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.

Spirituality and the Arts

Summer Worship Services

(Sundays at 10 AM)

July 7 — Drumming and Dance — Jeh Kulu brings us ancient arts as practiced in West Africa, putting a unique expression of art and spirituality in ongoing dialogue with the white European culture that dominates VT.

July 14 — Home Cooking — There’s more than meets the plate. Michele Lowy leads us. Catie Raishart shares gratitude for being a peanut-free site.

July 21—Midsummer Memoir — Memory is inseparable from the spiritual art of story telling. Paul Seward explores how memoir writing was spiritual.

July 28—Bedtime Songs — Karl Lindholm leads us in an exploration of songs that were sung at day’s end, and bedtime songs sung to children.

Aug 4 — Choices, Changes & Challenges — Middlebury College’s Christal Brown is back with us. We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty. Maya Angelou

Aug 11—It’s Congregational! — Becky Strum explores how theatre can do the important work of creating and sustaining community because it is CONGREGATIONAL. It is a real-time interaction with real people speaking in a real space. What is the role of the stage director in this community building and how is this a spiritual practice?

Aug 18—Mentoring the Arts — Pianist Tim Guiles leads us accompanied by his mentees Baxter and Mary Harrington.

Aug 25—Art at Work -- Using the art displayed in his office, Rev. Barnaby explores how the art we bring into our work spaces tells stories, keeps us sane, and invites connection. Bring stories of your favorite workplace art.
I'm sorely tempted to slip into summer vacation mode in this letter to you. A few jokes, a bunch of thank-you's, a joyful poem, a reminder that we have some wonderful spirituality and the arts services scheduled for this summer, and a blessed be. But I'm too excited about some of our longer-range plans that we will be laying the groundwork for this summer not to mention them to you right now!

**Our worship themes.** We will be focusing from September through May on an in-depth exploration of the wide variety of things we care about through a month-by-month journey through the UU Seven Principles. You don't have to join the worship team to have a say in where we go with this (although we do have room for one or two more worship associates – don't be shy if you want to give it a try). Look right now at the Principles on the front of this newsletter! Let me know if any of them raise thorny questions for you, or call to mind powerful experiences others might relate to.

**Lifelong Unitarian Universalism.** We recognize the Principles might impact us differently as children, young adults, middle-aged folk, and senior congregants. The quest to understand what it means to be a dynamic multi-generation congregation will impact a lot of what we will do in worship and beyond. For instance, as suggested at a recent congregational conversation, we will convene a group to look in depth at the likely financial future of CVUUS in the next five to twenty years as the Baby Boom generation moves through our ranks.

**Passing Batons, Tending our Roots.** We will seek to be more intentional in thinking about how the older congregants who currently lead the way in keeping CVUUS vibrant welcome our young adults and families into positions of power and influence in congregational life. We want to figure out new ways to clearly embrace our future while preserving for all of us the benefits of the elders' wisdom, experience and, as long as possible, active presence.

**Brave Green.** All forms of injustice and destruction are related, but we plan to look especially closely in the coming year at upping our response to climate change and its repercussions. We will honestly name where we are failing collectively and individually to respond to this growing crisis; we must lean on each other for the inspiration and will to become more visible leaders in our community in all that we do.

**Blessers All.** As one of our hymns puts it, if what we do is not done in a spirit of love, it will end up being in vain. I and your lay leaders have agreed that the upcoming year should remind all congregants that your presence and activity at CVUUS is a form of ministry. Simply being present at worship and other events is the beginning of blessing them – each of you is that precious! And once we are together, physically or through the use of various technologies, there is no end of possibilities for us to bless the world through what we do in community. Let us consciously serve the Spirit of Life in every way we serve ourselves and each other.
GLEANING
A CVUUS Green Sanctuary
Environmental Justice Project

Help local farms and community gardens provide fresh produce to donate to H.O.P.E. and Charter House. Local gleaning opportunities are organized by The VT Gleaning Collective, a network of community-based gleaning programs.

