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.

2nd Principle: Justice, Equity, and Compassion

November Worship Services

(Sundays at 10 AM)


Nov 10—Cultivating Healing—What is healing and how do we create it in our lives? Rev. Christina finishes her exchange with this service.

Nov 17—Though the Years—Rev. Barnaby reflects on how justice, equity, and compassion take on new dimensions for us as we age. Stay after worship for a Congregational Conversation on Emergency Procedures led by our Safe Congregation Team about prioritizing where we put our safety emphasis.

Nov 24—Rough Weather Ahead—Rev. Barnaby looks at how our Second Principle affirming justice, equity, and compassion in human relations is challenged by climate change. Stay after worship for our Radical Love Party.
Words from Rev. Barnaby:

I write halfway through my first of three weeks in Portland. I'm still in the start-up phase of bringing what life and you have taught me about ministry into a sanctuary so different from CVUUS's it boggles the mind.

First Parish's congregation is roughly twice our size, on paper at least. And it's located right in the middle of downtown Portland with virtually no parking of its own. It predates American Unitarianism, the founding of the United States, and by more than three centuries, the first gathering of CVUUS in the Berninghausens' living room.

For all that, I know that when I look out at the congregation for the first time on Sunday, I am going to be speaking to people who affirm the same seven principles we do. And something similar will be going on in over 1,000 other UU congregations around the U.S. First Parish's theme this month is Belonging. Our swap seems to be a good way to think deeply about that.

Blessed be, Rev. Barnaby

Introduction to Shamanic Journeying with Reverend Christina Sillari

The Shamanic Journey is an ancient method of accessing inner wisdom through a meditative trance state. Journeying to commune with spirit was a common practice of many indigenous cultures dating back thousands of years. Today, you can learn this ancient practice as a form of self-healing and connecting with your higher self and with compassionate spirit guides who may offer healing, guidance, and wisdom. Join Rev. Christina Sillari, shamanic practitioner, to experience a different form of meditation that enhances your intrinsic creativity and supports developing the connection to your inner wisdom. During this workshop you will have the opportunity to:

- ground yourself in a new meditative practice
- explore a new path of self-healing and understanding through the shamanic journey
- better understand your clairs and personal expression of your inner wisdom
- meet and start to develop a relationship with a compassionate spirit guide

No experience necessary. All welcome. Please bring a blindfold, a blanket, a journal, and drinking water. **Mon Nov 4 6:30-9 pm or Wed Nov 6 10 am -12:30 pm** Please register with Rev. Christina at 207-807-9232 or cmsillari@gmail.com

Words from Rev. Christina:

Hello members and friends of CVUUS,

It is so good to be here for this ministry exchange. Middlebury is a town I have visited so many times over the past 25 years. My husband’s family has a summer home in Westport on Lake Champlain, where we often spend our vacations and holidays.

The peace and beauty of this land is exquisite. During my journey here from Maine, driving through the mountains and valleys was hypnotic as the sunlight splashed through the transforming trees. NPR was sharing how high the quality of life is in Vermont for so many people. Now that I am living here for three weeks, I am wondering about the native heritage of this land. Vermont’s Native History began nearly 13,000 years ago with Paleo-Indians and your state has recognized a number of Abenaki Tribes over the years. So I honor and bow to the spirits of the land and the Abenaki people who stewarded this land before European colonization.

I have enjoyed meeting so many you and look forward to meeting those who I have not yet met. Your congregation is a very warm and welcoming place. It may feel strange to have a different minister who you do not know. My intention is to serve you in whatever ways are supportive to you and your congregation. Please feel free to reach out to me for any reason by phone 207-807-9232 or email cmsillari@gmail.com.

