUP  attend worship service
                      SPIRIT PLAY, HARRY & UU  start in worship, then to groups
                      NEIGHBORING FAITHS  TBA about starting in worship or
                      at Fenn Chapel at 10     RE Council meeting 11:45-1:45

*SATURDAY  MAR 10, 5-7 pm:
RADICAL LOVE IN ACTION CANVASS KICK-OFF POTLUCK DINNER
Kid-friendly! Great music and entertainment by and for all ages.  
(YOUTH GROUP is helping 4:30-7:15)

MAR 11:  SPIRIT PLAY, HARRY & UU,
NEIGHBORING FAITHS  start in worship, then to groups
OWL  10-12:30  next door at Mary Johnson Children’s Center

YOUTH GROUP – MAKE DINNER AT JOHN GRAHAM SHELTER 3:45-6

MAR 18:  KIDS FOR KIDS 10-11:15 Fenn Chapel  All-ages kids social justice group that works to help other kids. This month: TBD.

*SATURDAY  MAR 24, 12-2  MARCH FOR OUR LIVES  rally against gun violence in Montpelier. A CVUUS group will be at the rally and we hope you can come!

*SATURDAY  MAR 24, 3 pm – SUNDAY  MAR 25, 9 am:
YOUTH GROUP – REGIONAL UU YOUTH OVERNIGHT EVENT  First UU Society of Burlington, with youth groups from Burlington & Montpelier

MAR 25:  SPIRIT PLAY, HARRY & UU  start in worship, then to groups
NEIGHBORING FAITHS  TBA  OWL  10-12:30  next door at Mary Johnson Children’s Center

*FRIDAY, MAR 30, 5:30 pm:  CVUUS PASSOVER SEDER  Sign up to bring a dish if you can. You don’t need to be Jewish to attend. Nursery care available for kids Spirit Play and younger.

For more information, contact Director of Religious Exploration Poppy Rees  re@cvuus.org
How Would You Like to Stand for Radical Love?

Sunday, Mar 4, Seeing Through the Wall: Meeting Ourselves in Palestine & Israel, 3 pm, Havurah. This film follows a group of Americans who traveled to Israel and Palestine in 2016 seeking to see what life is like for Palestinians in the Occupied Territories and in East Jerusalem. The film challenges viewers to question their own assumptions and prejudices. Q&A follows with those involved in the making of this film: Rabbi Dov Taylor, Filmmaker Anne Macksoud, and special guest, Palestinian Mohsen Mehdawi.

Wednesday, Mar 7, Step, 4 and 7 pm, Marquis Theater. Middlebury Showing Up for Racial Justice hosts this film following the lives of three high school seniors at the Baltimore Leadership School for Young Women. The film tells the story of their hard work to get into college and compete in a big step tournament, all against the backdrop of the unrest in Baltimore in the wake of the police killing of Freddie Gray. SURJ member Dr. Rebecca Strum, who recently retired to Middlebury after founding and serving as Performing Arts Coordinator at The Academy for Visual and Performing Arts at Bergen County Academies in Hackensack New Jersey, said “The film demonstrates the transformative power of the arts: a power that enables these young women to both lose and find themselves.” Suggested donation $10 PLEASE NOTE that there will be a repeat showing of February’s film Whose Streets? at the Marquis on Wed, March 21, at 4 pm.

Wednesday, Mar 14 and Sat, Mar 24, GunSense Actions. Students from our local high school (MUHS) are responding to a national call for a school walkout on March 14th at 10 AM for 17 minutes. The walkout is a protest over failure to enact gun legislation to protect kids from gun violence, and will also honor the children killed at Marjory Stoneman Douglas High School. In support of their action, some Middlebury College faculty and students are planning a march from the college to the Cross Street Bridge, where they plan to meet the students and stand with them for 17 minutes. Those interested in joining them, can meet them at Twilight Hall at 9:30 and begin marching at 9:45 AM. On Sat. Mar 24, 12-2 PM you can join other CVUUSers attending the March for Our Lives rally against gun violence in Montpelier. See Poppy Rees for more. This is part of a national day of action for stronger gun regulations.

