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.

What does it mean to be a people of...

HUNGER?

November Worship Services  
(Sundays at 10 AM)

Nov. 4 -- Singing about the Nation We Hunger to Be—Rev. Barnaby leads a tour through our hymnals reminding us how our forebears dealt with challenging times and issues. David Roth joins us for a concert of Folk, Joke, and Hope Songs at 4 pm. See more inside.

Nov. 11 -- Rev. Barnaby's "Press" Conference -- Come with any question you want Rev. Barnaby to take a crack at during worship today and to welcome new members of CVUUS. Bring your questions about White Fragility here or to our discussion on Nov. 16. See more inside.

Nov. 18 -- What We Hunger for Is Available -- It's our distribution of love rather than the total available that leaves so many people malnourished. Rev. Barnaby suggests that if we viewed it as God's love rather than our own, we'd do a better job. Stay after worship for a Congregational Conversation on music in worship led by Poppy Rees.

Nov 25 -- Trust the Seeds—What seeds are you planting in your daily actions? What seeds do you allow to take root in your mind and heart? How do we prepare the soil to grow the garden which is our lives?

Kids for Kids talked about our theme for the year, Justice Across Borders, which is also UUSC’s Guest at Your Table theme of the year. They made polar fleece scarves for VT immigrant and refugee kids and will make holiday ornaments to sell. More inside and at cvuus.org.
Words from Rev. Barnaby:

Cicero, the great Roman politician and philosopher, called joy the simplest form of gratitude. That feels true to me. So let me start this month that builds toward Thanksgiving meals and Christmas spirit by wishing all of you a bounteous portion of joy as the days get steadily shorter and colder.

I fear, though, that we will miss out on a lot of reasons for gratitude if we look only for what brings us joy. And we need more than the available joy. The month begins with an election which, at best, will shift the political ground enough to offer slightly more protection to the most vulnerable among us. But the 2020 presidential campaign will begin in earnest as soon as the votes are counted. Everything that tears us apart will still be with us.

So we need to look also for courage. May we be grateful for moments when we find within ourselves – often with each other's support – the gumption to stand up for the positive values UU's affirm.

I hope we look for humility too. May you and I encounter many opportunities to be grateful for new ways of seeing the world and ourselves, especially those hard-won new perspectives that become visible only because we put aside our insistence that we know what is real and what is best. Perhaps those “I never thought of it that way before” moments will be upsetting. But in the end they may open doors we never noticed before. I know our Nov. 16 dinner-discussion of White Fragility will provide such an opportunity.

Most of all, let's look for hope. This November will confront us with invitations to despair. But together we can also notice joys, blessings and new possibilities that give us every reason to hope for better times. Hope will inspire us to live as Love calls us to. I'd say that's the most complex form of gratitude, and it pairs nicely with joy.

Blessed be, Rev. Barnaby

Radical Love Giveaway
Party will be...In 2019!

On Sunday January 13, following service, to be more specific. Piper Harrell will be taking the creative lead to plan it with fellow fun-lovers.

This novel fellowship and fund raiser has been noticed outside our congregation. It will be fascinating to discover how we can build on our experience -- with your help. Let Piper know of your interest.

Last but not least, if you offered something last fall but haven't managed to schedule it yet, please do it soon! See RLG binder in lobby as reference.

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 Worship by Kate Gridley or Nita Hansen or a friend to email to office@cvuus.org for you.

Do I have to be a member to be in the Directory? No. While all members are listed, we also like to list any friends who are actively attending our services or involved in our endeavors, religious exploration classes or many ministries. 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.

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. Pick your style—pin, magnet or string.
Two weeks ago, I joined the Coming of Age group when they went to the UU Society of Burlington to see the Glimmer of Hope Tour: March for Our Lives founders in conversation. Parkland students Emma Gonzalez, David Hogg and Alex Wind spoke and answered questions about the Parkland shooting, the March for Our Lives book that just came out, the importance of voting (and running for office!), and many other things. It was inspiring and it felt especially powerful to be hearing it in a UU church, in the midst of the Coming of Age kids.

One of the things that Emma Gonzalez said was that kids have real power. They will soon be voters and their voice and actions can make a difference now. Which is a message we try to give to the CVUUS kids: your actions matter!

