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.

---

1st Principle: Inherent Worth & Dignity of Every Person

October Worship Services

(Sundays at 10 AM)

Oct 6 —There Are No Others—Theresa Gleason leads us in exploring the meaning and necessity of service in our lives by interviewing two guest speakers. Dr. Linn Larsen, a local physician, has volunteered for two decades at the Open Door Clinic in Middlebury and earlier this summer spent a ten-day vacation providing essential health services to migrants in Tucson Arizona. Middlebury social worker, Thomas Jackson (with the fabulous translating skills of Jordan Young), facilitated a mind body medicine skills group for migrant workers which met for 2 hours every week over a nine week period this past winter. Poppy Rees will sing the Moira Smiley song, Refugee and a women’s choir will sing the Moira Smiley arrangement of Bring Me Little Water Sylvie, with body percussion.

Oct 13—Them Too—When we are not our best selves, affirming the inherent worth and dignity of every person gets harder. But we are almost never the whole problem. Led by Rev. Barnaby.

Oct 20—The Fragmenting First Principle—Rev. Barnaby reflects on the changing and expanding identities of the mythical "every person" whose worth and dignity we strive to affirm and promote.


Oct 27—Was Jesus a UU?— Rev. Christina Sillari explores how Jesus embodied our UU principles.
Words from Rev. Barnaby:
It’s one month, as I write this, before I will arrive in Portland, Me., for a three-week stay as minister of the historic First Parish in Portland, ME. Assuming all goes as planned, Christina Sillari, the minister at that UU congregation, will be moving into my home for three weeks of serving you.

Christina and I envision this exchange as a unique opportunity to grow as ministers, strengthen both congregations’ UU identities, and stimulate our congregants’ creative juices. I know she is going to end up raving about how wonderful you are. Michele, our dog Pan and I will return home in mid-November to reunite with you and Kester (our homebody cat, who will be cared for here by Christina and her husband, Arne Gronningsater).

I hope the exchange will sharpen your thinking about what CVUUS projects into the wider community about UU values. Another opportunity for that, already up and running, is the display space on our new sign.

What messages would you like to see displayed on the “Wayside Pulpit” side facing the high school? Cautionary? (“The biggest communication problem is the illusion it has taken place” – G. B. Shaw). Inspiring? (“The best way to predict the future is to create it” – Peter Drucker); Humorous? (“Curb your dogma” – Anonymous); Challenging? (Are you living as if we have another planet to move to?) Spiritual? (“Life is the chance to grow a soul” – Rev. A. Powell Davies; “Don’t put a period where God has put a comma.” – Gracie Allen; “The final form of love is forgiveness.” – Reinhold Niebuhr).

I look forward to receiving your suggestions and seeing which ones your Council of Ministries will select from the nominations each month....

Blessed be, Rev. Barnaby

Dear CVUUS members & friends:
I am excited to be with you for three weeks this fall. This minister exchange is an interesting experiment which I hope will benefit Rev. Barnaby and me and both of our congregations. I am looking forward to serving you and being in Vermont. This is my tenth year serving First Parish in Portland Maine. I love my congregation and we have done some powerful work together over the years. I am hoping my time with you will give me a different perspective on congregational life and a fresh look at myself as a minister. In addition to leading worship, I look forward to attending meetings, social gatherings, and community events. I am also open to sharing some of my gifts with you which include breathing and meditation, shamanic practices, and justice work. My husband, Arne Gronningsater, will accompany me, but may need to return to Portland now and then. Our daughter, Selena, just began attending College of the Atlantic in Bar Harbor, Maine. Please feel free to reach out to me at cmsillari@gmail.com. I look forward to meeting you.

Many Blessings, Christina

About Rev. Christina Sillari: Originally from Somerville, MA, Christina is from a working-class family of Greek Orthodox and Catholic Heritage. She rejected those faith-based traditions as a teenager, and sought meaning in mysticism and dance, and became a practicing Buddhist, embracing the ways of Eastern Philosophy. She became a Unitarian Universalist in her mid-20s after feeling empowered by a sermon given by a female UU minister in Boston. She understands that each person is on their own faith journey and does not define herself theologically.