Wednesday Mar 14 and Thurs Mar 15, George Lakey. George Lakey, a prominent Quaker writer, speaker, educator, and activist on the topics of climate justice and income inequality, will visit Middlebury. We encourage you to read his book, Viking Economics, before this visit. Hear him speak at Middlebury College Wed March 14, 7 PM in Dana Auditorium or at Middlebury Congregational Church Sanctuary on Thur March 15, 7 PM 2018 as a Year of Crisis and Opportunity. Hosted by Midd Friends Meeting, Midd College, Midd Clergy Assoc, Addison County ICAN. You can meet him on Thursday March 15 at the Addison County Interfaith Climate Action Network Meeting potluck breakfast, 8:30 AM at Weybridge Congregational Church.

Saturday, Mar 17, Theater, 7 PM, Sanctuary. Come to a fun family-friendly play Cantastoria: From the Arsenal of Possibilitarians. Need door openers (12-1 pm), dinner providers (5-7 pm) and greeters (6-7 pm). Let the Office know if you’d like to visit or help them!

Sunday, Mar 18, Vietnam Vet Mike Heaney: Combat Memories, 7 pm, Sanctuary. Mike Heaney is a Middlebury College graduate (1964) who served in combat in Vietnam and was recently one of the soldiers featured in the Ken Burns monumental documentary series on the Vietnam War. He’ll read from his yet-to-be published memoir. He, Ken Burns and Lynn Novak (the director and producer of the series with Burns) will be at Middlebury College to discuss the War and the documentary. See Karl Lindstrom’s story: http://middleburymagazine.com/pursuits-and-parallels/a-soldiers-journey/. Hosted by our Writer’s Group.
Social Action Updates

March “Share the Plate” Donee
Vermont Digger

VTdigger.org is a statewide news website that publishes watchdog reports on state government, politics, consumer affairs, business and public policy. VTdigger.org is a project of The Vermont Journalism Trust, a 501(c)3 nonprofit organization. The two organizations merged in October 2010. VJT became the official publisher for VTdigger.org in March 2011. They post original news reporting, video, audio and photos, in addition to raw information in the form of press releases and government documents. In 2017, an average of 200,000 unique or individual readers visited the site each month. VTdigger.org publishes new content six days a week, Monday through Saturday.

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. February’s collection raised over $194 for NNED Chalice Lighters, $286.70 for CLF, and $513.50 for UUBC (newest church). 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!

Kids for Kids

Kids for Kids will meet Sun., March 18 during the service to count up Guest at Your Table donations, make cards for kids in Puerto Rico who have been effected by Hurricane Maria, and plan other activities.

The #MeToo movement has been so powerful and has helped many survivors to find their voice, as shared in recent worship services and events. This also comes with a need for support, both for survivors speaking, and for those supporting and listening. WomenSafe is here for that. Their 24-hour hotline is available to anyone at any time (802-388-4205). Also, if anyone is interested in information about how to talk with youth about the #MeToo movement and healthy sexuality, WomenSafe can be a resource. Speak with Director Kerri Duquette-Hoffman and board members Becky Strum, Amy Mason or Joanna Colwell.
FROM THE BOARD  Laurie Borden

Oh Heavens, Not Me, I Could Never Do That!
Do you ever experience that feeling? And so say “not me” to something?
I do, many times. In particular, I said “not me” when I considered joining the CVUUS Governing Board.
Not me! - “I’m an introvert, that is way out of my comfort zone.”
Not me! - “I just don’t understand budgets or by-laws!”
Not me! - “Wow, my plate is so full I can’t possibly take time for another commitment.”
These are all things I said when I considered joining the CVUUS Governing Board.