Coming of Age is a Unitarian Universalist rite of passage. At CVUUS, we do it in Middle School. The goal is to empower and strengthen the kids as they move from childhood into adolescence. Our program includes team-building, discussions, activities, role-playing, social time, an overnight (which just happened in the CVUUS Sanctuary space), a weekend trip to Boston, creating the May 5 worship service, and a celebration at the end. It’s a lot! Piper Harrell and Allie Izzard are running it this year and filling it with energy and love.

Unitarian Universalists aren’t really a group that spends a lot of time telling people what to believe but this is especially a time when we invite the kids to think about their own values – what matters to them as individuals, right now. Who they are right now. And in May, we’ll get to hear some of what they have come up with. It’s a powerful, funny, interesting and wonderful group of kids. If you see any of them around, ask them what they’re up to in Coming of Age! ~ Poppy, your Director of Religious Exploration

NOVEMBER for Children, Youth and Their Families

**NOV 4:** RE GROUPS (pre-school to grade 6) Start in worship. COMING OF AGE 10 am -12 pm Next door at Mary Johnson Children’s Center basement

**NOV 11:** RE GROUPS (pre-school to grade 6) Start in worship. COMING OF AGE 10 am -12 pm Next door at Mary Johnson HIGH SCHOOL YOUTH GROUP 3:45-6 pm Make a meal at John Graham Shelter RE COUNCIL 11:45-1:45

**NOV 18:** KIDS FOR KIDS Make holiday ornaments, see page 7. HS YOUTH GROUP 4-6 pm Meet at Midd College Axinn lobby.

**NOV 25:** RE FUNDAY Start in worship. All-ages group with special activity TBD led by Poppy Rees. (Introduction to songs for the kids to sing in the Christmas Pageant?)
Social Action Updates

November “Share the Plate” Donee
Vermont Food Bank

The Vermont Food Bank gets food to those in need in many ways. Each year, food producers and retailers provide the Foodbank with millions of pounds of food for distribution to our neighbors in need. The Community Kitchen Academy (CKA) prepares underemployed and unemployed Vermonters for careers in the food service industry. 3SquaresVT, also known as the Supplemental Nutrition Assistance Program (SNAP) helps low-income people and families buy the food they need. VT Fresh increases access to fresh fruits and vegetables by offering cooking demos & taste tests to visitors at food shelves. The Gleaning Program organizes groups of volunteers to harvest and gather excess produce from farms. The Vermonters Feeding Vermonters program purchases local fruits and vegetables from VT farmers to share with our neighbors facing hunger. For more, visit vtfoodbank.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, Chris Murphy, or Rev. Barnaby. October’s collection raised $1,280 for Legal Fund for Honduran Family Asylum Seekers with Meg Young. Thank you for your generosity!

CVUUS Youth have been out and about paying attention to hunger! We supported CROP Hunger Walk last month and are returning to preparing dinners for John Graham Shelter again this month and ongoingly throughout the year. We’ll be joining Abi Sessions on Sat. Dec 1 for the John Graham Shelter Sleep Out on the Mableworks lawn to raise awareness of homelessness and will be looking for your John Graham Shelter donation support again. You can attend the vigil 4:30-5:30 pm, dinner at St Stephen’s following it at 5:30 pm and/or participate in the sleepout. Watch Blast for details. We’ll be visiting with Middlebury College students on Nov 18 at Axinn to hear about their service projects.

What is Guest at Your Table?
Guest at Your Table (GAYT) is the Unitarian Universalists Service Committee (UUSC)’s annual intergenerational program to raise support for and awareness about key human rights issues. Since UUSC works in over 25 countries, with over 75 grassroots partners, there are thousands of individuals involved in and who benefit from the work that our members make possible. The program is an opportunity to celebrate grassroots partnership, support human rights, and learn about just four of these individuals – the “guests” in Guest at Your Table.

2018-2019 Theme: Justice Across Borders From the Northern Triangle of Central America, to deserts of Mexico and Arizona, to detention centers in the United States, the road away from danger is paved with injustices. Partnering with grassroots allies along the Central American migration trail, UUSC addresses root causes, supports migrants in transit, and protects the right to seek asylum. Join with UUSC for Guest at Your Table to learn more about UUSC’s and our nation’s involvement in Central America and our courageous Migrant Justice partners. More at uusc.org.