In addition to her Masters in Divinity, Christina has a Masters in Psychology with a focus on yoga and mind/body health. Prior to being a minister, she worked as a therapist, yoga teacher, shamanic practitioner and group leader. She’s served on the Commission for Social Witness of the UUA and was a facilitator for the UUMA in Beyond the Call. Currently she is co-creating and facilitating Roots and Wings: A Small Group Ministry Justice Program. Christina also serves on the board of the Maine UU Advocacy Network and helped develop the Racial, Immigrant and Native Justice issue group. What excites her most these days is her work on the coordinating committee of the Maine Poor Peoples Campaign.
RE THOUGHTS

WHOLEHEARTED LIVING

Director of Religious Exploration Poppy Rees re@cvuus.org

As we start our Religious Exploration year (yay!) with the CVUUS children and youth, I have been thinking about the need to keep ourselves and the kids up, to support us all as we live in a world full of terrible news and happenings, insanely busy family schedules, and lots of things that we all should be working on. It’s a lot. My prescription, in RE and the rest of the world, is to try out Brené Brown’s Guideposts for Wholehearted Living.

CULTIVATING and LETTING GO OF

Authenticity what people think
Self-compassion perfectionism
A resilient spirit numbing & powerlessness
Gratitude & joy scarcity & fear of the dark
Intuition & trusting faith need for certainty
Creativity comparison
Play & rest exhaustion as status symbol, productivity as self-worth
Calm & stillness anxiety as a lifestyle
Meaningful work self-doubt & “supposed to”
Laughter, song & dance being cool & “always in control”

OCTOBER for Children, Youth and Their Families

OCT 6: 2 YOUNGEST RE GROUPS
Start in worship.
NEIGHBORING FAITHS In Fenn Chapel, starting right at 10.
(OWL youth can assist in groups – ask Poppy first – or attend Worship) and do CROP Walk!
HIGH SCHOOL YOUTH GROUP Walk in CROP Walk
**CROP WALK 12:45 – CVUUS is walking and raising money to fight hunger! Please walk!**

SAT OCT 12  5:30-7:30 PARENT GROUP STARTS! Childcare, dinner provided. RSVP Tracey Harrington.

OCT 13: 2 YOUNGEST RE GROUPS Start in worship. OWL (Our Whole Lives) STARTS 10-12:30 Location TBA
NEIGHBORING FAITHS **TRIP TO BURLINGTON UU leave at 8:30 am**

OCT 20: 2 YOUNGEST RE GROUPS Start in worship. NEIGHBORING FAITHS Starts in Fenn right at 10.
OWL kids not doing OWL 10-11 Group games & brainstorming fun stuff to do - with Poppy
HIGH SCHOOL YOUTH GROUP 4-6 pm

FRI OCT 25  7-9 pm  FALL COFFEE HOUSE See details in this newsletter. All ages welcome to perform!

OCT 27: 2 YOUNGEST RE GROUPS Start in worship. NEIGHBORING FAITHS Fenn Chapel, right at 10.
OWL 10-12:30 Next door in Mary Johnson Children’s Center basement
HIGH SCHOOL YOUTH GROUP 4-6 pm (HOPE Food Shelf food prep with Havurah YG)
RE COUNCIL 11:45-1:45 Interested in joining? Talk to Poppy, Tracey H or Jess Rouse

High School Youth Group picked apples for HOPE
Social Action Updates

October “Share the Plate” Donee

Vision Spring  Founded in 2001 with the goal of reaching and providing affordable, quality eye glasses to the 2.5 billion people worldwide who need them, Vision Spring has come far. Why eyeglasses? Studies show increase productivity, sustain income earning potential, enhance learning, and make people safer on the roads and in their homes. With eyeglasses, people can see well and do well. Learn more about our past achievements and get to understand our journey at visionspring.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. Sept’s collection raised $157 for VT Workers Center at Labor Day weekend service and over $800 for Conservation Law Foundation. Thanks!

Charter House Emergency Shelter
Some of Our Neighbors Could Use 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.