I leave you with an Abenaki Prayer:

**With We Who Visit Ghosts From The Sun Star of Our Birth and in Our Infancy Which Is from the Land of The Rising Star As Long as the Deer and Moose Shall Run Free And the Grass Shall Grow and the Rivers Run Swiftly the Abenaki Shall Survive**

Many blessings, Christina
THOUGHTS

KINDNESS ISN’T ENOUGH

The CVUUS theme for November is the second UU Principle: we affirm and promote justice, equity and compassion in human relations. Kindness is a part of this but it’s not the whole thing.

There may be Undercover Kindness Agents in RE this year but we don’t just talk about kindness as “being nice” because we know that niceness isn’t enough. To get the “justice and equity” part of the second Principle, we usually have to push for them. It means speaking up, reminding people of what’s right, not accepting the status quo, kindly calling each other out, and often making things uncomfortable for someone.

In the Fall 2019 issue of Teaching Tolerance, there is an article about this. The author Bret Turner (an elementary school teacher) writes, “my goal was to guide students’ thinking in terms of real justice. I used a set of principles that went beyond kindness and moved toward specific actions students could take to counter bias and stereotypes and work for a more equitable future.”

We need to remember this when we say “Kindness matters.” Yes, it does. It matters a lot! But it’s only one step toward how we need to be with each other and in the world. We ALL, not just the kids, need to work for JUSTICE for ALL. And it starts by coming up with “specific actions” we can take. So make sure you talk to your kids – and yourselves – about this. Don’t stop at kindness – take it to the next needed level.

~ Poppy, your Director of Religious Exploration re@cvuus.org

NOVEMBER for Children, Youth and Their Families

NOV 3: 2 YOUNGEST RE GROUPS Start in worship.
NEIGHBORING FAITHS Fenn Chapel, starting right at 10. (OWL youth can assist in groups – ask Poppy first – or attend Worship)
HIGH SCHOOL YOUTH GROUP
**Cooking dinner at John Graham Shelter 4-6:30**

SAT NOV 9 5:30-8 PARENT GROUP! Childcare available, dinner provided. RSVP to Tracey Harrington.

NOV 10: 2 YOUNGEST RE GROUPS Start in worship.
NEIGHBORING FAITHS
**TRIP TO ESSEX ALLIANCE CHURCH leave time TBA **
OWL 10-12:30 Fenn Chapel

SAT NOV 16 4-10 pm OWL RETREAT AT CVUUS Details to come

NOV 17: KIDS FOR KIDS ** Go straight to Fenn House – OLDER KIDS NEEDED TO HELP YOUNGER ONES!! All-ages kids social justice group that works to help other kids. This month: annual making HOLIDAY ORNAMENTS to sell in Dec as a UUSC Guest At Your Table fundraiser.
HIGH SCHOOL YOUTH GROUP 4-6 pm
RE COUNCIL 11:45-1:45 Interested in joining? Talk to Poppy, Tracey Harrington or Jess Rouse

NOV 24: 2 YOUNGEST RE GROUPS Start in worship NEIGHBORING FAITHS TBA
OWL 10-12:30 Next door in Mary Johnson Children’s Center basement
RAD LOVE EVENT 11:15-1:15
Social Action Updates

November “Share the Plate” Donee:

Hunger is a problem in Vermont. 59,882 VERMONTERS LIVE IN FOOD INSECURE HOUSEHOLDS, MEANING THEY DON'T HAVE REGULAR ACCESS TO NUTRITIOUS FOOD (10%) Lack of affordable housing, low wages, high unemployment, a decrease in the number of local, affordable grocery stores, and lack of public transportation all contribute to hunger and food insecurity in Vermont. 17,726 VERMONT CHILDREN UNDER THE AGE OF 18 LIVE IN FOOD INSECURE HOUSEHOLDS (15%) Children living in food insecure homes are at greater risk for poor health, nutritional deficiencies and obesity/overweight, as well as developmental delays, poor academic achievement, depression, and increased aggressive or hyperactive behavior. 9,746 VERMONT ADULTS OVER 60 LIVE IN FOOD INSECURE HOUSEHOLDS (6%) Senior Vermonters living in food insecure homes are more likely to be diabetic, suffer from depression and have limited daily activities, and are far less likely to be considered in excellent or good health. Visit hungerfreevt.org to learn how it advocates to end the injustice of hunger and malnutrition.

