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.

History of Our 7 Principles

September Worship Services

(Sundays at 10 AM)

Sept 1—Unforgettable—In honor of Labor Day, Rev. Barnaby leads a sharing of memories of important life lessons learned in our first jobs.

Sept 8—A Time to Gather—The Bible talks of gathering stones, but this is our time to gather water, our principles and our souls in community. Don't miss our joyful time for all ages to celebrate the new church year!

Sept 15—Trading Commandments for Principles—What does a faith community do with no God to order it around?

Sept 22—An Honest Accounting—Rev. Barnaby reflects on how many principles UU’s really claim to affirm and promote and what this pretending it is says about us.

Sept 29—Direct Reparations to Black Women — Guest speaker DiDi Delgado of Black Lives Matter introduces us to the spiritual practice of sharing our treasure with an eye toward racial justice.

How would you like be involved?

Pathways to Connection Sundays

Throughout September, 11:15—11:45 Fellowship Hall (explore many options!)

* Congregational Life/Connection
  * Spiritual Life/Worship
  * Social Action/Radical Love
  * Resources & Stewardship
  * Faith Development/Learning

Words from Rev. Barnaby:

As we gather for my 8th year as your minister, I remain convinced that Addison County and the world beyond need a thriving Champlain Valley Unitarian Universalist Society. But I am also wondering more than ever just how we will make that happen. We live in a society constantly pushing and pulling us away from congregational life.

The pressures could make me anxious. Every now and then they do, to be honest. But wondering about them excites me because, as Rev. Lynn Ungar recently wrote in Quest, the monthly newsletter of the UU Church of the Larger Fellowship, “I wonder” is “a magic phrase.”

How will CVUUS serve an aging population while attracting many more families that see a community like ours as a source of inspiration and comfort in their hectic lives? I wonder! How will we respond to the injustices, ugliness, and environmental threats around us without drowning in bitterness or despair? I wonder!

The good news is, as Rev. Ungar so truthfully puts it, “When we start with wondering, we are never wrong.”

Our willingness to wonder protects us from the arrogance of dogmatic claims. It turns us away from blind hatred. It undermines rigid behavior. Wondering steers us toward science but it works just as well with spiritual questions like “what might God be like” or “how will I come to the end of my life feeling I have fully lived.”

But what happens after we start with wonder? I would add, “When we stop there, we never love.” Our faith calls us to wonder and then respond lovingly. Just the way my new English shepherd dog, Pan, always wants to know where I am, I always want to know where Love lives in the answers we are proposing for our congregation’s pressing questions.

I’ve learned that you are amazing guides in that search. May you recognize that gift in each other. And may all the newcomers we will welcome into our faith community in the months and years to come see it too....

Blessed Be, Rev. Barnaby
JOIN US IN RELIGIOUS EXPLORATION (RE) IN 2019-2020!

Infant-3 years  **NURSERY**  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**  Natali West, Ken Levine, Abi Sessions  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**  Mary Hadley, Jess Rouse, Allie Izzard  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, Jordan Young  **OWL participation requires attending the Parent 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**  Gail Borden, John Barstow  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? 4-6 pm, 2-3 Sundays/month. Our first meeting will be Sept 22 from 4—6 pm at Happy Valley Orchard. We’ll pick apples for the local food shelf, talk about our plans for this year, and eat cider donuts. Join us!

All Ages  **KIDS FOR KIDS (this might change)**  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, and more!
RE THOUGHTS

COFFEE HOUR FOR ALL!

Now that our wonderful new Fellowship Hall is complete, the CVUUS kids can finally be a full part of Coffee Hour! Starting sometime this Fall (October?), the kids join Coffee Hour instead of having snack in the Fenn House during Religious Exploration (RE).

This is great because it will help build our intergenerational community. It will allow adults who aren’t part of the RE program to get to know the kids and vice versa. If we want our children to really feel like they are part of the church community and not just a special program in the Fenn House, we need to include them in as much fellowship time as possible.