You can take home some gleaned 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 with:
- In-field harvesting of surplus local produce
- Collecting unsold produce at Midd Farmers’ Market
- Delivering produce to HOPE’s food shelf
- Processing produce for winter use

Or help Charter House with their community garden at Porter Hospital next to Midd DogPark on Saturday mornings. Gleans are usually 1 1/2-2 hrs. Please feel free to stay for whatever amount of time works for you.

FILLED WITH THE SOUND OF MUSIC!

Thanks to all who agreed to help with events in our sanctuary. Gatekeepers in italics.

MaMuse, Wed July 24, 7:30 pm, Folk and gospel-inspired music from a unique central California duo creating uplifting music inspired by Joanna Macy and others seeking strategies to create a thriving world. Steve Maier, Priscilla Bremser, LaRoses.

Benefit for BAIL MONEY in support of Immigrants at our Borders and in our Community, Wed Aug 7, 7 pm, Dr. Francois Scarborough Clemmons (accompanied by Cynthia Huard), Rick Ceballos & Lausanne Allen, Patrick Fitzsimmons, Honey in the Hives (Bolton family), Blue Brass (Margie Bekoff & Jim Morse) and other musical guests will be “busking” to help raise funds to defray legal expenses of migrants detained by ICE. $10 free will donation. For more, contact margie.bekoff@gmail.com. Marnie Wood, John Barstow, and Marjorie Carsen.

Point Counterpoint Chamber Faculty Performances, Fri. Aug. 30 and Sept 6, 7:30 pm, Sanctuary. Enjoy the esteemed PCP faculty performing together on Aug 30 including pianist Diana Fanning. She will also perform the following Friday Sept 6 with her adult piano students. Need more.

Gather Your Summer Waters!

Spring brings our Flower Communion and Fall brings our Ingathering Water Communion where we bring water from our summer travels or favorite watering hole to fill our communal bowl. We look forward to receiving your water for our Ingathering Worship Service, Sunday Sept. 8. We’ll assemble the previous Sunday Sept 1 of Labor Day Weekend at CVUUS in our sanctuary rather than at Stonewood Farm as had been our tradition in some years. Follow the Weekly Blast for details.

SIGNS OF OUR TIMES Thanks to Paul Stone for hanging our Pride flag now on display near our Black Lives Matter banner which we agreed to continue hanging.
JOIN US IN RELIGIOUS EXPLORATION IN 2019-2020!

Infant-3 years  NURSERY  NEED: Subs - high school and adult  
**Journey LaRose, Livia Bernhardt**  Our Nursery is staffed by two paid experienced high school students. The Nursery is next to the Sanctuary. Unstructured play in a safe and nurturing environment. Changing table and chair for nursing. Children move up to the PreK group by the time they are four years old.

PreK-K  THE RAINBOW CONNECTION  NEED: Assistants  
**Natali West, Ken Levine**  An introduction to the 7 Unitarian Universalist Principles, the values that unite us as Unitarian Universalists. Picture books, activities, crafts, songs and games will help our children appreciate and act on these UU values in their own lives. Each Principle will have a few Sunday sessions.

Grades 1-4  UNDERCOVER KINDNESS AGENTS  
**Martha Alexander, Gerry Loney, Catie Raishart**  In a Secret Agent setting (codes, disguises, and missions), we will do anonymous acts of kindness reflecting our UU Principles for people in our congregation, community and the world. Make, do, write, create – while building community, learning about empathy and social justice, and having fun.

Grades 5-6  NEIGHBORING FAITHS  NEED: Assistants  
**Mary Hadley, Jess Rouse**  Explore the faith traditions of Unitarian Universalism, Judaism, Buddhism, Hinduism, Islam, Christianity, Catholicism, Christian Evangelicalism, Black Church Traditions, and Quakers. Discussions, videos, and games explore the values that the faiths share but with an emphasis on their uniqueness. Most faith units include an information piece, a field trip or virtual visit (mosque, temple, synagogue, churches, and more), followed by reflection. Most field trips are on Sundays but some are on other days.