Please speak with anyone on Donor 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. Oct’s collection raised $957 for VisionSpring. Thanks!

Guest at Your Table KIDS for KIDS

Guest at Your Table (GAYT) is UUSC’s annual intergenerational program to raise support for and awareness about key human rights issues. Since UUSC works in more than 20 countries, with over 60 grassroots partners, there are thousands of individuals involved in and who benefit from the work that our members make possible. This year's theme is Women Leaders, Strong Communities. CVUUS kids will meet during the service Nov 17 for our annual ornament making. The ornaments will be sold after services through December to support UUSC’s annual Guest at Your Table. We hope everyone visits our table in Ann Ross Fellowship Hall to buy an ornament. Extra donations will be gladly received too, and anyone may take home a Guest at Your Table box to fill through December. Our "guest" this year is Monica Curca, who runs Activate Labs, a program that brings art, story, and music making to Central American refugees on our border. She says "We need joy, creativity, art, and self-expression to return us to ourselves...because you can just get lost in sorrow."

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 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. Look for HOPE shopping cart to donate food. Prefer smaller sizes to jumbo ones. Contact office@cvuus.org if you can help take food to HOPE. Thanks!
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:** In response to recent deportations of Addison County farm workers and separation of families, many seek to help. We continue to inquire about how to communicate better with farmers, migrants and volunteers about who we are and what help we offer. CVUUS and other groups work toward meeting migrants' language, legal, banking, shopping, transportation, health and housing needs and host a **Mexican Consulate Visit** each winter. It will be **Sat Dec 7, 9-3. Volunteer to help with this year's visit.** Could you donate food or work clothing in advance? As before, we seek men’s small/med hoodies, coats, pants, vests, boots, rain gear, socks, gloves and a few umbrellas, caps and sunglasses for weather protection. We also seek donations toward Darn Tough socks Ollie Cultrara will purchase (~$20 toward a bundle). Could you help with translation, driving, serving lunch, childcare during the day? Sign up below. The first link is for services and the second link for food and drinks. Catch up on more [here](https://www.signupgenius.com/go/4090B49AFAA29A64-volunteer). [http://www.SignUpGenius.com/go/4090B49AFAA29A64-consulate2](http://www.SignUpGenius.com/go/4090B49AFAA29A64-consulate2)

**Climate Justice:** The Vermont Legislature’s **Climate Solutions Caucus** is hosting a series of forums around the state to outline its priorities for the 2020 legislative session and seeks input from Vermonters on the solutions they’d like to see advanced. Local legislators Robin Scheu and Amy Sheldon invite you to join them for one of the events in this series on **Thurs, Nov 7, 5-6:30 PM** at the Fellowship Hall. These events are intended to focus attention on this critical issue, present practical solutions, and set the stage for continued action.

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**FIRE DRILL during worship this month**

In case of the need to evacuate, please remain calm and exit the facilities quickly. In order to facilitate the fire department’s access, we gather across Charles St in Martha Soderberg’s yard. If snow or other inclement weather make it impossible for us to gather there, we gather in Martha’s home, 107 Water St. We ask that everyone gather there, rather than leaving for home, until all are present and accounted for, and until you’re notified that it’s safe to return to the Sanctuary and Fenn House.

**Parents especially are asked NOT to depart with their children without notifying RE leaders.** To make evacuation as quick and safe as possible, no one is to return to their seats to collect objects left behind or to try to find relatives or friends inside the church.

**Parents with children in the Nursery** are asked to exit the sanctuary building through the Nursery if it is safe to do so, in order to assist the nursery staff in safely evacuating all children.

