



# Champlain Valley Unitarian Universalist Society

April 2020 - Volume 22, Issue 9

2 Duane Court, Middlebury, VT 05753

(802) 388-8080

## 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.

## 7th Principle: Respect for Earth April Worship Services Online

Sundays at 10 AM

<https://www.cvuus.org/worship/watch-online/>



**April 5—How to Be a Climate Activist without Having Your Heart Broken: A Zen Buddhist Perspective**—Led by our CVUUS Sangha.

**April 12—The Mystery Revealed**—A good Easter question is "Did God learn anything from time spent fully human?" Rachel Held Evans reads from NYT multi-media obit and her book *Searching for Sunday*. Led by Rev. Barnaby

**April 19—To Be Determined/Mud CommUUion**—Led by Rev Barnaby. Stay after worship for an overview of UU history.

**April 26—To Be Determined**—Led by Steve Maier. Stay after worship for an overview of CVUUS history and organization.



### Staying in Touch...Virtually

**Sunday Morning Social Hour (~11:15 am):** Jordan Young leads exchanges on how we're doing. Login

<https://zoom.us/my/cvuussocialhour/>

**Daily CommUUion:** Rev. Barnaby shares inspirational thoughts, music and readings in a regular email. Look for an email titled *Daily CommUUion* from revbarnaby@cvuus.org email. Not getting these? Email office@cvuus.org.

**Choir Rehearsal:** Lucy Tenenbaum, Choir Director, leads rehearsal remotely each Wed night 5:45 pm. Email office@cvuus.org if you'd like to join her list.

**Religious Exploration:** Poppy Rees, Dir of Religious Exploration, offers guiding words at cvuus.org, a closed Facebook page for families, and through email messages. Youth Group meets remotely several Sundays at 4 pm. Want to be added to any of this? Email Poppy at re@cvuus.org.

**Small Group Ministry & Affinity Groups:** Several are taking a break until the Fall and some are arranging to meet remotely. See inside for more.



## Words from Rev. Barnaby:

Dear Congregants – The idea of a monthly letter from me to you suddenly strikes me as a relic of the past. Most of my recent messages to our lay leaders and to the congregation at large have been revising the plans we made within the past few days in response to pandemic developments. I recently began emailing **Daily CommUUnion** messages to you. What could I possibly say in this letter about CVUUS that I know will be as true on the last day of April as the first?

We had a wonderful response to our first effort March 26 to supply bag lunches to the team from the Zen Center distributing them to homeless folks in Rutland. The only thing I know for sure about that program in April is that it is going to morph, perhaps dramatically, as the weeks pass and the pandemic spreads.

We recently created an online **CVUUS Mutual Aid spread sheet** where you can request and offer help to each other in many categories. I have no idea whether enough of you will check it often enough for it to take root in April as a part of our communal life. Visit it from links at [cvuus.org](http://cvuus.org) and our blast.

I know some of you are already losing jobs or other sources of income. I have no idea how many others are anticipating similar bad news in the near future for yourselves or family members. Nor do I know if any of the Government stimulus package will trickle down to you in the coming weeks, or if new jobs will open up in April, to cushion the blow.

I know we're about to launch local **Caring Circles**. If we execute the vision I have shared with the Board and the Caring Network, we will check in on every member and friend of CVUUS at least once a week via phone or other media. Some of these circles might evolve into a new form of small group ministry bringing together folks who might never have gotten to know each other but for this crisis. Who can say?

There is one thing I am pretty sure won't happen. April is normally when we get clarity about your planned financial giving to CVUUS in the year that begins in July. That allows us to create a balanced budget for the congregation to vote on at an annual meeting in June. But pledges are coming in slowly this year for obvious reasons. So far, they don't point to enough financial support for the congregation to continue supporting CVUUS as we knew it before the pandemic. I'm pretty sure that uncertainty will still be with us on May 1. In fact, it would surprise me if we could count on holding a typical annual meeting in early June.