Grades 7-8  OWL 7-8 (OUR WHOLE LIVES SEXUALITY EDUCATION)  
**Joanna Colwell, Shannon LaRose**  **OWL participation requires attending the Orientation**  13 Sessions including Sexuality and Values, Gender Identity and Expression, Sexual Orientation, Healthy Relationships, Social Media, Bullying, Consent Education, Safer Sex, Pregnancy, Communicating about Sexuality, and Self Care. Sundays 10-12:30, 2x/month.

Grades 9-12  YOUTH GROUP  Need 1-2 Advisors  
Flexible format to respond to the needs and interests of the group. The youth, with the guidance of their Advisors, will determine the shape & focus of their meetings & activities for the year. The group aims to include these six aspects of youth ministry: youth leadership development, social justice & action, worship, fellowship & fun, learning, and congregational involvement. Youth Group might go to June UU General Assembly in Providence? Time TBA (4-6 pm?), 2-3 Sundays/month.

All Ages  KIDS FOR KIDS (this might change)  Need Assistants  
Kids doing social justice and community service for other kids. Projects include CROP Walk to End Hunger, making & selling holiday ornaments as a UUSC Guest at Your Table fundraiser, and more.

And...RE Fundays, the Great Kid Service, Worship, Summer RE and more!
**SUMMER RE PROGRAM for Children and Youth**

"SUBJECT TO CHANGE: check weekly email blast"

**Kids start in service, then leave for special all-age activity**

**JULY 7:** BAKING with Catie Raishart and Martha Alexander — DRE Sub is Kas Singh

**JULY 14:** MAKING UU HISTORY COME ALIVE with Rev Barnaby and Catherine Goldsmith — DRE Sub is Natali West

**JULY 21:** DRAWING/BUILDING with Jean Terwiller and Dana Roark. DRE Sub is Catie Raishart.

**JULY 28:** DUCK, DUCK, “ANIMAL” Amy Mason and Priscilla Bremser — DRE Sub is Tracey Harrington.

**AUG 4:** ART OF CELTIC KNOTS with Kate Gridley and Dana Roark — DRE Sub is Kas Singh

**AUG 11:** MINDFULNESS with Colleen Brown and Abi Sessions — DRE Sub is Natali West

**AUG 18:** TBD with TBD — DRE Sub is Tracey Harrington

**AUG 25:** PLAYMAKING & POETRY with Ted Scheu — DRE Sub is TBD

**SEPT 1:** CIDERMAKING with Bill & Abi Sessions — DRE Sub is Catie R

**SEPT 8:** MULTI-GEN Ingathering/Water Communion

**RE LEADER & ASSISTANT ORIENTATION LUNCH 11:45-1:45**

RE starts Sept 15.

RE Council runs the Summer RE program. Contact Tracey Harrington (4.mt.mice@gmail.com) or Martha Alexander (marthajalexander@gmail.com) if you are able to lead or assist on one or more summer Sundays. There will be a DRE Sub every Sunday in the summer, even if you see Poppy at church in worship. Thanks so much to all who are helping with Summer.

**What UU do at home matters!** Kids are at church and RE for such a short time. Yes, we matter hopefully, but YOU matter much, much more. This summer, see if you can find some ways to parent/grandparent/mentor/love in a way that supports UU values and beliefs! To help, here are some

***cool online family resources*** Check them out! ~ Love, Poppy

**UU Parenting - Pinterest** Activities, book lists, traditions, quotes, link for all ages from Michelle Richards. I have one too > Poppy's UU Pinterest board

**Growing Young Justice-Makers** Resources and ideas to help parents and religious professionals engage children in living UU values through social justice

**Call and Response** blog - to dialogue and reflection on UU faith development, can subscribe to newsletter, by UUA Faith Development Office

**UU Parenting Facebook group** Facebook group

**Family Quest** YouTube channel - many videos, part of the Church of the Larger Fellowship (online international UU congregation), to help families think and talk about spirituality

**Parent Further** website - resources for families, with research, webinars, and more, not UU-specific

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**GOING “PEANUT-FREE”**

There’s a child (Stella Raishart) in our congregation with a life-threatening allergy. **No peanuts or foods with peanuts in them into any of our buildings.** Just peanuts. Other nuts are fine. Thank you!
Welcome New Members!