But for some reason I couldn’t say “not me” this time, and here is what I found out:
It doesn’t matter that I am an introvert. Because this is about getting out of my comfort zone and growing. I see the biggest job of the Board is to be a visionary – to look beyond our sanctuary to the wider world.
It doesn’t matter that my strengths don’t lie in budgets or by-laws. Because this is about a team of people who all care about CVUUS and each other – we each bring different gifts to our service and teach one another about what we don’t understand. So another big job of the Board - to make decisions through right relationships by developing trust in our professional leaders and using the democratic process.
It doesn’t matter that I am already busy. Because this is about a commitment to something much bigger than ourselves. It allows me to see and feel why I do everything else. The third big job of the Board – to make meaningful connections with our staff, fellow board members, the congregation and friends.
So if you are interested in learning more about joining the Board, or you just feel like saying “why not me?”, please ask one of us for some time. We are happy to share why this is such a rewarding experience.

Come to NNED-UUA Spring Assembly!
Dismantling White Supremacy and Building Liberation as Unitarian Universalists
April 13 (7:30 pm)- April 14 (all day) UU Church of Nashua (58 Lowell St, Nashua, NH)

Join fellow UUs from around the Northern New England District for inspiring worship, a thought‐provoking program led by Lena Gardner and Liz Loeb, time to connect with one another, and our annual business meeting! People of all ages are invited to attend. Youth (ages 14‐18) are welcome to be a part of our regular programming. Children (ages 2‐13) will have their own fun programming for the day, led by Religious Educator Sandra Greenfield.

PROGRAM DESCRIPTION: We will spend a majority of our time together engaging in a program on dismantling white supremacy and building liberation as Unitarian Universalists. The program will be designed and facilitated by Lena Gardner and Liz Loeb, a nationally recognized multi‐racial and mixed identity team offering over 30 years of shared experience in liberation and justice work. Please join us for a day of connection and exploration as we learn to more deeply understand our own biases and the biases that continue to shape our faith institutions. In a supportive and thoughtful environment, we will work together to ask how we might better practice our faith by moving towards collective liberation and shared interdependence, and more clearly recognize and resist structures that seek to center an oppressive status quo. Expect to deepen your understanding, build new relationships, and question your assumptions throughout a lively day of large group work, interactive activities, small group engagement, personal reflection, and spiritual muscle.

REGISTRATION FEE: Adult (over 18) $85. Youth (14‐18) $25. Child (2‐13) $15
While we know that not all individuals are in a position to pay these fees, since the learning is on behalf of the congregation, we assume that congregations will select and financially support participants who come. However, if these fees are prohibitive even to the congregation, contact us via email NNEDAdmin@comcast.net . Seating is limited and NNED congregants registrations will be accepted first; all other registrants will be honored on a first-come/first-registration process. Refunds will be given to those unable to attend due to the limited seating.

REGISTRATION CLOSES: Friday, March 30, 2018
Kansas City, MO… jazz, barbecue food, the Negro League Baseball Museum and the
2018 UUA General Assembly, June 21-25!

“… I attended a UU gathering in Massachusetts with over 3,000 attendees. Imagine singing "This Little Light of Mine" with that many like-minded, love-hearted people! It was absolutely mesmerizing, enchanting, inspirational. It changed my life by deepening my commitment to this liberal religious tradition. It allowed me to actually feel in my bones that I will never be alone in my faith.” Board member Laurie Borden

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through our democratic process. Anyone may attend but you have the opportunity to represent CVUUS at General Assembly as one of our voting delegates. We are allowed to send 4 “official” delegates in addition to our minister.

Each year our delegates engage in two primary actions – Congregational Study/Action Issues (CSAI) and Actions of Immediate Witness (AIW). CSAIs are often initiated by a congregation and undergo a three year study period. CSAIs are embraced by our UUA denomination for study, reflection and action. This year the CSAIs are Escalating Economic Inequality and The Corruption of Our Democracy.

As a congregation, we will discuss both CSAIs - Escalating Economic Inequality and The Corruption of Our Democracy – at a future Sunday Congregational Conversation. Be sure you join us!