Which leads me to several answers to the question "What could I possibly say about CVUUS that I know will be true on the last day of April as well as the first?" I can say that, in the words of a hymn we have sung before, "We're going to put one foot in front of the other, and lead with love." I can say I have every reason to have faith in you, and I do. I can say that the Spirit of Life will stay strong in us on this tough journey. I can say Spring can't be stopped by this virus and neither can we.

Blessed be, Rev. Barnaby

## Pandemic

What if you thought of it  
as the Jews consider the Sabbath—  
the most sacred of times?

Cease from travel.

Cease from buying and selling.

Give up, just for now,  
on trying to make the world  
different than it is.

Sing. Pray. Touch only those  
to whom you commit your life.  
Center down.

And when your body has become  
still,

reach out with your heart.

Know that we are connected  
in ways that are terrifying and  
beautiful.

(You could hardly deny it now.)

Know that our lives  
are in one another's hands.

(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils

of compassion that move, invisibly,  
where we cannot touch.

Promise this world your love—  
for better or for worse, in sickness  
and in health, so long as we all shall  
live. —Lynn Ungar 3/11/20



## 2020-2021 United As One Spring Pledge Drive Update

Hello, friends! So much has changed since we planned and launched this pledge drive back in January and February. We could never have guessed where we would be today and how the world would have been stopped in its tracks by this sneaky virus. As Rev. Barnaby and others have said many times, please do not let the timing of our pledge drive add to your stress and anxiety. None of us know what the upcoming fiscal year will bring, but we do know the importance CVUUS will play in our lives, and the lives of those around us, as we make this journey together.

**As of March 30th we received 60 pledges for a total of \$167,146.20.**

**Our target amount to be raised from pledges is \$303,809.**

**We are 55% of the way to our goal!**

We received pledges from 60 households/units, with a target of 130 pledge units.

This means we received pledges from 46% of our goal.

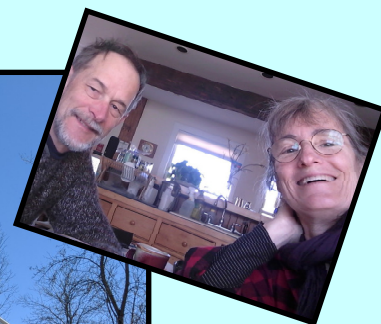
Please go to the CVUUS website to find the link to our electronic pledge form, also here: <https://cvuus.breezechms.com/form/3b77c8>. Making comments like, "Same as last year, as long as nothing big happens," are fine! We are looking to reach our goal of 130 pledging units and full participation from our membership. We also need to have some idea of what our revenue will be for the upcoming fiscal year so we can design a budget that stays within those amounts.

Thank you to all those who have pledged already! Your financial support of CVUUS is so greatly appreciated, as are all the ways you give to our beloved community. Please take care and let us know if you have any questions we can help answer.

With love, Tracey & Jay Harrington/ 388-2882/ [4.mt.mice@gmail.com](mailto:4.mt.mice@gmail.com)



Our buildings are closed for public use in April, but we're "open" virtually. Follow us at [cvuus.org](http://cvuus.org).







## RE THOUGHTS: THE MOST IMPORTANT THINGS NOW

There is so much I could say right now that it's hard to pick just one thing. **The past few weeks have been crazy. Especially for families.** We went from washing our hands more carefully to in-person school being cancelled for the rest of the year and it feels like it happened in a matter of days. Oh wait, it did. My life has felt overwhelming - and I'm lucky - my family is healthy so far, JP and I can both work from home, our parents live nearby, and we are part of a great faith community. But it's still been totally overwhelming.

**What is important right now, for families? As parents? For ANY of us, actually?** You have heard this before, I know, but I'm going to say it again anyway:

**Take it day by day** - only look ahead as far as you really need to right now. There's too much unknown.

And this can be too much to hold emotionally, so don't. Just hold today. Or just hold the next hour.

**Just do the ESSENTIALS** - ask yourself, "Do I really need to do this? And do it now?" and then put down whatever you can put down.