There are many ways you can help: https://www.charterhousecoalition.org/volunteer-opportunities

- volunteer to staff Charter House during the day for 2 – 3 hour shifts or overnight
- help with food preparation for the dinner meal or breakfast
- donate prepared meals, bread/rolls, and fruit/cookies/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)

Open House - Sat. Oct. 12, 10 am– 12 pm  Join us for refreshments and a tour. 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/charterhousecoalition, or @CHCMiddlebury

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.
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)

Migrant Support:  How can you meet and support farmworkers in Addison County? Attend Life on the Other Border: Farmworkers and Food Justice in Vermont with Teresa Mares, author, and UVM Anthropology Professor Thurs Oct 17, 6:30-8 in the Sanctuary. In her new book, she explores the vulnerability and food insecurity experienced by migrant farmworkers in our state, and analyzes the inequities, fear and invisibility experienced by those who sustain our dairy industry. She also speaks to their humanity and resilience, and their actions to remain connected to foods that provide a link to their families and familiar tables south of border.

*What is the reality and life experience of migrant workers and their families who sustain Vermont’s dairy industry?*

*Learn about the Huertas Project. Huertas means “kitchen gardens” in Spanish and, through collaboration with volunteers and undocumented farm workers, the project promotes growing and preparing food that has cultural relevance and helps alleviate food insecurity.*

*Become more knowledgeable about the misalignment between agriculture and immigration policies and how these impact our food system.*

*How can you become involved in actions that will promote greater interaction with these often invisible members of our community, and promote diversity, equity, and inclusion?*

*Explore processes that could alleviate food insecurity and promote access to foods that meet the cultural preferences of Latino/a workers.*

Enjoy local cider and popcorn. Sponsored by Middlebury Natural Foods Co-op.

Mexican Consulate Visit planning is underway. It will be Sat Dec 7. Seeking work clothing donations, as before (men’s small/med): hoodies, coats, pants, vests, boots, raingear, socks, gloves. A few umbrellas, caps and sunglasses for weather protection.

Addison County Interfaith Climate Action Network (ICAN): Meets the third Thurs of each month at 8:30 am, at Weybridge Congregational Church. All welcome. 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. Attend Vermont Interfaith Power & Light (VTIPL) Fall Conference, Sat. Oct 26 (10-4) at Congregational Church of Middlebury. The Rev. Dr. Jim Antal and Middlebury College professor Molly Anderson will be the keynote speakers. Sign up by emailing info@vtipl.org

Showing Up for Racial Justice, Seeing Color/Seeking Justice Film Series resumes in Nov (no Oct screening). SURJ Monthly Meeting will be Tues., Oct 15, 4:30 pm at Otter Creek Yoga.

Food Justice:  Addison County CROP Hunger Walk is Sun. Oct 6. Everyone will gather on Middlebury Green at 12:45 for a photograph and walk from there. This is family friendly, with one loop back to the Green and a second loop up to the college and back. It’s a wonderful opportunity to support a very worthy cause while bringing our CVUUS community together, young and old. Dogs on leashes are welcome too. For more, see Bobbi Loney.  Gleaning, a CVUUS Green Sanctuary Environmental Justice Project continues. Local farms and community gardens provide fresh produce to donate to H.O.P.E. and Charter House. You can take home some gleaned items if there’s enough. Lily Bradburn coordinates it for HOPE. Contact her at 388-3608 ext.225 or email: lbradburn@hope-vt.org to help with. Also see the many other ways CVUUSers contribute by donating food items in our cart to HOPE and helping prepare and deliver community meals.
At our September meeting, the Board began constructing this year’s review of CVUUS’s 2014-20 Long-Range Plan (you can find this on the CVUUS website) by drafting a proposed timetable for examining each of the seven theme areas. Each Board member will take responsibility for facilitating our review of one theme area, as indicated below.