Taking snack out of RE time will also allow RE leaders to have more time for activities and discussion with the kids, something that we have wanted for years. It also means that RE leaders and assistants can attend Coffee Hour if they wish, before cleaning up their RE spaces.

It might be a bumpy transition. We have some things to figure out: a kid’s area with various materials and things to do, the food, the flow, the tables, and expectations for how we can all best use the Fellowship Hall together. Our goal is to bring kids and adults closer together and we think a fully intergenerational Coffee Hour is one of the ways to do it.

If you have any ideas about our new Coffee Hour, please share them with me.

~ Poppy, your Director of Religious Exploration

SEPTEMBER for Children, Youth and Their Families

**SEPT 8: MULTIGEN SERVICE: INGATHERING/WATER COMMUNION!** Kids stay in service!
Bring in water from travels or from favorite ponds or lakes, the ocean, your backyard pool, a garden hose, or even your own kitchen sink. **No RE**

**RE LEADERS & ASSISTANTS ORIENTATION LUNCH 11:30-1:30** Important gathering for RE leaders. RE Assistants welcome. Tell Poppy ASAP if you want an invite, so that she knows numbers for food and info packets. **Hosted by the RE Council**

**SEPT 15: RE STARTS with ALL-AGES KIDS FOR KIDS** All-ages kids social justice group that works to help other kids. This month: CROP Hunger Walk prep (Oct 6 event) with Bobbi Loney. Start in worship.

**SEPT 22: RE GROUPS STARTS (pre-school to grade 6)** Start in worship. **OWL** youth can assist in groups (ask Poppy) or attend Worship (OWL starts Oct. 13). **HIGH SCHOOL YOUTH GROUP STARTS 4-6 pm** Meet at Happy Valley Orchard in Middlebury to go **Pick for Your Neighbor**, eat donuts and meet each other.

**WED., SEPT 25, 6:30-9 pm:**
**OWL (Our Whole Lives) 7-8 Parent Orientation**

**SEPT 29:** **RE GROUPS** Start in worship. **OWL and Youth Group** strongly encouraged to attend worship by **Didi Delgado** of **Black Lives Matter**

**RE COUNCIL 11:45-1:45 - interested in joining?**
Talk to Poppy, Tracey Harrington or Jess Rouse

For more, contact Director of Religious Exploration Poppy Rees re@cvuus.org
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.

Warm blessings, Marjorie Carsen, for Membership Ministry

Revell Allen

Revell became a member of CVUUS this Spring, having already started to sing in our choir. Thanks to the encouragement of her brother, John Barstow, and Kate Gridley, as well her love of choral singing (she traveled over the Green Mountains for the Middlebury College Community Chorus for some years), she moved here early last year.

Her adult daughters also live in Vermont.

She grew up in northwest Connecticut, had her children when she lived near Boston, and finished out her career as a middle school teacher in Barre, Vermont. Her varied interests and pastimes include knitting and reading, in addition to music. Raised in a Congregational church, she finds UU suits her better as a spiritual home. We welcome her energy, wry humor, and good ideas, as well as her fine voice!

Submitted by Marjorie Carsen

Terry Racich

Terry joined CVUUS this spring, having attended some services here for about a year. She grew up in Ohio, was raised as a Catholic, but has sought a different spiritual home. Thus she attended the Burlington UU church for awhile. She recently moved to Hinesburg, and works at Boyer Orchard as their kitchen manager. Terry is an artist, whose work as been shown in local galleries, including Art on Main in Bristol. She has worked on the management aspect of the arts as well, having run the Burlington Arts Festival. She expects to be extra busy this fall, as cider season approaches for the orchard. Another passion for her is environmental activism, and she has become active in Bridges of Lincoln, a group that works for green causes. As part of her spiritual journey Terry developed an interest in Eastern philosophies and associated faiths. She appreciates the openness to varieties of faith pathways in our congregation.