**Love** - find a way to do things you love, read things you love, hug each other, eat cookies

**Connection** - the kids and you need to feel connected to each other (and others?) more than you need to have a clean house or all the homework done

**Ask for help** - from me, CVUUS, friends, neighbors, strangers who so WANT to help now

**Be super super super kind to each other - and especially to YOURSELF** - don't compare yourself to others, compliment each other and yourself and what you manage to get done, on how you are with each other, on the small acts of kindness that come.

And lastly, **notice the little beautiful things that are coming out of this time** - time spent on things we don't normally do like Zoom board games with friends, people singing to each other in the street, and the universal connection that comes from going through a terrible thing together. There is fear and pain but there is also so much feeling and humanity and opportunities for growth in ways we can't see yet. You are all in my heart.

~ Poppy, your Director of Religious Exploration

## **APRIL for Children, Youth and Their Families** *7<sup>th</sup> UU Principle: Be mindful of our actions and their effects on the home we share with all living beings*

### **APRIL IS A BIG MYSTERY AT THIS POINT. BIG.**

The past few weeks have brought so much change, especially for families with kids, that it seems like folly to make an April calendar ahead of time. It will need to unfold as it can, week by week.



### **HERE ARE SOME THINGS WE HOPE IT WILL CONTAIN!**

Poppy videos for kids

Parent Night by Zoom

Support for individual families and kids, as needed

*Times for All Ages* in our online worship services

Ways for RE groups to connect if they want to (Zoom, mail, video?)

Easter (April 12!) activity for kids to do at home - ideas brewing...

Zoom Youth Group meetings (already started!)

Some fun surprises



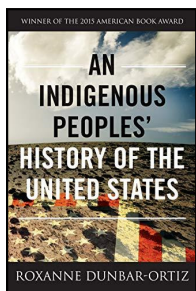
**PLEASE SHARE ANY IDEAS, THOUGHTS, FEEDBACK, NEEDS, and PHOTOS!**

For more information, contact Director of Religious Exploration Poppy Rees [re@cvuus.org](mailto:re@cvuus.org)



## fel·low·ship /'felō,SHIp/

*noun* 1. friendly association, especially with people who share one's interests.



**UUniversity** began last month and will continue when we are able again. Meanwhile, keep reading UUA's 2019-2020 Common Read An Indigenous Peoples' History of the United States by Roxanne Dunbar-

Ortiz (Beacon Press, 2015). If you would like to join this group, please let Mike Greenwood know [mike802vt@comcast.net](mailto:mike802vt@comcast.net) or 349.5653.

### CORONAVIRUS POLICY:

#### Our Buildings Are Closed to Public Use

CVUUS will adhere to VT Governor Scott's executive order when determining whether and how CVUUS facilities will be used. In cases where CVUUS's mission to serve the wider community involves work that arguably falls within the Governor's standards for "necessary activity," the minister will have the authority to approve use of CVUUS facilities for that work if advised by one of the several medical professionals in the congregation that such a course of action is safe for those doing the work and those in the broader community with whom they may subsequently come in contact.

All people working at non-profits not involved in safety and health care enterprises stay home from work. This does not force us to allow unsafe conditions to develop in our buildings, so individuals from our Facilities team may occasionally go in to inspect our systems. Our office manager may also stop by once a week for her monitoring work. Everyone who enters the property is responsible for *washing hands on arrival and departure and using the cleaning supplies on hand to disinfect what they touch, and staying 6 feet away from anyone they encounter.*

## Welcome!



We can be grateful for the ways we have of connecting, when our face-to-face, singing together, and sharing coffee hour snacks are not currently available. So, besides this newsletter, I hope to reach out with notes in the weekly (and more frequent as needed) Blasts, on topics relevant to Membership. And I hope that many of you readers will be able to view the Sunday services online (CVUUS.org) and other events as well. Our usual plans for New UU classes have to be modified, likely having an online format. In addition to the updated information to be provided in the Blasts, I expect to contact any of you who might be possible candidates for membership; and anyone who has questions about what is involved in becoming a member of CVUUS, may contact Rev. Barnaby or myself.