<table>
<thead>
<tr>
<th>Month</th>
<th>Theme Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct:</td>
<td>Facilities (Mark Spritzer)</td>
</tr>
<tr>
<td>Nov:</td>
<td>Social Action (Kerri D-H)</td>
</tr>
<tr>
<td>Dec:</td>
<td>Worship (Priscilla Bremser)</td>
</tr>
<tr>
<td>Jan:</td>
<td>Congregational Life (Bobbi Loney)</td>
</tr>
<tr>
<td>Feb:</td>
<td>Growth through Community Outreach (Doug Richards)</td>
</tr>
<tr>
<td>March:</td>
<td>Financial Health and Stability (Mary Hadley)</td>
</tr>
<tr>
<td>April:</td>
<td>Lifespan Faith Development (Kas S)</td>
</tr>
</tbody>
</table>

This year’s review will help us begin the process of creating a new long-range plan for the congregation next year. In addition, the Board continued refining our annual goals and considering how to address them. To that end, during October we will be working with Council of Ministries in facilitating a Congregational Conversation on Oct 20 devoted to proposed revisions in our congregational Ends Statement (which addresses the question: Why does CVUUS exist?).

Mary Hadley and Kerri Duquette-Hoffman will help facilitate the Board’s efforts to revive a Personnel Committee that can assist the minister in attending to staff issues including hiring, compensation and benefits.

The Board also hopes to work with the Council of Ministries in developing a broader-based Ministry Review process, as part of a wider-ranging exploration of what Shared Ministry might look like at CVUUS.

Some members of the Board and the Council of Ministries plan to attend a workshop on “Claiming Our Spiritual Leadership” presented by the New England Region staff on Saturday Nov 16 from 9am-3pm at the Montpelier church, and will be encouraging others in the congregation to join us. Our hope is that those who attend will have a chance to engage with one another in thoughtful conversations and individual reflections about ministering to one another and living our values together as a Beloved Community at CVUUS.
Welcome New Members!

Our Membership Ministry team enjoyed assisting newcomers along the pathway to membership in CVUUS this spring. We started welcoming these newest members in our summer newsletter and are continuing in this one and the next ones. 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. Watch the Weekly Blast for when next ones start this month.

Warm blessings, Marjorie Carsen, for Membership Ministry

Richard Hopkins and Gayle Muenchow

Gayle and Richard moved to Middlebury last year from Tallahassee, Florida, after long careers in Biology (Gayle) and Epidemiology/Public Health (Richard); both have held academic positions at various times in several of the cities around the U.S. In which they have lived and worked. Years of happy summer vacations in Vermont, including a family cottage by Lake Dunmore, made this area an easy choice. Plus, they wanted to be closer to friends and family in New England, particularly their son and his family in Boston (with 2 adorable granddaughters!).

They were invited to CVUUS by Rev. Barnaby when they encountered him walking his dog in their new neighborhood. Having little previous exposure to UU practices, and no formal spiritual home in their adult lives, they found our community appealed to their shared values enough, to become involved and become members of CVUUS.

Gayle had been raised in a strict evangelical Lutheran church, having to memorize countless Bible verses, and feeling glad to leave that tradition behind once she left home for college. Richard had some youthful experience in a Church of England school while living in Australia (one of several countries where he lived while his father served in the U.S. Foreign Service).

We warmly welcome Gayle and Richard to CVUUS, with particular appreciation their life experiences, perspectives, knowledge and talents that they bring to our community. Submitted by Marjorie Carsen

---

**IN THIS CONGREGATION, WE BELIEVE:**

- LOVE IS LOVE
- BLACK LIVES MATTER
- CLIMATE CHANGE IS REAL
- NO HUMAN BEING IS ILLEGAL
- WOMEN’S RIGHTS ARE HUMAN RIGHTS
- ALL GENDERS ARE WHOLE, HOLY, & GOOD
From your friends at “LGGORLPAFFR”  
Let’s Get Going on Our Radical Love Party/  
Auction Fall Fundraiser—pronounced “GORP”  
(because 1st two letters, “L” in middle, & last 4 letters are silent)

Hi everyone. GORP has been listening to all the feedback from our last three fall fund raisers and this is what we heard:

* As usual, we need to do something to raise something north of $8,000 to meet our budget for the year.