Our Membership Ministry team enjoyed assisting newcomers along the pathway to membership in CVUUS this spring. The next step in welcoming these newest members is publication of brief biographies in this newsletter. We hope that will help all of us get to know them better and facilitate the valuable connections we develop with each other in so many ways.

Classes for potential members are offered each spring and fall, as a series of three meetings, open to all. The classes begin with sharing our diverse spiritual journeys. They then cover Unitarian Universalist history and values and the organization and history of CVUUS. Please speak with Rev. Barnaby or anyone on Membership Ministry if you are interested.

Warm blessings, and safe journeys, Marjorie Carsen, for Membership Ministry

Dana Roark  Dana is 37, and our single biggest source of growth in our RE program in the past year. She has five children – Rayven, Ace, Ember, Finn, and Steel – ranging in age from 15-5. With 2 girls, 2 boys, and a trans son, she has a lot of first-hand experience with gender diversity in the next generation. Dana has been married for 17 years. She works for the Federal Government as an Emergency Manager/ Occupational Safety and Health Coordinator. Her husband, Joshua, who works for Cabot, recently went back to work after being a stay at home dad for 10 years. “We are still adjusting and I am very, very busy,” she notes.

Dana grew up in St. Louis and on a Christian camp in the Ozark Mountains where her father was a youth minister and the family served as caretakers of the facilities. Her parents met at Oklahoma Christian Universities and were missionaries planting churches around the Midwest before settling in Missouri.

Dana became “the black sheep of the family” as she ended up rejecting her strict Christian upbringing. She recalls being ostracized for many years. Her parents refused to meet her husband before she married him. Dana has moved frequently in her adult life, mostly in the Midwest. The latest move, for her job, took them from Kansas City to Vermont in May of 2018.

Dana's experiences fostered dislike for organized and rigid religion, but she also missed being part of a church family. She attended a Unity congregation in Kansas City for a while, where she appreciated the openness to inspiration from many sources at the same time that the gospel of Jesus was preached. That desire for a religious community honoring diversity led her to us.

Submitted by Rev. Barnaby

Savoring RAD LOVE

Colleen Brown and Doug Richards took Alan Moore, Carol Harden, Jean Terwilliger and Todd Kinkaid on a June wildflower hike. Forgot what you won or who won your stuff from our RAD Love Giveaway Party in January? Contact the office or cvuus.org/connection. Send pictures of your RAD LOVE offerings to office@cvuus.org.
Helene Vanderburgh: Helene lives with her husband Larry in a cozy home on the East shore of Schroon Lake, NY. She was raised Reformed Jewish in a family that was semi-observant. While attending Brown University in Providence, R.I., she was drawn to Christianity, in part, by a charismatic Episcopal campus chaplains and in part by meeting Larry. Larry was raised Episcopalian — the son of an Episcopal priest in fact — and Larry’s father ended up performing their marriage ceremony when Helene’s rabbi refused to. The couple attended an Episcopal church in Baltimore for many years while raising their children. Helene found comfort in the ritual and music of the church, but was also interested in Buddhism and Native American spiritual practices. The couple did visit a UU church once with friends and loved it, but it was too far away to attend regularly. When they began attending CVUUS, Helene said something just “clicked”. It was a warm, welcoming place and she admired the “intentional” way of life of our members not just giving lip service to environmental issues and other social concerns but actually living out their ideals.