There will be **two online classes after Sunday worship, on April 19th and 26th**, to provide an **overview of UU history and the history of this congregation**. These are open to anyone in CVUUS, whether old members, new friends, and any in between. The short and sweet new-member welcoming ceremony has usually taken place on, or before, our Annual Meeting, Sunday, June 7th.

Though we have been deprived of some of the ways we strengthen our feelings of community, due to the important and very necessary restrictions to oppose the coronavirus pandemic, we need to do what we can to stay connected with each other and the shared values that nourish us. Let us know if you are struggling with this, and please share what you may have found that feeds you spiritually in these difficult times. For example, I hope to get outdoors and enjoy sunnier and warmer days when possible as Spring arrives. Mother Nature can be a treasured companion on our current journey. Warm, Spring blessings to all, Marjorie Carsen

### Yellow Card Milestones & Passages

Submit your info via code to right or at <https://cvuus.breezechms.com/form/YellowCard>



### Virtual Visit

Request one via the code to left or at <https://cvuus.breezechms.com/form/VirtualVisit>



## Social Action Updates

### April “Share the Plate” Donee: Minister’s Discretionary Fund

The minister’s discretionary fund is used to assist members and friends of the congregation and members of the larger community in meeting their basic living needs (such as shelter, food, utilities, medical) and other exigencies (such as transportation, fees). We seek to **meet COVID-19 relief requests**. Members and friends rarely come to Rev. Barnaby to ask, but he discovers that a difficulty exists in a conversation – and he reminds them that this fund exists. Funds may be given as a loan **or** a gift, depending upon the person’s ability and the circumstances. Please consider a donation toward building up this fund in April.

Please speak with anyone on Donation Ministry to suggest an organization you would like CVUUS to support: Barbara Karle (chair), Allison Cutler, Parker (Monty) Montgomery, Ashleigh Hickey, Chris Murphy, or Rev. Barnaby. March’s collection raised **\$508.38** for **Common Threads Project**. *Thanks!*



### Addison County Mutual Aid spreadsheet for covid-19 relief

Amy Mason helps coordinate this. Give help or request help here:

<https://www.addisoncountymutualaid.org/>

**Food Project with Breadloaf Mountain Zen Center** Recently several participated in working on bag lunch distribution to homeless and otherwise food-short folks with Breadloaf by dropping off bags in the open trunk of Rev. Barnaby’s Prius, which was parked in the CVUUS parking lot Thursdays (starting late morning) for



pick up Thursday evening. Watch the blast to see how this continues.

A bag might include: any mix of fresh fruit that is easy to handle and chew (grapes, clementines); individual apple sauce servings; small boxes of raisins; small packages of small carrots; string cheese (two per bag if possible); packaged trail mix; granola or protein bars; and bags of chips. Hand sanitizer and wipes are precious additions. Individual tissue packets and cans of seltzer water are also appreciated. Last but certainly not least, the best bags include a kind saying, prayer or other expression of kindness.

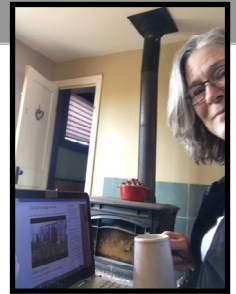
In these times of supermarket shelves having empty spaces, if you’re not a WIC recipient you can help **make sure that WIC recipients get the items they need**. WIC only allows certain brands and sizes to be purchased. Look for shelf labels identifying WIC foods and pick a different brand or size!

**Charter House Community Lunch Team** Join our call list for making a dish occasionally, or help make sandwiches on site for take-out lunches, or serve, or help with cleanup. We do this **every third Tuesday from 10 am – 1 pm**. 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](mailto:emarks@agewellvt.org) or 662-5249 or visit [agewellvt.org/giving-back](http://agewellvt.org/giving-back).