* The **Radical Love Giveaway Party** two years ago was an experiment we should be proud of and not give up on easily. Raising funds, creating fellowship, and making the opportunities equally available to everyone regardless of wealth was a unique way of living out UU values. (No wonder Montpelier experimented with its own version last fall!)

* Moving the Party to January in the second year didn’t work so we should return to November.

* Some families were upset with an arrangement where, by chance, some kids got several things they wanted and many got none. Younger children don’t understand classism or the Giveaway as a stand against it.

* Some people miss the excitement of an auction.

* People are disappointed with events that get promised but don’t happen.

In response, GORP has conceived of the following as a promising path forward:

* We will go with a **Radical Love Auction Mixer** spread out over several days around Thanksgiving.

* **Friday, Nov. 22**, we will have a **kick-off party and Auction** (with fewer items than in the past but open to the wider community in some fashion to be determined, including soliciting items to be auctioned from outside CVUUS).

* **Sunday, Nov. 24** (before Thanksgiving), we will have a **brief giveaway party** after Worship at which every child present will be assured of getting something. This may include a higher-value whole family gift to be awarded via a random drawing.

* **Sunday, Dec. 1** (after Thanksgiving) – after worship there will be something similar to the first and second Radical Love Giveaway where all fellowship events and goods will be given away in **random drawings**. People do not have to be present for this but they will have to have their tickets in the drawing – this may involve deputizing someone else to enter them on your behalf if you are away. All giveaway events must specify a date (no more “date to be determined in the future” – those have a way of never happening).

* All fund-raising, apart from the Auction, will once again be completed a week before the events. We will simplify the Ask and publicize it separately.

GORP is small. The opportunity is huge, especially with our new Fellowship Hall added to our facilities. We need lots of you to pick a piece of the organizing for us to capitalize spiritually and financially on what we have invented and to show other UU's how to make it work.

**Immediate needs include:**  
1) Someone to get a great music act for Nov. 22 and others to help assemble an exciting, creative range of auction items.  
2) A planner to work with Donna LaRose on the Children’s Party.  
3) Facilitators for this year’s Giveaway on Dec. 1.  
4) A team that will consult on and pitch in with publicizing all three pieces of the Mixer appropriately.

*Your GORP Squad – Donna LaRose, Terry Racich, Pat Schmitter, Rev. Barnaby*
**Choir Notes**

I love October. It’s my birthday month. It’s the month of bright colors and crisp days. We have to think about upcoming cold winter days, but usually don’t have to worry about driving in snow yet! Music at CVUUS choir is likewise both enjoying the time we’re in, but looking forward to upcoming times and trials.

**Oct. 6** is Theresa Gleason’s service on, well, Service. Called, *There are No Others*, the choir is in solidarity, with some additional women from the congregation added into the regular choir rolls for the day singing Moira Smiley’s arrangement of LeadBelly’s *Bring Me Little Water, Silvy* as well as the full choir singing *La tiniebla* (the Darkness) from our Spanish Language Hymnal.

Oct 13 we turn again to Peter Amidon, in an arrangement of *Oh The Comfort*, text by Dinah Mulock Craik. Her original poem is, “But oh! the blessing it is to have a friend to whom one can speak fearlessly on any subject; with whom one's deepest as well as one's most foolish thoughts come out simply and safely. Oh, the comfort - the inexpressible comfort of feeling safe with a person - having neither to weigh thoughts nor measure words, but pouring them all right out, just as they are, chaff and grain together; certain that a faithful hand will take and sift them, keep what is worth keeping, and then with the breath of kindness blow the rest away.”

Finally, on **Oct 20** we will have Liam Battjes Greenwood as our accompanist for the day, and the choir will sing from the Teal Hymnal, #1019, *Everything Is Possible* by Fred Small, arr: Zwoddesky

**No choir Oct 27.** Although the choir season is already underway, new singers are welcome anytime. We practice Wednesdays 5:45-7:15 in the Sanctuary, and sing 3 Sundays a month. Please speak to Lucy and come sing with us!