Welcome to our community, Terry! Submitted by Marjorie Carsen
Ian Ross  Ian grew up in Castleton VT where his father was a college professor. His parents noticed that at an early age Ian had an interest in dancing and gave him the opportunity to participate in both tap and jazz dance classes. Ian wanted to be an architect.

The family moved to Pittsburgh for two years, then returned to VT. They moved to Middlebury where Ian attended junior and senior high school. Before he graduated, his father died of cancer.

After high school, Ian went to Jacksonville FL for nearly a year to work with Habitat for Humanity. Living in a city was an eye opening experience for him. He returned to VT and attended VT Technical College for architectural engineering technology studies and did an internship with the McKernon Group.

Roxanne and Ian met in high school. A few years later their relationship developed, and they decided to move to Alaska to live and attend college. After living in Anchorage for about 10 months, Ian got word that his mother had been diagnosed with cancer. He came shortly before she had fulfilled a lifelong dream—a coffee shop—Carol’s Hungry Mind Café. There were less than 2 weeks time from the diagnosis to her death.

Ian thought that they should move back to VT to be with his younger brother and foster brother. When they returned, he got a job working in construction and historical restoration. After settling the estates, he, Roxanne and Joyce moved to a home in Port Henry NY where they lived for nearly 5 years. While living there, Cheyenne was born. Life was made more complex during that time by the Lake Champlain Bridge reconstruction.

They moved back to Middlebury and lived in rental units until they learned that there was a Habitat for Humanity home in Cornwall that was available to them. This delighted the Ross family, given Ian’s earlier connection with Habitat for Humanity.

At the time Joyce was born, Ian got a job at the MNFC. He has worked there for 13 years in the deli. He says he grew into culinary arts by watching his mother and she by watching her mother who was a home economics teacher. When his girls see him doing food prep, they also want to try.

Like their father, the girls enjoy taking dance lessons and being in plays. One year, Ian was in two plays with Middlebury Community Players. One of the plays included Joyce. He would like to write a play. At a young age, he liked taking pictures and still enjoys this. He also likes cartooning.

Ian grew up UU. His family frequently attended church in Rutland. His mother was an active member in Middlebury. Because Ian often works the last shift at to co-op on Saturdays and Roxanne works at a nursing home on Sundays, it is a challenge for him to attend and be as active is CVUUS as he’d like to be.

Please know that we are happy to have Ian at CVUUS whenever you, Roxanne, Joyce, Cheyenne and Willow are able to be there.

Submitted by Pat Schmitter
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:** Do you wish to understand and assist our farmworkers? [Addison Allies Network](#) will host a training “[The Rights of Undocumented Farm Workers in Vermont and People Who Support and Assist Them](#) Sat. Sept 21, 2-4 pm in Fenn Chapel with Robert Appel, Esq., former Vermont Defender General and former Vermont Human Rights Commission executive director. Addison Allies welcomes you to assist with English practice and transportation for farmworkers and planning the Mexican Consulate Visit at CVUUS on Sat. Dec. 7 (9-3). Contact Veronica Ciambroni, Lise Anderson or Alan Moore. [SURG Migrant Justice Group](#) will continue meeting **Monday nights, 7 pm in Fellowship Hall** to work on protesting and rallying for migrant rights. They urge you to write to VT State Attorney and State Police to pursue case to protect farmworkers in our community. Contact Theresa Gleason, Caitlin Gildrien or Joanna Colwell.

**LGBTQIA+:** Attend Pride Parade in Burlington on Sept 8 beginning 11:30 am from UVM’s Allen House with fellow CVUUSers. Followed by Pride Fest at Battery Park 1-4 pm. Contact Jordan Young or Ollie Cultrara for more.