## FINANCE TEAM UPDATE FROM MARY CONLON



When I agreed to write a column for the April 2020 newsletter, I could not have imagined what we'd be experiencing just a few, short months later with the spread of the coronavirus.

As a member of the finance committee, I intended to write a sweet little piece about CVUUS' pledge drive and an update on planned giving efforts.

What a difference a few months makes! How incredibly strange to be conducting a pledge drive in this new world where: we're learning how to remain close even though we can't be physically close; where we have to learn new ways to worship, to meet, to care; where people have new worries about their health, their livelihoods and their ability to get their needs met.

In spite of this constantly-evolving landscape, I'm comforted by the fact that this too will end. I hope and look forward to a "new normalcy," as Rev. Barnaby describes it, by July when our new fellowship year begins. As such, one job of CVUUS' leadership is to develop a balanced budget based on pledges. In this new environment, we know that some people in our congregation have relatively stable income streams while others have seen a precipitous income decline. Still others may be stable now, but worry what the future holds. Where ever you are on this spectrum, we welcome your best faith estimate of what you can pledge for next year's budget. Many of you have already done so. For those who haven't, please know that we all understand that people may need to adjust their pledge as time goes on.

In the meantime, some good news on the Wake Now My Vision campaign: For those of you who don't remember or weren't here at the time, Wake Now Our Vision was a collaborative campaign to increase planned giving to UU institutions. CVUUS had the opportunity to receive a 10% matching cash gift, funded by the collaborative institutions, by being named as a beneficiary in a retirement account, will or trust. Many congregants took advantage of this opportunity and, in addition to the future financial gain, CVUUS is receiving \$15,000 in quarterly payments this year as a result of the 10% match. The board has made the decision to put 50% of it (\$7,500) into the endowment fund and the remaining amount into the building reserve. Many thanks to all who supported this effort! If you were unable to consider a planned gift to CVUUS during the campaign, but would like to consider one now, please contact John Berninghausen, CVUUS' planned giving coordinator, at [berningh@middlebury.edu](mailto:berningh@middlebury.edu) or 802- 349-7080.

I'm inspired by the words of Rev. Dr. Daniel C. Kanter. Rev. Dr. Kanter was the winner of the 2019 Stewardship Sermon award. In his sermon, "Tomatoes for the Future," he writes "...I have often pondered the effects of generosity on myself. I have had times when life was very difficult for me and once I called my father in the midst of a crisis and he told me, 'give something significant away.' And I did and it was the right medicine for that moment. And I think those generous acts grow in us...the coffee you bring to your co-worker, the door held for a stranger, the donation to a cause not only make us feel good but they can change us and they live long after we do and altar the world in unexpected ways..."

And as we learn new ways to adapt and connect – Zoom, Jitsi, Pathways to Covid Connection, etc. – I'm inspired by the many acts of generosity within CVUUS: Caring Circles, online worship, food delivery, Rev. Barnaby's daily CommUnion, etc. And, in this ever-evolving landscape, I look forward to witnessing new acts of generosity as well as a return to a "new normalcy." Be well, stay safe, and reach out if you need a hand or can lend a hand.



**Need an update on your pledge status?** Contact our bookkeeper Kris Butler at [fm@cvuus.org](mailto:fm@cvuus.org)

**NURTURE Your Spirit.**  
**Help HEAL Our World.**







## SEVERAL CVUUS AFFINITY GROUPS GO ONLINE OR SUSPEND UNTIL FALL



**Parents Group** will check in to see how it wants to continue online in this spring before it takes off for the summer. 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.



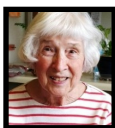
**Retirement Group** will be taking a break for now and check in over the summer to see how it wants to resume in the fall. Participants discuss their current or prospective reflections and experiences on the transition to retirement. Contact **Dinah Smith** for more.