Helene taught high school and college French for 6 years after college. She then went on to earn a degree in nursing, which was her true calling. She worked for 20 years as a hospital nurse in the coronary step-down unit and the newborn nursery. She then switched over to home care hospice work and thoroughly enjoyed seeing patients in their homes. When she and Larry left Maryland after 35 years to move to Schroon Lake, she continued working as a home care nurse for High Peaks Hospice. She retired in 2009. Helene is an active retiree who helps out at the local library, and attends both the writer’s group and the reading group held there; she also enjoys gardening, reading, hiking and snowshoeing and has recently joined the Lions.

She and Larry have two adult children, who live outside Washington, DC and 1 grandson.

Larry Vanderburgh: Larry was born into a Presbyterian family in Mt. Kisco, NY. Shortly after his birth, his father became an Episcopal priest. Larry received a heavy dose of Christianity as a child, primarily during the years from 4th-8th grade when he attended the Choir School at the Cathedral of St. John the Devine in Manhattan. The school was a boarding school, modeled after English boarding schools. The students participated in 13 services a week and were surrounded by religion and music. He moved 13 times as a child, often because his Dad was transferred to another church. When Larry and Helene married, he swore that they were going to stay in one place and allow their children to grow up with “roots.”

Larry started college at Brown but quickly transferred to the nearby Rhode Island School of Design. After graduating from R.I.S.D., Larry worked as an architect for 40 years. Much of what he did involved space planning and interior design. For 20 of those years, he also traveled all over teaching architecture to adults.

Music has always been Larry’s most important hobby. He has sung in numerous choirs, and quickly became active in ours! When he and Helene moved to Schroon Lake, he also became involved with High Peaks Hospice, where he founded Chrysalis, a hospice choir. In retirement, making visual art has also become a big part of Larry’s life. Larry will tell you this is ironic: when he applied to Rhode Island School of Design, he was told that it was a good thing he was applying for architecture, because based on his portfolio, he should not think about pursuing life as an artist.

Larry says his journey to CVUUS was a slow process, mostly because disengaging from the Episcopal church took a long time. He is thrilled to have found us, saying that he feels very much at home in this community of spiritual nomads.

Profiles on Larry and Helene Vanderburgh submitted by Julie Chippendale
Social Action Updates

**Summer “Share the Plate” Donees**

**JULY: Addison Allies Network, Inc.** serves the migrant farm worker community in Addison County. We have been involved with over 250 farm workers on over 25 farms. Our more than 50 active volunteers provide
* English language support,
* transportation assistance,
* essential house wares and furnishings, and
* social and recreational opportunities.

If interested, contact Veronica Ciambra (vciambra@gmail.com), Lise Anderson, Alan Moore or Chris Murphy. Save Sat. Dec 7 to help with the annual winter **Mexican Consulate** visit hosted at CVUUS.

**AUGUST: John Graham Shelter Meals by Youth Group** The UU Youth Group returned from their service trip in 2017 wanting to do service locally. A connection was made with John Graham Shelter. It has a number of housing units and works to end homelessness. The Youth Group cooks dinner for staff and residents once a month. The group, anywhere from 4 - 10 high school students, decides on a menu, sometimes offering family recipes, and then drives to Vergennes and cooks a healthy meal. Occasionally, one or more of the residents will join the group and help cook. The Youth Group also joined Rev. Barnaby and Abi Sessions to raise money for the Dec sleep out which raises funds and awareness for homelessness and the services of the shelter. For more, visit johngrahamshelter.org.

Please speak with anyone on Donation Ministry to suggest an organization you would like CVUUS to support: Barbara Karle (chair), Parker (Monty) Montgomery, Ashleigh Hickey, Chris Murphy, Allison Cutler, Marjorie Carsen or Rev. Barnaby. June’s collection raised appreciated funds for Retribe and was $954. Thanks!

**Charter House Community Lunch Team** 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. Contact Alan Moore alanwmoore1947@gmail.com, Barbara Merz, Revell Allen.