**RE leaders of groups meeting in the Fenn House:** Gather children hand-in-hand and exit the building through the nearest safe exit. Please take the daily attendance sheet, so we can assure all children are accounted for and all family members find one another. When parents and children have been reunited, the RE leader (s) may leave the children in their parents’ care, noting the child’s departure with their parent on their attendance sheet.

**Those with Mobility Issues:** An usher or other appropriate person(s) will assist those with mobility issues to be escorted to the furthest corner of the patio area in front of the Sanctuary (by the large CVUUS sign). From that spot, they can be easily identified by emergency personnel and assisted in further exiting. Those who may slow down the evacuation should wait until others are out. **The Minister and Worship Associate will be last to leave Sanctuary** and make a final sweep of all rooms, ensuring no one is left in the sanctuary or other areas of the building, and closing all doors.
FROM THE BOARD

Kas Singh

In determining what to write for this month’s Board article, I was reflecting on Rev. Barnaby’s sermon from Oct 13 on the First UU Principle – the inherent worth and dignity of every person. I found it to be inspiring because it is easy to accept those who think like we do and are kind and compassionate but it’s more challenging to find the inherent worth and dignity of those that have opposing ideas and beliefs and seem to be unkind and lacking in compassion.

As I was talking to my middle daughter about the first class of the 7th-8th grade OWL (Our Whole Lives Sex education program) that happened this past Sunday, it connected with me how one of the values this program emphasizes is justice and inclusivity and therefore teaches and encourages the first principle in a way that is not often found. From the www.uua.org/re/owl website:

Our Whole Lives recognizes and respects the diversity of participants with respect to biological sex, gender identity, gender expression, sexual orientation, and disability status. The activities and language used throughout the program have been carefully chosen to be as inclusive as possible of this human diversity. This program not only teaches about diversity, but also teaches acceptance of diversity. In light of National Coming Out in Oct, I think being open and accepting of diversity is so important. There are many who can’t be their true selves for fear of being shunned by family and friends, or losing jobs or, in some cases, losing their lives.

I am so very grateful that the OWL program exists for our children of CVUUS and that we are able to open it to members of the wider community. The more we can teach about diversity and, more importantly, acceptance of diversity the better our communities become. I think this is part of what our charge of shared ministry should be in the wider community in sharing our UU principles.

I love the colors, smells, and cooler temps of the Fall (or Autumn) season. It’s one of my favorite 4 seasons. I find something good in each season as there is inherent worth and dignity in every season, too. I wish you all a Happy Fall (or Autumn)!
Welcome New Members!

Our Membership Ministry team enjoys assisting newcomers along the pathway to membership in CVUUS. 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. We invite those with any interest to attend informal classes on 1) UU history, after worship service on Nov 3, 11:30 am and 2) our spiritual journeys and the history of this congregation on Thurs Nov 7 and Nov 14, 6:45 PM in Fenn Chapel. We’ll have a brief, informal ceremony during worship service on Sunday, Nov 17 for those who choose to join CVUUS as members. If these times are not workable for any potential members, please check with me. Thanks.

Warm blessings, Marjorie Carsen, for Membership Ministry

Ken Levine
I was born and raised in the Panhandle of Connecticut. I had a childhood that allowed me freedom to roam our suburban neighborhood with my Little Rascals gang. Back then there were no worries of abduction, assault, or staying out after dark. At 8 years old, my Mom would ring an old ship’s bell, and it meant it was time for ALL of us to head home for supper. We would obediently wander to our houses like cattle.

I found myself moving to Vermont to attend Goddard College in the early 80’s a bit late for the hippie movement, but Goddard, and indeed Vermont seemed to be 20 years behind. I fell in love with the state immediately. I later got my Masters in Education and taught in Wells for five years (1998 to 2001). Since then I have been with children in child care centers, teaching children 3 to 8 mostly about nature and the land.

The natural world is a place I feel my utmost best. Nature and children seem to be so compatible, and I love showing and watching these kids explore this world.