**LGBTQIA+ Group** addresses the needs and interests of LGBTQIA+ and questioning folks. It will meet via zoom following the social hour on **Sunday April 19 at 12 pm**. For more, see **Jordan Young** or **Ollie Cultrara**



**Writers' Group** will be taking a break for now and check in over the summer on how it wants to resume in the fall. Meanwhile, keep writing and read to each other in safe social distance. Contact Bobbi Loney or Nancy Wright with questions.



**Residence at Otter Creek GrUUp** will be taking a break. Meets monthly for discussion 2 pm with Rev. Barnaby. Contact Ann Brousseau.

## Let's Eat Together (LET) SUSPENDED

The Caring Network welcomes you to resume lunch on the **4th Wed of the month at 12 pm** in Fellowship Hall when we are able again.

## CVUUS Sangha & Meditation SUSPENDED



We will resume meeting every Sunday evening at the CVUUS Fenn Chapel at 7 PM when we can. Our CVUUS website has good information as well.

## Breeze Update



In the February newsletter article from the Board, I mentioned the new Church Management software we've started using called Breeze. Who knew then (I didn't) how useful Breeze could be as we had to quickly transition to "Stay Home/ Stay Safe" work practices with staff and volunteers at CVUUS?

We now have all pledge and contribution information in Breeze and are cross checking that for accuracy against our previous system Church Windows. Church Windows required the bookkeeper computer to be networked to the office manager computer – (not possible with both Laura and Kris now working remotely) but with Breeze Kris can securely access what is needed from "the cloud."

We quickly instituted QR codes and web addresses for online giving as well as text giving – for use in our Sunday services (or access them anytime.) Feel free to reach out to me if you'd like a tutorial on either web or text giving – as a replacement for "share the plate" donations or any other type of donation you would like to make.

We also got some distribution lists setup – such as Rev. Barnaby is using for his weekday ComUUnion emails. If you are not on that distribution and would like to be – reach out and we'll get you added.

We also added a virtual "yellow card" Milestones and Passages form which goes to Rev Barnaby and he can share as you designate as well as an ability to sign up for Pastoral virtual visits. We've worked to make sure the right data is secure within CVUUS and in the overall cloud, so rest assured any data you share via Breeze has the same confidentiality as previous methods. Stay tuned as we continue to rollout functionality and features! And feel free to let me know of any concerns, questions, ideas, etc.

Mary Hadley – Church Management software conversion specialist (hey, new titles are fun!)





## Choir Notes

Greetings from the sanctuary of my safe home. I am missing everyone in the choir so much as we shelter in place starting March 16. I don't know what the immediate future holds for the CVUUS choir as far as anthems in services go. Our virtual service on March 15 went well the first Sunday we tried it, and Poppy sang in place of the choir (adding Poppy in is something we ought to incorporate into our services much more often IMHO!) Margy Levine Young sang alto harmony in the final congregational hymn, and it really sounded like a group, a choir of singers, not just Poppy as a soloist.



I think I can consult with the choir and maybe we can find one singer each week who can attend the very sparsely attended services and add some music. In the mean time Rev. Barnaby and I are sharing YouTube videos from composers like Elizabeth Alexander, who has opened all her recordings for use in worship services for the next 90 days.

It's been suggested that we use this time apart to solidify our relationships to one another individually. So, choir members, go ahead and use the Church Member list to call your friends and chat to see how everyone's doing and how we might help out. I suggest on Wednesdays at 5:45-7:15 we take some time to share our lives in some small ways. I'm working on Zoom meetings, but I gather they work best with only a few members, and don't time out close enough to sing together.

Keep finding inspirational music on the Internet and share it with each other. Good music will lift our spirits and help us find our way through the difficulties of the moment. Keep on singing, stay safe, and bring music into your lives whenever possible. I'm around. Call or text me for some personal interaction! And our emails can be long threads that reach everyone.