**Meals on Wheels** provides so much more than a nutritious meal. 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 to 11:30 am.** Talk with Thurs UU Team leaders Mary Conlon & Mike Greenwood. Contact emarks@agewellvt.org or 662-5249 or visit agewellvt.org/giving-back.

**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!
FROM THE BOARD

Reflections from Mike Greenwood, Board Co-President

Serving on your CVUUS Board of Trustees (aka Governing Board) has been a glorious, wonderful, awesome, enriching, and satisfying experience. Just imagine, I am declaring that after 6 consecutive years of being on the board. Why? One simple word--community. By serving on the Governing Board I discovered I was in community, a community of learning, connections, inspiration, & support.

Learning: I was fortunate to be elected into a community of like-minded people who willingly took me under their wing and mentored me. Being in this community, I had a chance to learn from the group, mining their wisdom as individuals and as a collective group. Initially I struggled with the Policy Governance form of management for a spiritual community. My colleagues were patient with me as they carefully explained (sometimes more than once!) why each component of the system was needed. Never was I made to feel inadequate by not knowing or understanding. In those times of learning, I felt embraced by love.

Connections: This community provided me with a spectrum of individuals who accepted me, even as I was aware of my abilities and limitations as an individual and team member. Even when I made a mistake (and I made a number of them) correction was delivered with humor and respect. In those times of connecting, with thoughtful care, I felt embraced by love.

Inspiration: By being in this community I learned how to evolve and adapt to diverse opinions, ideas, and knowledge that I never would have encountered on my own. Just being in the whirlwind of ideas meant that I was constantly challenging myself to think creatively and reconsider what I thought I knew Top of Form. A conversation about making connections between and among us made me realize all the ways we can create to have people come together and celebrate. That conversation lead to the idea of recognizing those who “founded” CVUUS. I never would have thought of this idea had it not been for the conversation on making connections. In those times of being inspired to do something for others, I felt embraced by love.

Support: Having a community to rely upon means I was surrounded by people who knew me and could relate to my struggles, as a member of this society and as a human being. Often my struggle as Board Co-President was in determining how long to allow the discussion to continue versus asking for a decision. When I shared my dilemma, colleagues reflected on the time they spent discussing and the clarity they achieved. Often they commented on the value of our discussion. In those times of mutual struggle, I felt embraced by love.

It is with heartfelt thanks and gratitude that I thank you for trusting me in this leadership role. I am forever grateful for this community, embraced in love.

Fondly, Mike.

Heather Seeley, our wonderful quarter-time bookkeeper, is reluctantly leaving to take a full-time job with good benefits. She has been training our new bookkeeper Kris Butler (right) who is in the office on Mondays and can be reached at fm@cvuus.org.
Choir Notes

As we wrap up another successful choir season, we are already looking ahead to fall. It’s the start of my 6th year being your choir director, which is my favorite job ever! As you are enjoying Spirituality in the Arts services over the summer, I will be in Denver at the AUUMM conference (new name for the Musician’s Network: Assoc of UU Music Ministries. It can be hummed for meditation…AUUMM). I’m sure there will be lots of new, exciting music for both choir and congregation. If you’ve been thinking of joining or re-joining the choir, this fall would be a great time!! We’ll start our season on Wed, Aug 28, 4 pm with a Choir Picnic at Lake Dunmore at the Moosalamoo Cottage where my family is spending the week. If interested, please let me know and I’ll add you to the choir list for info updates. The picnic will be a chance to look ahead at the first week’s music, which may need more than one rehearsal to get it right. And a chance to do what we do, socialize, get to know one another, and SING!! We start singing at CVUUS on Sept 8, which is after the earliest Labor Day one can have (Monday Sept 2). Have a wonderful summer, enjoy the best Vermont has to offer, sun, swimming, boating, family and friends gatherings…and music of every shape and size. See you in the fall! Blessings. Lucy lucytunes@me.com
SMALL GROUP MINISTRY
A Different Way of Doing Church