After a Jewish upbringing regarding attendance at various Temples, I became unsatisfied with the temples "Bending" the laws of the Torah. On Yom Kippur, the holiest day of the year, a lot of us kids were scared to death of the fire and brimstone from the Rabbi. "WHO SHALL LIVE AND WHO SHALL DIE!?" -- scary for an eight-year-old! Anyway, I was drawn to CVUUS by instinct. The first time I attended, in July of 2018, I was greeted like a familiar friend. Never have I since met as many kind, truthful and spiritual seekers as I have here. Submitted by Ken and Marjorie Carsen (Ken became a member in May 2019)
Choir Notes

Greetings and Salutations oh wonderful folk of CVUUS! The choir has been very busy learning our music for upcoming services.

**Nov. 3** brings us a familiar song of protest, *Never Turning Back*, by the well-known Pat Humphries, composer of *Peace Salam Shalom*. Her older siblings were Kent State students in 1970 when four anti Vietnam protesters were shot to death. That was the start of her deep involvement in the Peace and Anti-War movement. Pat composed her first original song at a song-writing workshop conducted by folksinger and labor organizer Si Kahn, who challenged his pupils to create a song immediately. "Pat's fledgling effort, *Never Turning Back*, was called 'one of the best songs I've heard in 50 years' by Pete Seeger. Pat has been writing and performing ever since, bringing her powerful, singable songs to clubs, coffeehouses, concert halls, festivals and political demonstrations around the country.” (quoted from https://www.amazon.com/Hands-PAT-HUMPHRIES/dp/B0000560KB). Revell Allen will sing the lead, and the choir will respond in the tradition of call and response music. I imagine the congregation will find themselves drawn into this song too, it is that powerful.

**Nov. 10** we continue reviewing the theme of the second principal, (Justice, equity and compassion in human relations...) by bringing the Phil Ochs composition, *There But for Fortune*. A moving arrangement by Peter Amidon brings this folk/protest era song to life. The choir felt compelled to change a few words. We sing, “I’ll show you someone...” instead of “I’ll show you a young man,” recognizing that gender exclusivity at this point in the song is limiting. The altered text brings the focus to all of the possible people who might suffer in this way. My summer conference with the Association for UU Music Ministries discouraged changing words, but we did this with great thought and personal decision.

**Nov. 17** is a big choir piece Sunday, with Kate playing for the choir for the first time since September. Again, bringing music by Methodist Minister and Composer Mark Miller (a classmate of Barnaby’s in Seminary) from the AUUMM conference, we will sing, *What Does the Lord Require of You?* The answer is Justice! Kindness! It’s an exciting piece, in many ways outlining Mark’s life path from being the adopted child of a white Methodist Minister who didn’t expose Mark to music from his birth culture. Mark didn’t know about Black music until after his college studies. Then he embraced it with abandon! This piece starts with a classical “recitative” as if it’s Handel. Then it abruptly rolls into a Rap kind of beat and repeated text. But there’s a fugue (like Bach wrote) in the middle that is masterfully combined cultural music from both the Old White European Composer tradition and African American religious music. I am trying to get a soloist who can make the piece POP! For those of us who aren’t turned on by “The Lord” kind of text, I urge everyone to put another word of your choosing into that place, in your head. Like, “What does your Conscience Require of You?” Or, Community, or the Spirit of Life or Gaia who however you can be motivated to be a better person.

The CVUUS choir meets on Wednesdays from 5:45-7:15 (**NO Choir the Wednesday before Thanksgiving, November 27**.) We rehearse on Sunday mornings at 9 on Anthem Sundays, 3 weeks a month. All singers are welcome to come give the choir a try. We’d love to have a few more regular voices to fill out the faithful. The choir is a friendly group of dedicated folks who love to sing. All levels of singer are welcome. Our rehearsals include some vocal technique and a mini voice lesson in the beginning.