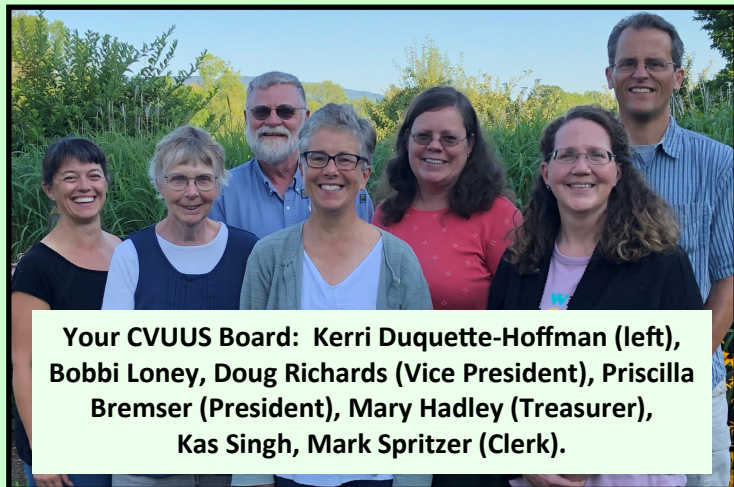
Blessings, and much love, Lucy

**Choir Rehearsal:** Lucy Tenenbaum, Choir Director, leads rehearsal remotely each Wed night 5:45 pm. Email [office@cvuus.org](mailto:office@cvuus.org) if you'd like to join her choir list with links to music they will rehearse. Try out a rehearsal by Zoom here <https://zoom.us/j/8023884347>. Login by 5:30 to "say hello" and "warm up" for rehearsal starting at 5:45 pm. If you get the free Zoom App from the app store on your phone, open the app, click JOIN, and enter the Meeting ID: 8023884347 that will connect you also. Questions? Contact zoom host Anne Christie (achristie1026 at gmail.com).





## FROM THE BOARD Mark Spritzer



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

It has been quite a month! Just a month ago, I was busily lecturing to biology students at Middlebury College, attending church and enjoying coffee hour, skiing at Snow Bowl with my kids, and not worrying about toilet paper. Now, I am frantically trying to convert my courses into something that can be viewed online by students around the world. I'm using computer programs that I had never heard of prior to the virus outbreak. Zoom? Panopto? Slack? I now have accounts with each of these, and they are all sending me a lot of spam. My family is trying to adapt to a life with the whole family home all day. My children both love school (for different reasons), so this has been a tough transition to being stuck in forced confinement with mom and dad. I have created a makeshift office in our basement, while the kids have turned the dining room into their school space. Social distancing was not much of a transition for me, as I've always been antisocial, but it's still strange to go out running for exercise and feel the need to move to the other side of the street whenever I see someone walking toward me. I also now find myself spending too much time on Facebook arguing with conservative cousins, perhaps because I do not have co-workers to argue with anymore.

The fifth UU principle is: "the right of conscience and the use of the democratic process within our congregations and in society at large." This principle weighed upon the deliberations of the Board last week as we made some important decisions. The first big question was whether or not to hold services on March 15, when state and federal guidelines were still vague. It was first decided that the RE classes would be canceled, and then we considered having an adult service to test our streaming equipment. After an impromptu Board conference call, it was agreed that all services should be canceled entirely until the risk of spreading covid-19 has subsided. It was a difficult decision, but we erred on the side of safety and ensuring that everyone felt included in the service, even if it did become an online service. A few days later, we had another virtual board meeting to discuss the needs of different people using the church building. After a good discussion, it was agreed that only "mission-critical" personnel should be allowed in the building. This meant employees and the worship team could use the building. Others wishing to use the church would be considered on a case-by-case basis by a task force, which included members of the Board. I was quite happy to be a member of such an efficient committee, employing considerate discussion and the democratic process.

These are strange days. Many in our community are suffering with food insecurity, missed paychecks, the possibility of long-term unemployment, and even homelessness. I do hope that the online church services can be a nourishing break for our virtual congregation. I also hope that our church continues to help those in need during this crisis, just as it always has.