**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. Also participate in the **Global Climate Strike, Fri Sept 20,** convened by youth activist Greta Thunberg who hopes adults will join youth in calling for action. The biggest strike event in VT will be a gathering at Burl City Hall at noon. That event and many others over the next 7 days are being organized by 350.org and several other groups. Some will assemble at the new park with Middlebury College Divestment Group at 9:45 am for speakers and then head to Buri. Attend a **Carbon Calculator Workshop, Sat Sept 28, 1 pm in Fellowship Hall** and the **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](mailto:info@vtipl.org)

**Showing Up for Racial Justice, Seeing Color/Seeking Justice Film Series** resumes Wed Sept 11, 4 & 7 pm, Marquis Theater with *The Way Home: Women Talk About Race in America*. Benefits SURJ and the Peace & Justice Center. $10 suggested donation. **SURJ Monthly Meeting** will be Tues, Sept 17, 4:30 pm at Otter Creek Yoga. **Anti-Racism Workshop with DiDi Delgado of Black Lives Matter** will be held Sept 29, 3:30-6 pm at Otter Creek Yoga. $40 suggested donation, scholarships available to those without access to money. YOU MUST SIGN UP IN ADVANCE by emailing joanna.colwell@gmail.com DiDi will also be in the pulpit at CVUUS on Sunday, Sept. 29.

**Food Justice: Addison County CROP Hunger Walk** is coming up Oct 6. Look for info and sign-ups in Fellowship Hall starting Sept 15. CVUUS has had an amazing crowd the past two years. Let’s surpass ourselves! [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.
Social Action Updates

September “Share the Plate” Donees

Vermont Workers Center (Labor Day Special Collection) Created in 1998, the Vermont Workers’ Center is a statewide grassroots organization of individuals and families who are committed to standing for justice. It seeks an economically just and democratic Vermont in which all residents can meet their human needs and enjoy their human rights, including dignified work, universal healthcare, housing, education, childcare, transportation and a healthy environment. It works to build a democratic, diverse movement of people affected by injustice that is locally focused, coordinated statewide, and connected nationally. It works with organized labor to strengthen workers’ rights, and with other allied organizations in support of other human rights. For more, visit workerscenter.org.

Conservation Law Foundation Conservation Law Foundation protects New England’s environment for the benefit of all people. They use the law, science, and the market to create solutions that preserve our natural resources, build healthy communities, and sustain a vibrant economy. In VT, they shut down the polluting VT Yankee Nuclear Power Plant, stopped the sprawling Circ Highway before it destroyed rural landscapes, and, most recently, helped pass landmark legislation to clean up Lake Champlain. Jen Duggan will speak to our congregation on Sept 15. She has worked to protect public health and ensure equal access to a clean and healthy environment. She grew up seeing first hand the devastating effects of the Petro chemical plants in Louisiana, and was called to the field of law and entered VT Law School. Jen worked in DC, then was asked to join the Shumlin admin and is now the VP and Director of CLF VT. This spring, she led successful campaigns to pass two important safe drinking water bills in Vermont focused on eliminating lead and toxic “forever chemicals” known as PFAS from our water and helped pass the nation’s strongest state law to curb dangerous plastic pollution. Visit cfl.org for more.

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. July’s collection raised $793 for Addison Allies Network and August’s collection raised $278 for Transgender Religious Professional UUs (TRUUsT) and $706 for John Graham Shelter Meals by Youth Group. 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.
What would we like shared ministry to look like at CVUUS? This question emerged as a theme at the annual Board retreat on August 25, and one of our goals for the coming year is to examine the ways in which ministry belongs to all of us, not just the minister.

How do we evaluate shared ministry? A subcommittee of last year’s Board drafted a process for an annual review of the minister, and this year we intend to put that process in place, and also extend it to consider that broader understanding of ministry at CVUUS.

In June of 2015, the members of CVUUS adopted a detailed five-year plan. How does that plan look to us now? Another goal for this Board is to consider each of the seven theme areas and evaluate our progress, as we move toward creating a new long-range plan. We will be looking for input from the congregation at large and from specific working groups and committees.

Why does the Champlain Valley Unitarian Universalist Society exist? The Ends Statement is a response to that question. The Board presented a proposed revision of our Ends Statement to the members at the CVUUS annual meeting last spring, in anticipation of a congregational vote to adopt the new language at the 2020 annual meeting. We intend to make sure that everyone is familiar with the new version by the time of that vote.