AIWs on the other hand come directly from GA participants. AIWs move through their entire creation and adoption process all in one GA. The AIW process allows Unitarian Universalists to respond quickly to social issues deemed urgent. Adopted AIWs are then used by congregations to study and/or act upon. Based on congregations experiences with the AIW they can make recommendations to the UUA staff. Last year at GA the AIW was proposed by-law changes. In previous years it has dealt with issues of diversity. This and over 150 workshops, film screenings and worship services to choose from. For more information go to www.UUA.org/ga

GA is a unique opportunity to worship, participate in the governance of our national denomination, and learn among and socialize with thousands of UU’s from all over the world. Don’t miss out! Ask Rev. Barnaby, Margy Levine and Jordan Young, Robin and Ted Scheu, Anne Christie and/or Elizabeth Golden-Pidgeon about their recent participation at previous GAs. You might also qualify to be an “off-site” delegate if you are unable to attend the actual event but want to participate as one of our official delegates. Financial scholarships are available. Registration begins March 1 for GA 2018!

Interested? Contact Laurie Borden, Margy Levine Young and/or Mike Greenwood by May 1, 2018.

Can’t attend this GA? How about a future GA?


3rd Sunday Congregational Conversation
(Following worship service in the Sanctuary)

Join us after worship service each third Sunday of the month Sept through May for a conversation about a topic of interest to congregants. Let Council of Ministries know of future topics you would like to explore. The Board will gather your input on GA study/action issues (CSAIs) mentioned above at our March 18 conversation. Here are a few sources from UUA to prepare you shared by Board co-chair Mike Greenwood.
https://www.uua.org/economic/escalatinginequality
https://www.uua.org/action/process/csais/corruption-of-our-democracy
Ground Floor Project Update
We had a successful congregational discussion after services on Feb. 18. The presentation slides and other background materials are available on our website at: http://www.cvuus.org/connection/ground-floor/.

Process Summary to Date:
— June 2015 congregational vote to proceed with project and capital campaign - $880,000
— Winter/Spring 2016 – decision to delay capital campaign and conduct 2-year canvass for operating budget
— Winter/Spring 2017 – capital campaign resulted in $672,000 in pledges; so far, about half of the pledge gifts have been made and gratefully received
— Summer/Fall 2017 – proceeded to full architectural drawings, hired construction management company
— Fall 2017/Winter 2018 – detailed cost estimates, including with sub-contractor bidding

Current Projected Costs and Revenues:

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<td>Total Base Project Costs</td>
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<tr>
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Recommendations:
— Move forward with Base Project (see website for details)
— Continue work with gbA, engineers, Russell and Subs to explore less expensive options to achieve same/similar ends (value engineering) – cost reduction goal of 5-10% or $45-90,000
— Convene kitchen team to explore less expensive (including used) equipment, counters, cabinets, etc.
— Prepare for additional fundraising to begin in May or June after canvass for annual operating budget (March – April): Goal to be determined after work above, Decide then whether to include kitchen items
— Construction start projected for September

Writers’ Group CVUUS
Writers’ Group meets third Monday of the month. Next one is Mar 19, 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).

Facilities Team Invites You
Blue Jeans Sunday
April 29, noon
Join us after service. Bring your tools or borrow ours. Lunch provided. Rain date the following Sunday May 6.
Clean up grounds from plowing, sod, gravel; weed and trim; wash windows, siding & plastic tables.

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 CVUUS 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 always welcome! Contact Artley Wolfson, awolfson@middlebury.edu, 989-7081.
CHOIR NOTES

The Monthly Theme for March on our 2017-18 Road to Radical Love is Doubts and Radical Love. The first Sunday the choir sings, March 11, it expresses their response to doubts in some uplifting words by Jan Elicker and music from Clif Hardin in *Pass on the Light*. March 18 the Choir Anthem is *Here Is My Home* by Si Kahn, arr. Peter Amidon. In it, our need for loving community is expressed, whether we are together or apart. Through music shall our spirits be joined and soothed.