It has been quite a month! Just a month ago, I was busily lecturing to biology students at Middlebury College, attending church and enjoying coffee hour, skiing at Snow Bowl with my kids, and not worrying about toilet paper. Now, I am frantically trying to convert my courses into something that can be viewed online by students around the world. I'm using computer programs that I had never heard of prior to the virus outbreak. Zoom? Panopto? Slack? I now have accounts with each of these, and they are all sending me a lot of spam. My family is trying to adapt to a life with the whole family home all day. My children both love school (for different reasons), so this has been a tough transition to being stuck in forced confinement with mom and dad. I have created a makeshift office in our basement, while the kids have turned the dining room into their school space. Social distancing was not much of a transition for me, as I've always been antisocial, but it's still strange to go out running for exercise and feel the need to move to the other side of the street whenever I see someone walking toward me. I also now find myself spending too much time on Facebook arguing with conservative cousins, perhaps because I do not have co-workers to argue with anymore.

### Board meeting highlights from Mar 10 meeting:

There was discussion of potential changes to services in response to covid-19. At the time, there were no plans to close the church, but an emphasis was placed on the need to follow CDC guidelines. Beginning discussions were made regarding different ways to live-stream a service.

A discussion of the monthly monitoring report led to brief discussions on sharing private information with the Caring Network, how our church might be equipped to help homeless people, and the current status of the Right Relations Team.

Mary Hadley reported on the transition to the new Breeze software for managing books and possibly managing contact information about congregants.



## APRIL BIRTHDAYS



Jim Goldsmith 4/5  
Tobias Baker-Rouse 4/6  
Carol Harden, 4/7  
Avi Freund 4/7  
Lois Alberts 4/8  
Ethan Spritzer 4/9  
Margot Borden 4/11  
Wren Colwell 4/12  
Rodger Comstock 4/12  
Rich Wolfson 4/13  
Sam Guarnaccia 4/13

Connie Leach 4/15  
Gary Gillen 4/16  
Mary Louise Bright 4/17  
Mary Ann Deverell 4/18  
Ginny Ashenfelter 4/21  
Susan Humphrey 4/21  
Francois Clemmons 4/23  
Kaden Hammond 4/27  
Elyse Singh 4/29  
Paul Forlenza 4/28  
Martha Fulda 4/30

## Roses to...

... **Margy Young, Jordan Young, Richard Hopkins, our sound team** and others who got us up and running with live streamed worship and virtual social hour.

....**Mary Hadley** and staff on getting Breeze operational and scannable codes and links for online giving, virtual requests, and yellow card submissions.

...**our Covid-19 response team** and **Board** for rapid policy direction and **Poppy Rees** for many extra efforts to keep us safe including homemade sanitizer when this was out of supply in stores.



## 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](mailto:berningh@middlebury.edu)).

## Pastoral Care

CVUUS is blessed with many wise and well-trained individuals providing support to members and friends in various kinds of distress.

**Laurie Borden, Jordan Young, Marjorie Carsen**



## 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. Let us know if you'd like to join this network which meets on **first Monday of month, 10:30 am** to coordinate needs and **4th Wed of month, 10 am** to prepare meals in advance. Contact **Nita Hanson** ([boostasha@aol.com](mailto:boostasha@aol.com) or 345-0489).

Visit [www.uua.org](http://www.uua.org) to learn about the wider work of UUA and our affiliates.

Visit [www.cvuus.org](http://www.cvuus.org) to explore our happenings and most current calendar.



# Champlain Valley Unitarian Universalist Society



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MINISTER  
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388-8080 (office)  
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989-7197 (home)  
Email: [revbarnaby@cvuus.org](mailto: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  
Fellowship—Mike Greenwood  
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 – Laurie Borden, Jordan Young, Marjorie Carsen  
Religious Exploration Council – Tracey Harrington, Jess Rouse  
Small Group Ministry – Doug Richards  
Worship Team – Liam Battjes Greenwood

## CVUUS Staff

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

Champlain Valley Unitarian Universalist Society  
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Return Service Requested