Blessings, Lucy (lucytunes@me.com)

---

**CVUUS All-Ages Coffee House**

**Fri. Oct. 25, 7-9 pm, Fellowship Hall**

Join the Music Ministry Team for a family-friendly CVUUS Coffee House designed for participation by musicians and performers of all ages and for the enjoyment of those seeking a family outing and/or fellowship with live, home-grown entertainment. It is intended to be the first of an ongoing series, with the next one scheduled for March 6, 2020. Whether you come to perform, listen, or to scope out the scene so you can prepare to perform at the next one, we hope to see you!

We look forward to an evening that potentially includes music, spoken word, skits, magic, and juggling, as well as listening, watching, and snacking. Performers should sign up in advance (1) at the Music Ministry Team table after the service on Sunday Sept. 29, (2) in Fellowship Hall after services on Oct. 6, 13, or 20, or (3) by emailing Carol Harden (charden@utk.edu) or Shannon LaRose (newfivecents@gmail.com). Contact Carol or Shannon if you have any questions.

During the Coffee House, the first set (7:00 to 7:30 pm) will feature younger performers – individuals or small groups involving those younger than high school age. Each act in the first set should take no more than 5 minutes. The second set (7:30 to 9:00 pm) will feature older performers (high school age and older) with a maximum of 12 minutes for each act.

Child care provided in Fenn House, and there will also be a table in back of Fellowship hall for children who wish to listen while quietly drawing or building with legos. Snacks for sale and adults may BYOB. For this Coffee House, snacks will be provided by CVUUS’s own Radical Love Team. Maybe your group would like to sell snacks at the March Coffee House? -- The Music Ministry Team (Carol Harden, Lucy Tenenbaum, Kate Gridley, Poppy Rees, Shannon LaRose, Richard Hopkins, Liam Greenwood)
SMALL GROUP MINISTRY
A Different Way of Doing Church

Our Small Group Ministry program deepens and broadens personal spiritual growth. A group usually consists of 6-10 members who meet at each others’ homes or CVUUS, usually once a month. 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 one another
- Maintain personal connections

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, and develop session plans.

How Small Group Ministry Works
Ministry happens in the meetings, which focus on spiritual or religious topics through a process of deep listening and service projects. Topics that may be shared during meetings include: sacred places, perfection, mothers, community, living simply, music, and healing. Groups choose their own order, direction and pace. Service projects are encouraged from each group once a year. In general, projects tend to be ones that serve the church community or the local community, but they can be larger projects that reach beyond our church community.

What is expected of members?
Group members are expected to commit to regular meeting times and to practice deep listening. Deep listening is a way of focusing intently on what another person is saying without interruption or simultaneously formulating a response. Deep listening also gives an individual an opportunity to speak without interruption or comment.

What are sessions like?
- Opening Words: Gathering in, settling down, reminding participants of the special opportunity of the gathering, possibly reflecting the topic of the session. May begin with the lighting of a candle.
- Check-In/Sharing: Participants share what has been happening in their lives. Each group develops its own customs as to the length of sharing. This portion of the meeting may expand from time to time when circumstances call for it.
- Topic/Reflection: A set of quotations or a paragraph or two lays out a topic and presents questions that will elicit thoughtful consideration and significant reflection. A group may stay with a topic or be done in one session.
- Check-Out: Likes and Wishes: This is an opportunity for feedback. Closing Words: This brings the formal session to an end. Groups are encouraged to start and end on time.

Different Options:
Traditional Covenant or Affinity Groups?

Traditional Covenant Groups—with openings for new members. Each of the traditional covenant small groups that met last year plans to continue meeting. These groups tend to follow more closely the session formats just described, relying on monthly session plans usually focused on the “topic for the month” being explored in Sunday services (though at times they may depart from this and have their own topic). They meet monthly as follows:

* Saturday morning 9-11 am in Fenn Chapel, (third Sat of each month)
* Wednesday evening 7:15-9 pm in Blue Room (second Wed each month),
* Thursday evening 7-9 pm at participants’ homes (first Thurs each month)

Depending on the level of interest, a new monthly covenant group might be formed. Opportunities also exist for “drop in” participants who would like to “test out” the small group model of spiritual sharing. If you think you may be interested, contact Doug Richards at drichard@keuka.edu.