Blessings, Lucy
Our Radical Love Party Giveaway & Auction Fall Fundraiser

From Nov 3 until Nov 15 we’ll collect your giveaway service and auction items. Look for us during coffee hour after worship to get ideas, submit items and see items on display.

Save Sunday, Nov. 24 (before 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). And an auction will take place for items tagged for this purpose. Some will be silent and some will be live. You must be present to win live auction items. Follow the weekly blast for more details. All fundraising, apart from the Auction, will once again be completed a week before the events. We will simplify the Ask and publicize it separately.

Your Rad Love Giveaway & Auction Squad – Donna LaRose, Terry Racich, Pat Schmitter, Rev. Barnaby

U&U Outdoors is a monthly meeting of people who like to gather and share their love of the outdoors. All U&U Outdoors events are family and dog friendly. We aim to depart from our CVUUS lot by 10 am to carpool to sites.

Nov 16 - We go across state lines to hike with our NY friends on the Coot Hill/Big Hollow Trail just outside of Port Henry, NY.


Coming soon, a Brene Brown Book Group (book title yet to be chosen). If you are not familiar with Brene’s work check out one of her videos on TED Talks.

Have other ideas or suggestions? Or better yet, want to help? Contact the Fellowship Facilitator, Mike Greenwood, mike802vt@comcast.net or 349.5653. See you at one or all of these events!

Let’s Eat Together (LET)

The Caring Network welcomes you to lunch on the 4th Wed of the 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. We will take off for Nov and Dec for the holidays and resume Wed Jan 22. Let them know if you’d like a ride. Join Caring Network “FUUDIES” on Nov 20 and Dec 18 at 10 am in our new lower level kitchen to prepare meals for later distribution to those in need or to support our coffee hour.
Claiming Our Spiritual Leadership

A group from CVUUS will be traveling to the Montpelier UU church Sat. Nov 16 for a daylong (9am-3pm) workshop offered by staff of the New England Region UU. *Spiritual Leadership* is defined as “an orientation and practice by which individuals and congregations create, sustain, and restore Beloved Community in which *everyone* experiences belonging, wholeness, greater equity, and increased willingness to risk on behalf of our values.” As such, it is not just for congregational leaders, but all members of the congregation—encouraging all of us to see our role in the congregation as a form of ministry, a ministry that nourishes and sustains each of us, and all of us together. Spiritual Leadership is particularly oriented toward helping us to live in community and to bring about change that reflects our common values—to meet the challenges of this present moment.

Our group currently consists of members of the Board and Council of Ministries, staff, and folks active in our worship and religious education teams. We are hoping others who are interested in building Beloved Community at CVUUS and carrying our values out into the world will join us. For more information, contact Poppy Rees (re@cvuus.org) or Doug Richards (drichard@keuka.edu). Additional information as well as registration can be found online. [https://www.eventbrite.com/e/claiming-our-spiritual-leadership-nov-16-montpelier-vt-registration-69726310271](https://www.eventbrite.com/e/claiming-our-spiritual-leadership-nov-16-montpelier-vt-registration-69726310271) Note that since CVUUS will be sending several members, all CVUUS registrants will qualify for the lower rate of $15. Registration closes on Nov 11—or whenever capacity for the workshop is reached. **We hope you’ll join us!**

Good News Graphics From Your Finance Team

We did it! We built out our Ground Floor, and now we’re using it. But that also means we’re using more electricity. The graph shows our electric bills since 2017, by quarter (3 months). Comparing our two post-construction quarters (comprising June–September 2019) with the same period from 2018 shows that we used 43% more electricity in 2019.

But here’s the good news: In a few months, ACORN’s solar project in Shoreham will come online. CVUUS’s share of this project should make us about $1,000 worth of electricity each year—and that will lower our electric bills. The lighter parts at the top of the graph columns show the estimated solar savings had the ACORN solar electricity been available in the past. Note that in the summer (July–September) about half of our electric bill will be paid by the solar generation. In winter it’s much less, because we use more electricity and at the same time there’s less solar generation. But on average, we should save about 21% once the solar comes online.