KIDS for KIDS
Kids for Kids talked about our theme for the year, Justice Across Borders, and made polar fleece scarves for immigrant and refugee kids throughout Vermont and sent them to the Association of Africans Living in Vermont (AALV) based in Burlington who will distribute them to Africans who are new Americans or refugees. November and December sees us support UUSC’s Guest at Your Table program with the traditional sale of tree ornaments. Watch Blast for details.
How Would You Like to Stand for Radical Love?

Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now.
You are not obligated to complete the work, but neither are you free to abandon it.
from Rabbi Tarfon (2nd century)

White Fragility Book Discussion, Fri Nov 16, 5:30-8:30 pm, Sanctuary.
Multiple copies of this new best-seller from UUA’s Beacon Hill Press are available from our Library. This book explores how – and why— progressive white folk inadvertently contribute to the persistent power of racism to oppress people of color and delude well-meaning whites about what is going on in inter-racial relationships. Check it out from our library or order your own from Beacon Hill! Rev. Barnaby and Joanna Colwell and Kathy Comstock of Middlebury SURJ (Showing Up for Racial Justice) will host it. Pizza provided.

Other Middlebury area faith communities are examining white privilege. Congregational Church of Middlebury welcomes all to two Sunday Community Conversations with Debby Irving, author of Waking Up White (http://www.debbyirving.com): I’m a Good Person. Isn’t that Enough? Dec 2, 1-3 pm and Leveling the Playing Field: Interrupting Patterns of Privilege (or how to explain white privilege to skeptics), Jan 27, 3-5.

Sorry to Bother You film, Wed Nov 14, 4 pm and 7 pm, Middlebury Marquis.
Middlebury Showing Up for Racial Justice will start its second annual 2018-2019 film series with Sorry to Bother You, a film by Boots Riley. As always, the suggested donation cost is $10, but none will be turned away at the door for lack of funds. A percentage of the film proceeds will go to pay doula fees for a pregnant Black activist in Boston, to raise awareness in the disparities of the childbirth outcomes between white and Black women in the United States. Please join us for our first movie of the year… it promises to be a wonderful kick off to an eye-opening year of films!

CVUUS Black Lives Matter Recommended Readings and Links

1) Read The Sugarcoated Language of White Fragility (http://huffpost.com/us/entry/10909350) and Bryan Stevenson’s Just Mercy: A Story of Justice and Redemption, the UUA Common Read in 2015-2016. From the New York Times Book Review: “Just Mercy will make you upset and it will make you hopeful.”

2) Watch 13th documentary (online) about racism in the criminal justice system since the passage of the 13th Amendment to Constitution outlawing slavery at the end of the Civil War.


4) Read The New Jim Crow. A stunning account of the rebirth of a caste-like system in the United States, one that has resulted in millions of African Americans locked behind bars and then relegated to a permanent second-class status—denied the very rights won in Civil Rights Movement.
5) Read The Third Reconstruction (on the recommended reading list for 2017 UUA General Assembly).
6) Read about bias in sentencing http://projects.heraldtribune.com/bias/sentencing
7) Listen to Tabitha Pohl-Moore’s Social Justice Is Spiritual Justice sermon from our Oct 7 worship at cvuus.org/worship/past worship services.
Charter House Emergency Winter Shelter Welcomes Your Help

While most of us do not notice them, over 100 of our fellow citizens have been living in tents, cars, under bridges, and under decks this past summer. As the colder weather approaches, just getting by each day becomes increasingly difficult. Thanks to volunteers, our community will provide safe haven, food and other basic needs for 5 families and up to 20 individuals from early Sept through April 16. This program is possible because every winter several hundred individuals from Addison County contribute over 12,000 hours of volunteer time, donate hundreds of pounds of clothing and food, prepare 23,000 free meals, and pay for most of the cost of operating and maintaining our building.

There are many ways you can help:

- volunteer to staff Charter House during the day for 2 – 3 hour shifts or overnight (you can sleep)
- help with food prep for the dinner meal or breakfast
- donate prepared meals, bread/rolls, fruit/deserts
- donate adult size winter clothing especially socks, boots, gloves, sweat suits, underwear, warm coats
- make a contribution (Charter House Coalition, 27 North Pleasant Street, Middlebury, VT 05753)

Contact Samantha Kachmar (mskachmar@gmavt.net) or Doug Sinclair (jdsinclair@ripton-coop.net; 989-9746) if you have questions or would like to discuss any aspects of Charter House. You can also connect with us at www.charterhousecoalition.org, facebook.com/

Donate items to Neat Repeats, Buy Again Alley, HOPE and WomenSafe!