A different door into Small Group Ministry is provided by Affinity Groups, groups that share a common interest or life experience and want to share based on these experiences. Several groups formed at CVUUS and plan to continue this year—and others may be forming over the coming year.

See next page for details.
SEVERAL AFFINITY GROUPS!

**Women's Group** meets **one Sunday a month following coffee hour**. Topics are selected collectively by the participants. Contact **Elizabeth Golden (elizabethgolden@shoreham.net)** for more information or to join the group.

**Parents Group** meets **2nd Saturday of month, 5:30-7:30pm in Fellowship Hall**, sharing dinner. **Childcare and dinner are provided in the Fenn House**. 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. Contact **Tracey Harrington, 4.mt.mice@gmail.com** for more information. Next one is Oct 12.

**Retirement Group** meets **2nd Monday of a month at 7 pm** in the Blue Room to talk about their current or prospective reflections and experiences on the transition to retirement. Contact **Dinah Smith (dinah.smith@uvm.edu)** or **Faith Lowell (flowell@together.net)** if you are interested.

**LGBTQIA+ Group** meets **1st Wed of month 6:30 pm in Fellowship Hall** for potluck dinner to address the needs and interests of LGBTQIA+ and questioning folks. For more, see Jordan Young or Ollie Cultrara (ollie.cultrara@gmail.com). Next one is Oct 2.

**Writers' Group** meets **3rd Monday of month at 3 pm in Fenn Chapel**. Bring something to read (with a few copies): fiction, nonfiction, poems. Questions? Contact **Nancy Wright (nancymeanswright@gmail.com)**. Next one Oct 21.

**How to Be an Anti-Racist:** Would you like to better understand racism, privilege, and anti-racism? Consider joining a group dedicated to reading and reflecting on **Ibram Kendi’s recent book, “How to be an anti-racist.”** The tentative plan is to meet monthly for up to 8 sessions, starting in October. One goal would be to look at how our responses relate to the seven UU Principles the congregation is studying this year. Please contact convener Richard Hopkins (hopkinsrs@comcast.net or in person) if you think you would like to take part.

**Residence at Otter Creek GrUU:** Meets for monthly discussion with Rev. Barnaby. Contact Ann Brousseau (458-8187)

Want to find out more? To discover more, search for “small group ministry” at cvuus.org and at the Unitarian Universalist website: uua.org. Most groups take off for the summer. You can also contact Doug Richards (989-9387).

**Let's Eat Together (LET)**

The Caring Network welcomes you to lunch on the **4th 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 (989-7586) know of your interest in the next one Wed Oct 23. Let them 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 Chapel 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. The CVUUS webpage has good information also.

**Rev. Barnaby** is this year’s speaker at the annual Rabbi Reichert Interfaith Bible Talk at the Ripton Community Church on Sunday, Oct. 6, at 3 pm. The annual lecture celebrates the decades-long friendship of the poet Robert Frost and Rabbi Reichert of Cincinnati, a Ripton summer resident. Rev. Barnaby will reflect on what we can learn from what the Bible and Frost had to say about walls and borders. The 40 minute talk is followed by a time for Q&A. Rev. Barnaby would love to see plenty of CVUUS faces in the crowd!
Roses to…

...Joanna Colwell who brought us Didi Delgado of Black Lives Matter for worship service and an anti-racism workshop.

...Baxter Harrington for helping average our worship Sunday attendance over past few years.

...our wonderful Facilities Team led by Scott Barkdoll, for re-roofing our shed., Mitch Kramer for tending our sound system and coverage and David Durgin for installing our new road sign.

...all who participated in the Global Youth Climate Strike on Fri Sept 20 by coming out to cheer on MUHS students as they passed CVUUS while we sang David Roth’s I Stand for Love. https://vimeo.com/362361286

Night Sky Wonders for Oct

This October Jupiter and Saturn are “stars” of the evening sky. On the 3rd you’ll find Jupiter cuddling up to The Moon. Look southwest about an hour after sunset. On the 4th you’ll find Saturn, the Moon, Jupiter and the bright star Antares extending along a shallow arc from south to southwest. On the 5th Saturn takes its turn cuddling close to the Moon (look south).