The Small Group Ministry program deepens and broadens personal spiritual growth. A group usually consists of 8-10 members who meet regularly at each others’ homes or CVUUS. Each meeting is focused on a spiritual or religious topic. The goals are to:

- Listen and be listened to in a safe place
- Learn about the mysteries of our world and our spiritual paths
- Build new and deeper personal connections
- Serve our community and each other’s needs

Each group has a facilitator who links the group to the SGM steering committee and the minister. The steering committee and minister provide overall guidance, recruit new members and establish new groups. Most groups take off for the summer. A few continue. For more, see cvuus.org/connection/small-group-ministry/

Are you retired or planning to take that leap soon?
There’s a new group at CVUUS sharing the joys and challenges of retirement meeting the 2nd Monday of month at 7 pm, in Fenn Chapel. Next one is Aug 12. Questions? Contact Dinah.Smith@med.uvm.edu or Faith Lowell FLowell@together.net.

Queer community at CVUUS? A new CVUUS group addressing the needs and interests of LGBTQIA+ and questioning folks has formed and gathers for monthly potlucks in our Fellowship Hall. Join us this summer at 6:30 pm on July 17 and Aug 13. Jordan Young or Ollie Cultrara (ollie.cultrara@gmail.com) can provide more info.

OPENINGS FOR DEEPER CONNECTIONS

WORSHIP TEAM: Provide the congregation with varied coherent services that are spiritually deep as well as intellectually, existentially, and morally challenging. Help to plan and deliver Sunday Services: plan yearly and monthly themes, assist the worship leader. Have a voice in what happens each Sunday. We meet every third Wednesday of the month beginning at 7:10 pm. Contact Becky Strum strumrebecca@gmail.com

RELIGIOUS EXPLORATION COUNCIL: help plan and implement RE programs - meets monthly - Tracey Harrington 4.mt.mice@gmail.com

FINANCE: help count the collection after church - Mary Hadley hadley@juno.com

HOSPITALITY: set-up, serve, clean-up coffee hour - Elizabeth Cultrara elizabeth.cultrara@gmail.com

USHERS: Smiles. Greetings. Introductions. Welcomes. How are these words related? They describe ushers - the people who greet and hand you the hymnals and programs. Being an usher is easy, fun and great way to meet people - stress-free. Consider being one today. Talk to any usher to learn more or Mike Greenwood, mike802vt@comcast.net

Let’s Eat Together (LET)
The Caring Network welcomes you to lunch on the fourth Wed of every month at 12 pm in Fellowship Hall. The idea is to bring your own lunch while the Caring Network provides drinks and seating. Let your hosts Dale Birdsall 989-7660 and Ginny Moser know of your interest in the next one Wed Aug 28. Also let us know if you’d like a ride. Join Caring Network “FUUDIES” prior to lunch at 10 am in our new lower level kitchen to prepare meals for later distribution to those in need.

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.
Rhubarb Festival Help Roses to…

Rhubarbians have a saying that the festival is about fun, fellowship, and of course, rhubarb! The festival raised funds of roughly $5300 to be shared with HOPE and toward meeting our 2019 budget. Great big rhubarb stalks of love to everyone who helped and participated before, during, and after this year’s festival including,…

