



Champlain Valley Unitarian Universalist Society

September 2020 - Volume 23, Issue 2

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.

Honoring the Corn Moon Worship Services Online

Sundays at 10 AM

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

OR <https://zoom.us/my/cvuusservice/>



Our 2020-21 worship services will honor Native American Moons. This was affirmed because it compensates for our Eurocentric white privilege, addresses racism, helps us connect to the natural world, and ties into the lunar cycles of many Christian, Jewish, Muslim and other religious holy days. Native American moons are

all about building community -- a large community with our sisters and brothers of other races, animals, trees, birds, rivers, mountains and the larger world. Each moon will be celebrated with a gathering, traditions, storytelling and feasting. The names of the moons vary greatly because different tribes, nations and regions had different sensitivities. They noticed what was happening in their natural world and what they were doing as a community. We'll follow "Abenaki" lunar cycle but learn from others also.

Sept 6 —Labor Day Weekend Water Communion Ingathering —We'll collect and pour your summer waters into our communal bowl as we prepare for our new worship year and honor the full Harvest Moon.

Sept 13—Truth Wars—The hard work of asking "how can this be true?"

Sept 20—Love Hurts—Schools of Hard Knocks

Sept 27—Three Sisters: Celebrating the Full Corn Moon—Led by Liam Greenwood with MUHS Grace Vining. Followed by corn hole playing.

Oct *Falling Leaves Moon*

Nov *Deer Moon*

Dec *Long Moon*

Jan *Greetings Moon*

Feb *Baby Bear Moon*

Mar *Maple Sugar Moon*



Apr *Frog Moon*

May *Planting Moon*

June *Strawberry Moon*

July *Blueberry Moon*

Aug *Haymaking Moon*

Join Native Moons Group! See inside.



Words from Rev. Barnaby:

Liam Greenwood recently lent me *Roots of Survival: Native American Storytelling and the Sacred*, a book published in 1996 by Joseph Bruchac, a writer of mixed European and Native American descent who was primarily raised by his Abenaki grandfather. It's a mixture of mythic stories, critiques of Euro-centric culture, history told from Native American perspectives, and Bruchac's own distillations of what he has learned from decades of studying the varied spiritual practices of Native Americans. Distillations like this poem Bruchac wrote about native mountaintop fire rituals at dawn:

The mountain seen
and the mountain known
are not the same.
One is the image
held in the eye,
The other is the knowledge
gained in the climb.
The mountains we carry
inside are the same ---
the images held,
the wisdom gained.



We are *seeing* things in this pandemic world that tower over us emotionally and spiritually. We are told to "stay home" – literally or more metaphorically in hiding our public faces behind masks, not getting too close physically to each other, and not reaching across political divides. What we see this way looms especially high and even ominously over a congregation like CVUUS whose very purpose is to build Beloved Community in all its forms.

But then we go out and do things as best we can while caring for ourselves and each other. As one of our protest songs say, "*We put one foot in front of the other, and lead with love.*" If we do that, we will find that these mountains invited us to new perspectives on our gifts. It is in this spirit that I have looked to our anxiety about what will happen in our schools this Sept, I have adopted these words from Albert Einstein as my mantra for this month: "*Wisdom is not the product of schooling, but of the lifelong attempt to acquire it.*" Blessed be, Rev. Barnaby

Become a Worship Associate

We recognize that people of all ages, genders, ethnic and racial identities, and physical abilities have gifts to share with us. We rely on both worship professionals and volunteers, including longtime members, newcomers, and friends of the congregation. We would love to include you and a great way to participate regularly is to become a Worship Associate (WA). Let Rev. Barnaby or Worship Leader Abi Sessions (pictured above) know.

What does a WA do?

- They help plan the worship services.
- They offer a greeting at beginning of service.
(We have a standard welcome script to work from, but you can adjust it to fit your personality.)
- They offer a poem or a reading as a call to worship.
(Our minister can provide this for you, or give you general advice and leave it up to you..)
- The WA lights the Chalice at the beginning and puts it out at the end.

During this COVID time of physical distancing what happens?

- Our services are worked out with pre-recorded and live elements, so it varies.
- You could decide to have your part prerecorded (do a few takes, send in your favorite.)
- Or you can be a live leader of the service (this does help the service feel more personable.)
- You'll be part of a planning group on Monday before the service, then at 9:30 am on Sunday.

Would you be the only young person?

- As a gathering for all ages we hope for at least one person between 13-20 serving as WA.
- One person is a minimum. It would be great to have 2 or 3 young people to avoid tokenism.
- If you would like to do this with a friend or a couple of friends that would be great!
- DO NOT LET THE OLDER ADULTS TELL YOU WHAT TO DO -- you are a valued leader!
- You'll be invited to our monthly Worship Ministry Team meetings and your voice is important.



CVUUS Sept Newsletter

How Can We Connect This Year?