March 25 is the Sunday closest to Passover, and to honor the Holy Day, the choir anthem is *Ubi Caritas*, from ancient Christian musical tradition. Here we sing it in Latin to bring the beauty of music and meditative repetition to your ears to bring you all to a place of introspection and sanctity. “Ubi caritas et amor, Deus ibi est. Where charity and love are, God is there.”

Then, see you in April for Easter on April 1st and Rev. Barnaby’s return on April 8!! Blessings, Lucy

March Thoughts from Your Membership Ministry

Along our varied, and converging spiritual paths, we can weather the storms and sunny intervals of March together as a community, while some of us can take comfort in the prospect of newly boiled maple syrup!

We will also be planning for New UU classes-- look out for more news coming soon, if you wish to learn more about our faith, or want to consider membership this Spring. These informal and informative meetings are also a fine way to connect with other new visitors and some members, as well as good friends who haven't gotten around to actually signing the membership book. There are some "not quite members" who may be encouraged to join, having already taken classes and shown their connections with us by participating in RE, choir, social action projects, etc., as well as showing up as they are able on a regular basis. We want you to know you are very welcome, and we are glad to have you with us, whatever brings you here.

Let our friendly greeters answer any questions you may have, and feel free to give us feedback about your experience coming through our doors, whether for the first or the thousandth time. (Hint: there may be some changes in the appearance and layout of the entrance area in coming days. Share your reactions if you notice!).

With warm blessings, Marjorie Carsen, for the Membership Ministry Team

You’re Invited!

PASSOVER SEDER

Friday March 30 5:30 PM, Sanctuary

This Spring, we gather for a communal potluck celebration of Passover (on the evening of 3/30/18). Although organized by a few of us with roots in Judaism, it is welcoming to any in CVUUS who have never participated in a Seder, as well as self-identified Jewnitarians, and anyone in between. Children are more than welcome; actually they are essential to this celebration, and our menu is simple but traditional. We can provide gluten-free and vegan options as requested. Each family brings something to share, as able, for example: a green salad, boiled eggs, a fruit dessert, and/or beverages and snacks for young children. We ask that dairy, and most wheat products be excluded. No payment is expected.

In the ancient Biblical story of Moses leading his people from slavery into an unknown new land, the themes of oppression, exile, and refugees are as important to address today as they have been in centuries past. We can learn about this story and it's meaning for us today, while sharing a festive and memorable meal together.

We hope to begin sign-up on Sunday morning, March 4th, and following Sundays. More information about how this works will be available then. We can attend to any allergies or other dietary needs in this process. What can make this a wonderful experience includes having some volunteers who can help set up tables, distribute foods, and clean up afterwards. Any help offered will be much appreciated, of course.
Compassionate Communication (NVC)

Welcome to the March installment of the 2017-2018 newsletter column on aspects of Compassionate Communication, or Nonviolent Communication (NVC). Marshall Rosenberg developed NVC to resolve interpersonal conflicts. In this column I respond to our congregation’s “mission”, or need, to “open to deeper connections” and be “in right relationship with another and the wider community”. If anyone would like to respond to me personally, I am happy to address his/her/their specific need.

Toward that end, I introduce the Four Chairs, thinking perspectives that highlight the heart of NVC. (Created by Peggy Smith, Marshall Rosenberg, and others, presented in her recent workshop)

Picture 4 chairs: Chair #1 __          #2 __          #3 __             #4 __

Chair #1: Blaming the other (There is a problem and its YOUR fault)
Chair #2: Blaming myself (There is a problem and its MY fault)
Chair #3: Empathy for MY feelings and needs (There is a problem and I check inside for feelings- full authentic physical and emotional reaction, and needs- finding what is really important to me)
Chair #4: Empathy for the OTHER’S feelings and needs (There is a problem and I’m curious about the other’s feelings and values or needs)

We spend much of our time thinking about who is at fault, in response to living in a world focused on right and wrong, good or bad. If our thinking is from chairs #1 or #2, our blaming blocks presence, and any action we take is likely to lead to disconnection or a continuation of the conflict. With honest awareness of our way of thinking right now, we can choose to shift to chairs #3 and #4. The empathetic way of thinking nourishes presence and turns me or us toward connection, and our actions can be beneficial to everyone. Since learning about the “Four Chairs”, all 3 couples in my NVC practice group have made breakthroughs in their relationships.