While the Moon, Jupiter, and Saturn appear close together from our perspective on Earth, they are really far apart. Our Moon is 240,000 miles away, Jupiter some 511 million miles away, and Saturn a staggering 930 million miles away (10 times further from the Sun than we are).

This month Mars can be seen in our morning skies. At 30 minutes before sunrise you’ll find Mars low in the East, just below a very thin Moon. You’ll find the Moon full on October 5th and new on the 28th of October.

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

Good News Graphics from your Finance Team

We did it! Although CVUUS had a construction loan set up to finish the Ground Floor while we wait for Capital Campaign pledges to come in, enough of you lent your own $ (total $160,000), that we never needed the bank loan! And we’ve already paid back $100,000 along with only about $1,000 in interest. If the remaining loans stay out for two years, we’ll pay another $1,500 in interest. That’s $2,500 in total interest, compared with an estimated $15,000 if we had used the bank loan. Good work CVUUS! Submitted by Rich Wolfson
CVUUS is blessed with many wise and well-trained individuals providing support to members and friends in various kinds of distress. Laurie Borden and Jordan Young lead this with Marjorie Carsen as a sub.

Recent Visitors
Don Glauber * Avi Freund *
David Cohen (PA)* Pam Billings
Jane & Craig Messersmith *
Megan Cheresnick *
David Mandel (MJCC Dir) *
Denise Senecal (West Rutland) *
Jean Murphy (OR) *
Katherine Ella (MN)

Pastoral Care
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).

Help Outfit the New Kitchen!
Thanks to your generosity, we have much of what we need. Can you help us get what we still need? If you wish to donate an item from the list below, please send a check to CVUUS specifying that it is for kitchen equipment:
- 8 qt. stainless colander with base & handles - $7
- Knife set - $130
- Cookie sheets (14x18) - $40
- Sheet pans (18x26) - $30
- Microwave oven - $100
- Shelving for pantry - $200
- 30-gal trash can & lid - $30

Here are smaller items (new or in very good condition) to bring to CVUUS and give to Revell Allen, Alan Moore, or Ollie Cultrara: can openers, paring knives, vegetable peelers, knife sharpening stone, dust pan & brush. Reserve kitchen with office@cvuus.org.

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 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).

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

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

MINISTER
Rev. Barnaby Feder
388-8080 (office)
989-9303 (cell)
989-7197 (home)
Email: revbarnaby@cvuus.org

CVUUS Board of Trustees
Priscilla Bremser – President       Members At Large:
Doug Richards – Vice-President       Kas Singh
Mary Hadley – Treasurer             Bobbi Loney
Mark Spritzer – Clerk               Kerri Duquette-Hoffman

CVUUS Leaders
Caring Network – Nita Hanson
Council of Ministries — Margy Young, Jean Terwilliger
Donation Ministry — Barbara Karle
Facilities – Bob House
Finance—Mary Hadley
Green Sanctuary — Elizabeth Golden
Hospitality – Ollie Cultrara
Library & Information Resources – Artley Wolfson
Membership Ministry — Marjorie Carsen
Music Ministry Team — Carol Harden
Pastoral Care — Sue Grigg, Laurie Borden, Jordan Young
Religious Exploration Council – Tracey Harrington, Jess Rouse
Small Group Ministry — Doug Richards
Worship Team – Becky Strum

CVUUS Staff
Accompanists – Kate Gridley and Chuck Miller
Bookkeeper – Kris Butler (fm@cvuus.org)
Choir Director – Lucy Tenenbaum (lucytunes@me.com)
Dir. of Religious Exploration – Poppy Rees (re@cvuus.org)
Nursery Head — Journey LaRose (journeylarose@gmail.com)
Office Manager – Laura Asermily (office@cvuus.org)
Sexton— Keith Rickerby

2019-20 Worship Themes
We will focus 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.

Re:nu Service Requested
2 Duane Court, Middlebury, VT 05753
Champlain Valley Unitarian Universalist Society