The Board retreat included some fun! Each of us brought a small item, slipped it into a bag, and then Barnaby pulled them out and had us guess which belong to whom. Can you match the item to the Board member?

Items: a program from a museum jazz exhibit; a number bib from a marathon; a well-worn yellow finger puppet of an elephant/anteater/Alf; a slip of paper indicating 9 gallons donated through plasmapheresis; a small painted wooden horse from Sweden; a small bag of eco-friendly fishing line weights; a porcelain spouted cup with a rectangular base from Czechoslovakia.

Your CVUUS Board: Kerri Duquette-Hoffman (left), Bobbi Loney, Doug Richards (Vice President), Priscilla Bremser (President), Mary Hadley (Treasurer), Kas Singh, Mark Spritzer (Clerk).

What Did I Pledge? How Do I Want My Check Dispersed? Many thanks to the CVUUS community for making me feel welcome and being patient with me as I learn the ropes of being your new bookkeeper. It’s been very helpful to have people write a note in the memo portion of their checks indicating what their gift is for (i.e. pledge, share the plate, donee only, etc.), so please keep doing that if possible! I can also remind you about what you pledged and how much you have contributed to date. I’ll be in the office on Tuesdays and Thursdays (with the exception of the week of Sept 9, when I will be away), usually from about 10 am—2 pm if you have any questions or need my help with anything and can call 802-388-8080 or email me anytime at fm@cvuus.org. Kris Butler, CVUUS Bookkeeper
Choir Notes

Welcome back to CVUUS choir regulars and new members!!

**September 4** is first rehearsal on site (we had our opening rehearsal at Lake Dunmore) 5:45-7:15 and ALL ARE WELCOME !! Come one come all for the start of choir season.

We are starting off with a BANG with Jason Shelton’s *We Bid You Welcome* from his 2018 Cycle of Song. Then Si Kahn’s music arranged by Peter Amidon, *Here Is My Home*, exploring our need for each other and our promise to one another to hold a safe space. Our last anthem of September is *Show Us How to Love* by Mark Miller from the Music Ministry Conference I went to in July in Denver. All of these are part of this year’s theme, exploring the 7 principles, with September being the month to look at where, why, and how the principles came to being.

See you in September. Love from your choir director, Lucy Tenenbaum (lucytunes@me.com)

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**FILLED WITH THE SOUND OF MUSIC!**

Save the date and get your act together Fri. Oct. 25, 7–9 pm for the first of a series of **CVUUS Coffee Houses for All Ages**. Come to perform (music, spoken word, theater, magic, juggling,...) and/or to listen, watch, snack, and enjoy. Look for more details in the October newsletter, followed by sign-ups for performers in early October. -- The Music Ministry Team (Carol Harden, Lucy Tenenbaum, Kate Gridley, Poppy Rees, Shannon LaRose, Richard Hopkins, Liam Greenwood)

**Theresa Gleason** will lead the **Oct 6 worship service “There are No Others”** where we explore the meaning and necessity of service in our lives through the lens of two individuals she will interview as part of the service. **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. **Gloria Estela Gonzales Zenteno** is our story teller for Time for All Ages. **Poppy Rees** will be singing the **Moira Smiley song, Refugee**. We are putting together a women’s choir to sing the Moira Smiley arrangement of **Bring Me Little Water Sylvie**, with body percussion. Theresa hopes that many other women (or those who can sing SSAA) will join us for this amazing song. If you have friends who sing and think they might like to join us, ask them to contact Theresa.

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**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**
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. At least 3 traditional groups will continue. Spaces are available in each. For more, see cvuus.org/connection/small-group-ministry/

Sat AM 9-11 am (which Sat TBD). Meets in Fenn Chapel. Led by Doug Richards

1st Thurs Eve 7-9 pm. Meets in members’ homes. Led by Dinah Smith

2nd Wed Eve 7:15-9 PM. Meets in Blue Room. Led by Alan Moore (formerly led by Bobbie Loney)

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 Birdssall 989-7660 and Ginny Moser know of your interest in the next one Wed Sept 25. 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. The CVUUS webpage has good information also.