I have used it successfully several times, and offer my Christmas conflict with my sister as an example. It was late Christmas eve and my sister cleared my pie plate before I was finished. I was disappointed, upset and mad at her. When I approached her in the other room, I requested that she ask before she clears my plate next time (reasonable, right?). It went over like a lead balloon. I was thinking from chair #1- blaming the other. I held my anger and annoyance at her into the next day or so. When I was finally ready to let go of blaming her, I figured we both were tired, she needed to put things away in her house before going up to bed (even if I saw her need as compulsively extreme), she had no idea how much I savored those last morsels, and had meant no harm. We moved on with our Christmas in caring ways. I was thinking from Chairs #3 and #4, which would have been a more successful time.

For more information: Peggy is repeating her “Four Chairs” Life is Relationships workshop in WRJ this May 4th and 5th (http://www.lifeisrelationships.org/).

Anne Christie- Right Relations Team member, Speech Language Pathologist

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, call Colleen at 989-9974 or Van at 388-2142. The CVUUS webpage has good information also.

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 or John Barstow know if you’d like your child added to the list for March 1 and 15 dates. We’ll list the first 10 kids and wait-list the others. Also, let us know if you would like to help the Caring Network in providing supper or supervision.

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Where does the feedback I give regarding Sunday worship services go?

On any given Sunday how did you experience the morning service at CVUUS? Did you arrive to a welcoming community, connect with like-minded individuals that bolstered your convictions, had a moment that touched your heart, and maybe left feeling spiritually nourished and ready to face the challenges of the week ahead?

Or were meaningful aspects of the service that you have come to expect missing? Were you challenged, possibly even becoming angry or uncomfortable? Do you sometimes wonder why we continue a certain ritual week after week, when that practice provides nothing profound or consequential to you?

Once you give your opinion or criticism to a member of Worship Ministry, where does that comment go?

The Worship Ministry takes care of many of the logistics of a Sunday service, but we also have in depth discussions about the purpose of worship, what nourishes the spirit, is our mission to soothe or to challenge, or both; what seems to be working for the congregation and what doesn’t seem to work. What do we need to be providing for our children and youth? What are visitors looking for? How do we meet the needs of a new generation while meeting the needs of the long-time members and the elderly?

In my experience these discussions have always been respectful and lively, but there has certainly been disparity in our views. These discussions are where much of the feedback we receive comes in to play. One of the most difficult aspects of honoring the comments we receive is in the push and pull of the opinions themselves. We are dared by congregants to shake it up, try new rituals, to use the works of contemporary artists, to uncover the hidden; while at the same time we are asked to keep certain practices consistent and included every Sunday. The congregation wants to be excited, inspired, called to action, given a new perspective and the congregation wants sanctuary, quiet meditation, music and readings that open their hearts, and time for reflection.

When I first joined CVUUS I recall that a standard part of the Sunday morning welcome was “If you are visiting today we invite you to come back and experience several of our services, as each Sunday is different”. CVUUS does have a fairly consistent format for an Order of Service, but when worship associates are working with guest speakers or developing their own service we honor what we consider the freedom of the pulpit. We use the typical Order of Service format as a guide, but the only aspects that must be included are the Welcome, the Chalice Lighting, and taking the Offertory. Otherwise the guest or worship associate, and our minister, are free to include, exclude or add any aspect to the service which they feel enhances or supports their message.

This is not to say do not give us feedback, we need the debates! Your comments help us to critique our own presentations, or participation in a service, and helps us improve and grow. As individual congregants we each have our own personal journey; not every aspect of every service will move us personally, but every Sunday provides another opportunity to find the gem that is waiting to be uncovered.