Drop off used clothing to Neat Repeats and give them account #108 or Buy Again and give them #504.

Look for HOPE shopping cart to donate food. Prefer smaller sizes to jumbo ones. See Mary Ann Deverell with questions. Also look for the WomenSafe heart-wrapped box in our sanctuary lobby near the welcome table. Always in need of self-care items! See Dottie Nelson with questions. Thanks!

GLEANING
A CVUUS Green Sanctuary Environmental Justice Project

Plant and glean at local farms and community gardens and process fresh produce to donate to H.O.P.E. and Charter House. You can take home some gleaned or processed items if there’s enough. Lily Bradburn (pictured above) coordinates gleaning for HOPE. Contact her at 388-3608 ext.225 or email: lbradburn@hope-vt.org to help. Please feel free to stay for whatever amount of time works for you.

Charter House Community Lunch Team

Calling all cooks, servers, and people interested in a great opportunity to serve our greater Middlebury community. Consider the Charter House community lunch team for CVUUS! Your involvement can be what works best for you. Maybe be on a call list for preparing a dish occasionally, or making sandwiches on site for the take-out lunches, or serving, or helping with cleanup. We do this every third Tuesday from 10 am – 1 pm. You can come for part of this time for a specific job if that works for you. The best part of this is you can join our guests for a healthy lunch and enjoy the connections you can make. You’ll receive at least as much as you give. It feels great! Contact Sue Grigg suegrigg2@gmail.com

Meals on Wheels provides so much more than a nutritious meal. The moment you knock on that door, you make a connection. It might be a quick hello or a conversation, but the impact lasts a lifetime. We need your help. Time commitment is based on your availability--it can vary from one day a week to two days a month (weekdays only). Delivery is typically from 10 a.m. to 11:30 a.m. For more information, please contact Erica Marks emarks@agewellvt.org or 802-662-5249 or visit agewellvt.org/giving-back. Talk with Thurs UU Team leaders Mary Conlon & Mike Greenwood.
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)

HOSPITALITY Ministry is responsible for setting up and cleaning up the refreshments Sunday mornings and sometimes assisting at Celebration of Life services. We would like to develop a "Coffee bar" event specifically to welcome potential new members as well. If you can help between 9:30-10:00 am and/or from 11:30-12:00, or would like to bake snacks or bring in vegetable trays, you will be offering generous, valuable, and needed service to your CVUUS community! Please contact Elizabeth Golden at 802 598-2388 elizabeth-golden@shoreham.net

Annual Winter Holiday Cookie Swap?
Is anyone interested in organizing a Holiday Cookie Swap this year? If so, let me know! I would be happy to work alongside a couple other people to make it happen! Elizabeth Golden

Addison County Interfaith Climate Action Network (ICAN): Meets the third Thurs of each month at 8:30 am, at Weybridge Congregational Church. Join the Standing for the Earth Vigil the first Saturday of each month from 10:30-11 am at the Middlebury Cross St rotary/new park. Bring signs as you see fit.

Migrant Support: Do you wish to understand and assist our migrant farmworkers? Addison Allies (formally the Addison County Migrant Ally Group) checked in last month and will check in again on Nov 14, 4 pm in Sanctuary Meeting Rm to prepare for the Mexican Consulate Visit at CVUUS on Sat. Dec. 8 (9-3). Please donate warm farmwork clothes (small sizes, mens Pants, hats, gloves, vests, jackets, hoodies (especially popular), long underwear, long sleeve work shirts Boots. Things that are practical for farm work. Also, soccer gear (balls, socks, shoes, shin guards).

Amazon shoppers: Please consider starting your Amazon shopping at https://smile.amazon.com/ch/03-0312369 to designate Champlain Valley Unitarian Universalist Society as the beneficiary, with all proceeds used to support the CVUUS library. As always, we encourage support of local stores but if you can’t find what you need locally, you can still have a local impact by supporting CVUUS via Amazon Smile.