And more good news: When we and other religious organizations bought into the ACORN solar project, we all gave 10% extra to the Interfaith Climate Action Network, which is using the funds to provide solar electricity to the Parent-Child Center. Submitted by Rich Wolfson
SEVERAL CVUUS AFFINITY GROUPS!

**Women’s Group** meets the 2nd Sunday of the month following coffee hour. We’ll hold our first meeting of the year on Sun., Nov 10, 12-2 pm in the Sanctuary Meeting Room. All CVUUS members and friends who identify as female or non-specific gender are welcome to attend and join our group. We also host optional social get togethers on other days/nights, which you are welcome to attend. The Women’s SGM selects its own topics, which we will do during the first meeting. So bring your ideas! Also, bring your bag lunch or snack and drink. For more information, or if you require childcare, contact Elizabeth Golden.

**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 for more. Next one is Nov 9.

**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.

**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. Next one is Nov 6.

**Writers’ Group** meets 3rd Monday of month at 3 pm in Fenn Chapel. Bring something to read (with a few copies): fiction, nonfiction, poems. Contact Nancy Wright. Next one is Nov 18.

**Residence at Otter Creek GrUU:** Meets for monthly discussion with Rev. Barnaby. Contact Ann Brousseau.

Small Group Ministry in Schroon Lake

We needed a service project. As a group of 9 UUs in Schroon Lake, we had happened upon each other almost by accident. We all had attended a party for the Friends of the Library at the end of the summer a couple of years ago and ended up sitting at the same table. I don’t remember how the topic of Unitarianism came up, but it turned out 8 of us were UUs and the other two were Unitarians and didn’t know it yet. Schroon Lake is a small town of about 1600 in the Adirondacks. It relies heavily on vacation home owners who spend the summer. Three of theouples would be heading back south in a few weeks. The Vanderburghs and the Chippendales were the full time residents. We decided we should get together periodically next summer when everybody was here.

When the summer of 2018 rolled around, we invited Doug Richards over to talk to us about beginning a small group. He got us started with the format and we ended up meeting monthly at each other’s houses from June until October. The idea of having a service project during the summer of 2019 was mentioned. We all thought it was a good idea, but what? Helping at the food pantry, delivering Meals on Wheels, assisting at the summer used bookstore for the Friends of the Library. They were all good ideas, but nobody was overly excited.

In May, I was walking down Main Street in town and a friend of ours who is on the Schroon Lake town council came up to me. He mentioned they were having trouble finding people to tend to the various gardens in town. The volunteer who had headed up the summer garden committee had been doing it for ten years and wanted out. Would I be willing to take on weeding at the Boathouse this summer? I told Roger I would think about it, but I would need some help. I came home and mentioned it to Neil. He thought it might be a good service project for our small group.

He was right. This summer we weeded every other Thursday morning. At first, we had to uncover all the plants, the invasive grasses were so high, you could hardly see anything. As we made progress, that changed. We uncovered day lilies, black-eyed Susans, false indigo, hydrangeas, and more. We worked, we talked and we went out for coffee afterwards. It was a win for the town and it was a win for us. We found our service project. We’ll be at it again next summer. Submitted by Julie Chippendale
**Roses to...**

...The Music Ministry Team for hosting our fabulous inaugural Coffeehouse, especially Carol Harden for coordination, Donna LaRose for organizing food and going above and beyond and everyone who brought food to sell to raise money for Radical Love - Mike Greenwood and Kas Singh

...Neighboring Faiths leaders Mary Hadley, Jess Rouse, Allie Izzard for the round trip whirlwind trip to Albany for a 3.5 hour church service field trip.

...Bobbi Loney for coordinating the annual Hunger CROP Walk with record CVUUS participation.

...Theresa Gleason for leading a beautiful worship service on well, service, on Oct 6 with so many wonderful voices from our community in testimony and song.