Ann Webster, for the Worship Ministry  webster.afw@gmail.com
Silas Conlon, Kate Gridley, Piper Harrell, Karl Lindholm,
Poppy Rees, Becky Strum, Lucy Tenenbaum
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."
(CUVUUS Purpose Statement)

CVUUS Council of Ministries
The Council of Ministries is composed of some CVUUS committee chairs, and others. It’s focus is on communications and connections within the congregation and between the congregation and the minister, and it serves as a supportive and creative sounding board for lay leaders. It’s important that all or at least most constituencies are represented and that a myriad of voices are heard. Some of you are active in a variety of activities and care deeply about CVUUS, but are not part of a particular group at this time.

We invite you to join Council of Ministries.
We leave each meeting filled with gratitude for this beloved community and are honored to be participating in the work of this exciting ministry of lay leaders.
We meet on the 2nd Sunday of each month from 3:30-5:30 PM at the Fenn House.
If you are interested, please contact Steve Maier (sbmaier55@gmail.com) 802 238-6699

Small Group Ministry
- a wonderful opportunity to get to know other CVUUSers while sharing about monthly topics
- the first Sat. of the month, 9-11am, through June
- contact Doug Richards 989-9387

Ushers
- Ushers are essential to making sure that everyone coming to CVUUS feels that it is an inviting and welcoming place. They distribute hymnals and orders of service, collect the offering, and do an attendance count.
- Ushers arrive at 9:30 AM. How often people usher depends on how often they want to and how many are on the “roster”.
- contact Jack Shubert 458-8931 for more

Photographers
- Take and email photos of worship (and other CVUUS activities you happen to be at) for Laura to use in blasts, the monthly newsletter, and the annual meeting slideshow.
- contact Laura Asermily (office@cvuus.org)

Office Help
- Help copy and assemble Orders of Service
- 10 – 11 Friday mornings (preferred, but some flexibility)
- contact Laura Asermily (office@cvuus.org)

CVUUS’ Sound System group
- to join their Sunday morning service rotation (and special 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 353-0817 for more

HOSPITALITY ANYONE?
Here’s a salute to the volunteers who provide refreshments for socializing after Sunday morning services! THANKS!
Hospitality leaders (Sylviane Acker, Julie Chippendale) are recruiting. Can you help SET up? Make coffee/tea. Arrange tables for coffee/tea in sanctuary. Supply half & half, half-gallon cider, iced tea or juice. Takes about a half hour so arrival by 9 or 9:30 am helps. Can you BRING edibles? Make, bake or supply snack food, i.e. bread, fruits, cookies, crackers, cheese or hummus. Set up the counter for snacks in sanctuary. Can you CLEAN up? Clear counter and tables. Wash used mugs, spoons etc using hot water from tea pot. Restore kitchen and sanctuary to pre-service condition. We’re encouraging less use of paper products and appreciate greatly your use of our mugs or your own. You could bring your own mug home to wash or help wash our mugs and plates. Seek out the scheduling clipboard!
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.

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 passes 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.

A bouquet of roses to:

...Poppy Rees and Bobbi Loney for leading the CVUUS kids worship and Andre Mol and Theresa Gleason for also leading wonderful worship services last month.

...Bob House, Paul Stone, Rich O’Donohue, Rich Wolfson, Doug Smith, Alan Moore and Mike Greenwood for maneuvering the huge 400 lb radiator replacement for our Sanctuary’s leaking one.

...Steve Maier for keeping us updated on the Ground Floor Project and facilitating our discussion on it.

...Dorothy Mammen, Martha Soderberg, Carol Harden, Alan Moore and Mike Greenwood for gate-keeping and parking lot keeping and Elizabeth Golden-Pidgeon for reminder signs about our shoes.

Our Caring Network provides support, such as calls, visits, meals, and rides, to those in need. Please contact Linda Shubert (458-8931 or jlshu68@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
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FOR MORE INFORMATION:
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CVUUS Board of Trustees
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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
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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)