...AND SEVERAL AFFINITY GROUPS!

Are you retired or planning to take that leap soon? Share the joys and challenges of retirement meeting the 2nd Monday of month at 7 pm, in Blue Room. Contact Dinah.Smith@med.uvm.edu.

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 on first Wed of month 6:30 pm. For more, see Jordan Young or Ollie Cultrara (ollie.cultrara@gmail.com).

Women’s Group meets following the Sunday service, over lunch at noon, in Sanctuary Meeting Room. To join and decide which Sunday to meet, contact Elizabeth Golden (elizabethgolden@shoreham.net).

Parents Group meets 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. We resume Sat. Oct 12. Childcare, dinner (mac n cheese) and drinks provided by our amazing Date Night Out volunteers. RSVP preferred. Contact Tracey Harrington, 4.mt.mice@gmail.com.

Writers’ Group meets 3rd Monday of month, except over summer. Next one Sept 16, Fenn chapel. Bring something to read (with a few copies): fiction, nonfiction, poems. Questions? Contact Nancy Wright nancymeanswright@gmail.com.

Let’s Eat Together (LET)

CVUUS Sangha & Meditation
Roses to...

...Flower Co-op for adorning our buildings including Catie Raishart for providing flowers from her Foxglove Farm, Dinah Smith, Marnie Wood, Alice Berninghausen, Chris Murphy and Abi Sessions for summer arrangements, and Nan Colwell for her plantings around the Fenn House door and Sue Rasmussen, Sheila House, Gerry Loney for summer landscaping.

...Bob House and Scott Barkdoll for paying attention to our doors...trying to adjust the front sanctuary door handle, replacing the shed doors, ridding the Fenn House back door of hornets and wasps.

...Bobbi Loney for working on Undercover Kindness Agents

...the 18-19 Religious Exploration Council - Natali West, Martha Alexander, Tracey Harrington, Jess Rouse, Kas Singh, Molly Andres, and Catie Raishart for being DRE Subs, subbing in the Nursery and coordinating/leading/assisting the entire Summer RE program so that Poppy can get vacation time and attend full worship services.

...our fabulous summer RE leaders - Bobbi Loney, Molly Andres, Gerry Loney, Milo Rees & Baxter Harrington, Catie Raishart, Rev. Barnaby, Jean Terwilliger, Amy Mason, Kate Gridley, Colleen Brown, Caitlin Gildrien, Ted Scheu Bill, & Abi Sessions

...our wonderful summer RE assistants- Dinah Smith, Jay & Baxter Harrington, Martha Alexander, Catherine Goldsmith, Dana Roark, Priscilla Bremser, Dana Roark, Abi Sessions

...All who contributed to summer worship services including Michele Lowy, Paul Seward, Karl Lindholm, Jason Duquette-Hoffman, Becky Strum, and the Harringtons.

...Margy Young, Ollie Cultrara, Ken Levine and Donna LaRose for summer hospitality coverage and all those who contributed food to coffee hour.

...Marnie Wood, Pam Berenbaum, Alan Moore, Steve Maier, Priscilla Bremser, the LaRoses, Marjorie Carsen, John Barstow, Revell Allen, Carol Harden and Alice Berninghausen for gatekeeping help with summer concerts and events.

...our Safe Congregation Team Alan Moore, Poppy Rees, Will Porter, Mike Greenwood, Tracey & Jay Harrington, and Donna LaRose for their summer coverage of our doors during worship and updated emergency procedures (look for them throughout in our buildings).
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.

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

Our Pastoral Care 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).

CVUUS is

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 and lower level. 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.

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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FOR MORE INFORMATION:
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CVUUS Board of Trustees
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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
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