...Anne Christie for sharing her testimony.

...Mike Greenwood, Karl Lindholm, Steve Butterfield, Ann Christie, Elizabeth Golden, and especially Alan Moore for gatekeeping the wide variety of music and community events in our buildings.

...all who helped put up local apples for HOPE as sauce and pies including Lois Alberts, Steve Butterfield, Mary Louise Bright, Gayle Muenchow, and Gail Borden with our great Youth Group.

...Bob House for several building repairs, Llyn Rice for tending to our doors and their codes, our kitchen crew (Ollie Cultrara, Alan Moore and Revell Allen) for ongoing supervision and refinements, and our landscaping crew (Sheila and Bob House, Dinah Smith, Gerry Loney, Sue Rasmussen, Steve Maier) for fall clean up.

...Avi Freud for a lovely office chair and Monty Montgomery for a needed mouse and keyboard for our bookkeeper and a laptop for RE.

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**Night Sky Wonders for Nov**

November starts off with an interesting line-up in the southwest. Saturn, a thin crescent Moon, and Jupiter form a line. Both gas-giant planets, Saturn and Jupiter, will linger in this part of the sky throughout the month. Daylight savings time ends at 2 a.m. on November 3rd.

A “big-event” for astronomers is the transit of Mercury across the Sun’s disk. The tiny planet will be midway across the Sun’s disk at 10:20 a.m. on the 11th of the month. You’ll need a telescope to see it, but be sure to have an astronomical sun-filter to protect your eyes. NEVER LOOK AT THE SUN THROUGH A TELESCOPE WITHOUT USING A 99% FILTER.

On the 23 and 24 November look southwest 30 to 45 minutes after sunset to see Venus and Jupiter a smidgen apart (about 1 degree). The month closes as it began. On the 20th through the 30th three planets and the waxing Moon will be visible in the southwest. Our Moon will visit Venus and Saturn, and you’ll see Jupiter anchoring the bunch.

Here’s wishing you (and me) clear skies. If you have astronomy questions email me at astromanvt@gmavt.net

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**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 Brown at 989-9974. Our CVUUS website has good information as well.
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).

Library Notes

We’ll soon be installing bookshelves in the blue room downstairs. If you’d like to make a financial contribution to this project, please send your donation to the CVUUS office, noting that it’s for blue room bookshelves. Also, if you’ve been storing books at home, this is a good time to return them to the blue room. Reminders: Our CVUUS library catalog is online! Find a link to it and more library information at cvuus.org under the Learning menu. Also, if you’re an Amazon shopper, start your shopping at smile.amazon.com to designate Champlain Valley Unitarian Universalist Society as beneficiary. Proceeds benefit the library but please support your local bookstore first! Many thanks!

Early Rhubarb Thoughts

We’ll host a Rhubarb Festival at the end of May in 2020. If you expect to remove books from your own collection in the near future, or if you have extended family that might be doing so, please set them aside for the book sale that is part of our Rhubarb Festival. Especially valued are adult fiction and all types of children’s books. Adult nonfiction will be accepted, but we already have quite a few saved.

Recent Visitors

Julia Doucet, Ben Burd, Foss & Vally Perry (AL), Kamilla Pollock (HI), Mepi & Jack Neill (DC), Ely Fretz, Linda Francis

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 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 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). The Singh family is currently coping with Ian's late-stage cancer treatments. For two simple and flexible ways to help them with grocery and gas expenses, please contact Hannah Sessions at blueledge@hotmail.com or call/text (802) 989-3776.

Visit www.uua.org to learn about the wider work of UUA and our affiliates. Visit www.cvuus.org to explore our happenings and most current calendar.
Champlain Valley Unitarian Universalist Society

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

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

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Email: revbarnaby@cvuus.org

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
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.

Return Service Requested
2 Duane Court, Middlebury, VT 05753
Champlain Valley Unitarian Universalist Society