...Top Stalk Emerita Ann Ross for “grand dame” leadership.
...Top Stalk Mary Hadley and faithful right hand woman Sheila House for coordinating various volunteers and moving pieces and signage along with Bob House.
...2019 Pies Coordinator Lise Anderson in a key support and baking role along with all the folks who donated time, energy, and laughs for the pie bees: pie box makers-- Ginny Ashenfelter, Alan Moore, and Barb Karle and pie makers, bakers, kitchen cleaners and sellers-- Michele Lowy, Steve Butterfield, Nita Hanson, Steve Maier, Revell Allen, Alan Moore, Mary Hadley, Richard Hopkins, Gayle Muenchow, Sheila House, Barb Karle, Martha Fulda, Donna LaRose, Carol Harden, Dinah Smith, Jean Terwilliger, Becky Strum, Priscilla Bremer, Louise Cadwell, Ginny Moser, Ann Ross, Ollie (Elizabeth) Cultrara., Johanna Nichols.
...Marnie Wood and Margy Young in covering the Sweets and Savories and all who provided dessert for our lunch and sweets and savories to sell.
...Café leaders Mary and Peter Conlon and Larry and Helene Vanderbugh for wonderful efforts with salad and sandwiches prep & serving and Ann Brousseau for serving the tasty rhubarb crisp and whipped cream and the Stones for donating turkey and Hannah Sessions and Greg Bernhardt for donating goat cheese and to Neil Chippendale for making many of the salads and anyone else who contributed to the lunch.
...Cashiers and anything else requested: Dorothy Mammen, Allison Cutler...the expanded Book and Art Sale coordinator Elizabeth Golden and those who helped sort (Artley and Rich Wolfson, Sheila House, Cindi Gillen, Ginny Ashenfelter), sell (Cindi Gillen, Marjorie Carsen), and move books (Doug Richards, Steve Butterfield).
...Bling coordinator Pat Schmilter, and those who helped prepare items for sale (Mary Ann Deverell, Allison Cutler and Dottie Nelson) and helped at the sale (Judy Sperry, Donna LaRose, Walt Deverell and Revell Allen)
...Communicators Nancy Wright, Sheila House, and Laura Asermily.
...Plant arrangers and sellers Dinah Smith, Martha Soderberg, Sue Rasmussen and Barb Karle and Bob House who contributed more than 70 pots and moved all of Martha’s plants, shade tents, and table to the UU grounds
...Music graced our day and was coordinated by Nita Hanson and Shannon LaRose who performed along with Bruce Douglas and Molly Pratt, Richard Hopkins, Ethan Spritzer, Poppy, Callie and Milo Rees, Chris Prickett and Connie Leach....Face painting was a hit again thanks to Sharon Leach of Essex. Our apologies for anyone we missed. Thanks to all who donated time, goods, tables, etc and came out for rhubarb fun!
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 including CVUUS in your will or trust, contact John Berninghausen (349-7080 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. Laurie Borden, Sue Grigg, Marjorie Carsen and Jordan Young lead this.

Our Caring Network provides support, such as calls, visits, meals, and rides, to those in need. We thank all the faithful 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 a 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 345-0489).

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. Paul Vaczy will begin making selves for the lower level Blue Room this fall. Groups meeting in Blue Room may need to meet elsewhere during this time.

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SUMMER BIRTHDAYS

John Barstow 7/4
Jean Terwilliger 7/4
Dick Cuyler 7/7
Susan Jeffs 7/7
Asa Baker-Rouse 7/7
Mary Hadley 7/15
Laura Asermily 7/15
Mazie Merrill 7/15

Gail Lyall 7/16
Dottie Nelson 7/20
Linni Goldsmith 7/21
Danny Goldsmith 7/21
Sue Rasmussen 7/24
Abi Sessions 7/25
Mary Conlon 7/27
Viviana Hammond 7/28
James Sanchez 7/30
Paul Vaczy 7/31
Thea Jackson 8/1
Dorothy Mannen 8/1
Meredith Anderson 8/2
Neil Chippendale 8/5
Lucy Fischer 8/7
Joyce Ross 8/9
Allison Cutler 8/12
Julia Tarbell 8/14
Jordan Young 8/14
Judy Sperry 8/14
Elaine Orozco-Hammond 8/15
Kiki Singh 8/16
Kimberly Waferman 8/16
Callie Rees 8/17
Colleen Smith 8/18
Marty Kulczyk 8/19
Heidi Sulis 8/24
Richard O'Donohue 8/25
Johanna Vaczy 8/25
Valerie Lebensohn 8/25
Naomi Brightman 8/25
Theodora Porter 8/27
Scott Smith 8/28
Penny Stein 8/29
Ian Singh 8/31
Paul Stone 8/31

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

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