A bouquet of roses to:
...Piper Harrell, Margy Young and Theresa Gleason for sharing testimonies in our Oct worship services.
...Lyn Rice for AMAZING Fellowship Hall Construction updates.
...Mitch Kramer for researching LED lighting options for Fenn bathroom and elsewhere and monitoring our sound system and hearing aids.
...Lise Anderson for her Mexican Consulate Visit leadership. Look for her online sign up lists.
...Donna LaRose for her CVUUS Facebook page updates.
...Marjorie Carsen for assisting with new UU classes and Nita Hanson for volunteering on very short notice to provide child care for our Oct 28 class touring UU history.
...Tracey Harrington for kicking off a great new Parent’s Group and all who assisted with food.
...Elizabeth Golden for relaunching a Women’s Group last month, Dinah Smith and Faith Lowell for organizing a Transition in Retirement group and Doug Richards for all his Small Group Ministry leadership.
...Marnie Wood for her gatekeeping and Flower Co-op coordination help.
...Mary Harrington, for working with her mother, Tracey, to amplify financial support for the Honduran refugees sponsored by Meg Young and her roommate. Inspired by our October share-the-plate collections, Mary asked what her fifth-sixth grade class at the Ripton School could do to raise additional funds, and a very successful pizza party resulted!
...Lucy Tenenbaum for turning an unusable vintage drum donation into our new drum kit.
...Kate Gridley for shepherding our piano maintenance.
FROM THE BOARD  Reflections from Donna LaRose

I’m writing this Newsletter article just on the cusp of the mid-term elections. I don’t know how the elections are going to turn out. Many of us are hoping a Blue Wave of Democratic voters will turn the tides of our current political landscape. Some are warning that this tide will not be the tsunami of change that we are hoping for. I have been following, via FaceBook, some of the races that seem very critical such as Beto O’Rourke running against Ted Cruz in Texas and Stacey Abrams running for Governor in Georgia. I will be casting my ballot here in Vermont to keep Bernie Sanders in Washington. I am hopeful that enough Americans will agree with me; it will be difficult to continue this feeling of hope if the elections go in another direction.

I often think back to the powerful sermon delivered by Piper Harrell on Social Justice Sunday back in 2017, the day we became Radical. From the sermon, “First we breathe, then we push”. I am writing this during our month of exploring Transformation. A year ago we transformed into a Congregation that pushed back against our feelings of defeat and our knee jerk reactions of repugnance and chose instead to Love and not just to love the sinner and hate the sin but to Love Radically and to try to shine a light of understanding of those who thought so differently than us.

You are reading this now in November the month we are looking at ourselves under the lens of Hunger, our theme for the month. Hunger can take many forms, we can hunger in many ways our bellies, our minds, our hopes. I am hungering for more Community. CVUUS has become more of a shelter than ever before for me as a place to simultaneously let down my concerns and to gather my strength to look into the future with love and hope as my guides. The Board of Directors recently read the book Growing a Beloved Community by Tom Owen-Towle. The author reminds us that ‘We [are] creat[ing] an environment where minds are stimulated, hearts fortified, souls plumbed, consciences goaded, bodies embraced and spirits restored.” Our Beloved Community is feeding me. I hope it is doing the same for others.

Today I am breathing getting ready for the next push. I am hungry for change. I know CVUUS will be there, “to build more love around me, and by extension, to practice Radical Love through my radical faith”.

Highlights from Oct 9, 2018 Board meeting:

There was a thorough discussion of the Policy Governance sections 2.5 and 2.6, which relate to “emergency lead minister succession” and “assets being protected and maintained”. It was agreed that at least some of the sub-sections involve the Minister providing essentially the same report every year, and therefore might these issues be converted to an online document that could be periodically updated. This could save Board and Minister time.

The Council of Ministries’ proposed goals were discussed, particularly ways that the Board could get involved in achieving these goals. Maintaining and improving linkage between the Board and Council is an important goal. The possibility of having some members of the Board attend leadership conferences or workshops was also considered.

The current organization of membership team and the hospitality team was discussed briefly. It was suggested that creating a “welcoming team” might be useful.
Fellowship Hall Construction Update

If you are interested in contributing to help raise funds, please fill out a gift form, which is available here: http://www.cvuus.org/wp-content/uploads/2018/06/Pledge-Form-OWLL-final-push-final.pdf. And in Sanctuary Lobby. As always, gifts of all shapes and sizes are welcomed. For more information:

Project generally: Steve Maier (sbmaier55@gmail.com or 802-238-6699) or please see our website at http://www.cvuus.org/connection/ground-floor/

Ground Floor design or construction: Jean Terwilliger (jean@jeanterwilliger.com or 802-989-7249) or Llyn Rice (llynrice@gmail.com or 802-443-8028)

Kitchen: Kate Gridley (kmgridley@gmail.com or 802-989-1928) or Alan Moore (alanwmoore1947@gmail.com or 865-335-2028)

As you can see, work on building the new Fellowship Hall, kitchen and library/meeting room at the lower level is well underway. The first hint that something was going on was the presence of contractor vehicles and equipment outside. Once they were ready to take up their tools, the first thing to go was the unsuccessful wood pellet bit which had been sitting abandoned for a while. We were happy to see the last of that old bin. Oh, and don’t attempt to use our main level basement door. It’s barricaded as new lower level doors are installed.
Continuing monthly Covenant Groups. Each of the four small groups that met last year continue to meet monthly:

- **Saturday morning** 9-11 am in the Fenn House chapel (third Sat each month, except Nov)
- **Wednesday evening** 7:30-9 pm in the Fenn House chapel (second Wed each month)
- **Thursday evening** 7-9 pm at participants’ homes (first Thurs each month)
- **Thursday afternoon** 2-4 pm at participants’ homes

Each group has space available for a few new members. Depending on the level of interest, a new monthly covenant group might also be formed. If you think you may be interested, contact Doug Richards at drichard@keuka.edu. In addition, the Wednesday evening group invites “drop in” participants who would like to “test out” the small group model of spiritual sharing. For more information about this option, contact Bobbi Loney (bobbiloney@gmail.com).

“Affinity” or interest-focused groups. These groups are underway:

- **Women’s Group** to meet monthly at noon, following the Sunday service, over lunch, with childcare provided the first Sunday of month in Sanctuary Meeting Room. Next on Nov 4. Topics will be selected collectively by participants. Contact Elizabeth Golden (elizabethgolden@shoreham.net) to join.

- **Men’s Group** to meet monthly, date to be determined by those interested. Contact Doug Richards if interested in leading or joining this group.

- **Parents Group** to meet Second Saturday each month, 5:30-7:30pm. Childcare provided in Fenn while parents meet in Sanctuary. Parents with children through middle school age are invited to get together and develop deeper connections by sharing their thoughts and beliefs around our monthly CVUUS themes within the small group ministry model. Our first gathering will be Sat., Oct. 13. Childcare, dinner (mac n cheese) and drinks provided by our amazing Date Night Out volunteers. RSVP preferred but not required. Contact Tracey Harrington, 4.mt.mice@gmail.com

- **Transition to Retirement Group** to meet monthly, date to be determined by those interested. Contact Dinah Smith (dinah.smith@uvm.edu or 353-1704) or Faith Lowell (flowell@together.net or 388-3056)

These groups follow Small Group Ministry practices (see cvuus.org). Other possible affinity groups might consist of a limited number of sessions (with an opportunity to extend or re-focus). If you have an idea of your own for an affinity group, contact Doug Richards or any member of the steering committee (Dinah Smith, Bobbi Loney, Marjorie Carsen, Karl Lindholm)—or perhaps chat with Rev. Barnaby.

**Writers’ Group** CVUUS Writers’ Group meets third Monday of the month. Next one is Nov. 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).

**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.

Choir Notes

November brings us to the place where we wonder what we would do if we were people of hunger. What does it mean to hunger? Does it mean not having enough to eat? Yes, that is true. But we also hunger for justice, openness, love, peace, strength. We hunger to grow into stronger beings who can lift others up out of their hunger. We hunger for a better life, a better world, a better self.

Our first choir anthem of November is one of the pieces the Conference Choir sang in Portland at the UUMN conference. Rollo Dilworth wrote it. It is America the Dream on text by Langston Hughes. I programmed it for the Sunday before the elections to help us all focus on why it is we vote, what it is we are hoping to achieve from our next elected officials. If you’re like me, this has been a very tough 2 years, and if we dream, if we sing, if we vote, maybe we can change things. Tracey Harrington will be joining us on Flute for this anthem.

America the Dream Lyrics

“From Every Mountain Side, Let Freedom Ring! America! America is a dream, Land created in common, Dream nourished in common. Keep your hand on the plow, Hold ON! If the house is not yet finished, Don’t be discouraged, builder! If the fight is not yet won, Don’t be weary, soldier! The plan and the pattern is here, Woven from the beginning, Into the warp and woof of America, ALL ARE CREATED EQUAL. NO ONE IS GOOD ENOUGH TO GOVERN ANOTHER WITHOUT THAT OTHER’S CONSENT. BETTER TO DIE FREE THAN TO LIVE AS SLAVES… America is a dream. Who said those things? Americans! Who owns those words? America! Who is America? You and Me! We are America! To the enemy who would conquer us, we say NO! To the enemy who would divide from within, We Say NO!. Oh, FREEDOM, JUSTICE, EQUALITY, DEMOCRACY to the enemies of these great words, we say NO! NO! NO! AMERICA the dream. We must let freedom ring! Hold on, yes, hold on. America is a Dream.”

Nov. 11 we will sing Oh Had I a Golden Thread by Pete Seeger arr: Peter Amidon.

Nov. 18 the choir will share Peter and Mary Alice Amidon’s arrangement of Betsy Binstock’s Give Me Birds at the Dawning. The birds will “Sing my soul awake” at dawning, sunrise, midday, tea time, sunset, twilight, evening, nighttime and…dawning.

The choir meets every Wednesday (except the day before Thanksgiving) from 5:45-7:15. We sing for Sunday services 3x a month plus Christmas Eve adult service. We gather for pot-luck meals 2x a year and are one of the groups at CVUUS that views itself as a family. Won’t you come join our family? We always need new singers, and since I am a conductor/teacher, everyone learns how to sing more efficiently and with more joy and skill. Come sing and lift your heart and voice to new heights.

Blessings, Lucy

Music Ministry
Lucy Tenenbaum, Kate Gridley, Poppy Rees, Chuck Miller, Amy Mason, Shannon LaRose, Carol Harding, YOU?!
Meets Nov 14, 3:45 pm, Fenn Chapel

Drums! Coming soon to accompany our esteemed Sanctuary grand piano. The piano received a major tune up last month to keep it in peak condition for choir and concerts.
November Greetings from Membership Ministry

Greetings to all–members, friends, recent and occasional visitors–The colder the weather, the warmer feels the welcoming fellowship of our congregation.

Much is happening this November, including an informal ceremony of welcome for new members, during our worship service on Sunday, November 11th. Participants will include those who have attended the October New UU classes, as well as some who have previously learned about our faith and feel that this is the time for them to choose membership. Hearing about the many different paths that have led many of you to this spiritual community has been a pleasure and a privilege for me. I also learn much that is appealing and inspiring about this denomination as I have shared in the new member process. Here is a quotation from Rev. Forrest Church that relates to this learning:

UU’s "are neither a chosen people nor a people whose choices are made for them by theological authorities... We are a people who choose".

From the UU Pocket Guide

Please speak to Rev. Barnaby or me if you want to know more about membership. And at our Visitors' table in the foyer there is much good information about being UU. You can request a name tag there, and if you already have one, please wear it so we can know each other more easily!

Warm blessings, Marjorie Carsen for Membership Ministry

Visit cvuus.org/justice for the many ways that CVUUS advances justice through action and monthly donations and cvuus.org/news for latest news.

Thank you Flower Co-Op for adorning our Sanctuary with autumn splendor.
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. Thanks to Henry Sgrecci for a gift in honor of his sister Patty Sgrecci.

Planned Giving: For help including CVUUS in your will or trust, contact John Berninghausen (349-7080 or berningh@middlebury.edu).

Pastoral Care

CVUUS is blessed with many wise and well-trained individuals providing support to members and friends in various kinds of distress. Sue Grigg, Laurie Borden and Marjorie Carsen lead our team.

Who do I talk to about my Annual Pledge?

Inquiries regarding your Pledge 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 to contact her anytime. Thank you so much for your pledges.

Our Caring Network provides support, such as calls, visits, meals, and rides, to those in need. 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 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’d like to join this network. Contact Nita Hanson (boostasha@aol.com or 802-345-0489).

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.
### CVUUS Board of Trustees
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- Pastoral Care — Sue Grigg and Laurie Borden
- Religious Exploration Council – Tracey Harrington, Jess Rouse
- Right Relations—John Barstow, Anne Christie, Joanna Colwell
- Small Group Ministry — Doug Richards
- Worship – Ann Webster

### 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)
- Sexton—Keith Rickerby