This was **the big question** that the **Council of Ministries** brainstormed at its annual retreat in August. In this time of social distancing, the council's mission of *"building connections so the work of the church gets done"* seems **more essential than ever**. Meeting in-person with masks on the CVUUS lawn, twelve of us representing our various ministries shared ways we have stayed connected and also have felt distanced from CVUUS since March. Several groups met remotely or distanced over summer. Others took a break and are resuming this fall. Others can be formed. We explored opportunities to connect both in-person and online this fall and winter.

Could we put up a tent to extend the season of meeting outside? Would people find value in having shorter video clips from services to explore? How might kids be more involved in Sunday services? How do we keep leaders energized? How can we help people find us? What are ways we can expand the definition of small group ministries to serve more people? These are some of the questions we will be working to answer as we meet this fall.

Look for more online events and opportunities for connection to appear on the CVUUS calendar, and for a **survey in the weekly blast** to check in with each of you about how you would like to be connected with CVUUS this year.



Jean Terwilliger and Lise Anderson,
Council of Ministries co-conveners



Staying Connected...Virtually

Sunday Morning Zoom Coffee Hour (~11:15 am):

Join exchanges after worship where we check in with each other. Login <https://zoom.us/j/cvuuservice/>

Tweek (Mondays & Fridays): Rev. Barnaby shares inspirational thoughts, music and readings in a regular email twice a week. Look for *Tweek* from revbarnaby@cvuus.org. Not getting these? Email office@cvuus.org.

Weekly Blast (Wednesdays): Provides pathways for connection with links to our upcoming worship service, past services, and events. Not getting these? Email office@cvuus.org.

Facebook CVUUSVT follow us here with news and links to our Sunday worship service.

Yellow Card Milestones &

Passages: Submit them at <https://cvuus.breezechms.com/form/YellowCard>

Virtual Visit: Request one with Rev. Barnaby at <https://cvuus.breezechms.com/form/VirtualVisit> or arrange for one on one time with him in our Sanctuary at revbarnaby@cvuus.org

Small Group Ministries: Several are continuing remotely or with some socially distanced fellowship. See pages 7-9.



CVUUS Sept Newsletter



RE THOUGHTS

RE-INVENTION THIS YEAR

As I write this, school will start in 2 weeks. **Our families are feeling the push-pull of wanting our kids to have a normal life again, to be with friends and people – and - wanting them to be safe.** Staying at home is the safest but we can't do that all the time and be okay, so we are making risk assessments and doing things we know aren't the safest but we hope are feeding their spirits and hearts. And ours. And this is hard and sometimes scary.

We are buying masks we hope will work (comfortable, not too hot, fitted, 3 layers.... wait, what's the latest study say now?) with little guidance. We are making decisions about homeschooling or remote school 5 days or a mix of remote/in-person. **There are no easy choices right now.** We are trying to work, trying to parent "enough", trying to get enough sleep, and some of us are just trying to keep it together.

SO – **what does this mean for the Religious Exploration (RE) program this year?** It means...

Reinvention. If ever there were a year to try different things, this is it.

We are asking lots of questions. What will lift up the kids? What do they need? What could we give them that would be helpful and joyful? **We want to help them feel hopeful, happier, and stronger.**

Families are all over the place with what they might want for RE, what they need, and how they might engage (or not – some are waiting for us to be able to meet in person)

We will be **reaching out to kids and parents after school has been running for a few weeks** to see what they want and need

Planning only a few months out, not for the whole year – we need to be flexible and support kids and families where they ARE, physically and emotionally

Multiple delivery methods: boxes, mailings, videos to watch when you want to, some Zoom...different ways to interact with each other and with CVUUS

Our parents with children at home are handling a lot, so **we'll be reaching out to congregants without kids at home** to see if they want to be part of lifting up and connecting with our kids and families with children

REinvention. Hope. Joy. Fun. Community.

If you want to be part of RE this year or have any ideas for things to do, I would love to hear from you.

And to everyone – I love you. I miss you. I am in this with you.

~ Love, Poppy - your Director of Religious Exploration

CVUUS Achieves Negative Electric Bill! Thanks to our 17 solar panels in the ACORN Energy Solar 2 project in Shoreham, as well as our participation in Green Mountain Power's new Share Green program, CVUUS's electric bill for mid-July through mid-August was -\$19.25, meaning that we didn't have to pay anything in August and that \$19.25 will be credited against future months' bills. The ACORN solar project generated 882 kilowatt-hours, 80% of our total electricity consumption. **Do you get your electricity from solar panels?** If so, you should have received notice from GMP describing their new Share Vermont Green (SVG) program. The idea is that those of us whose solar systems generate more energy than we use can donate excess credits to help Vermont nonprofits and small businesses with their electric bills during these difficult economic times. Your contribution goes to a pool of nonprofits and small businesses who have signed up for the program. Sign up at [SVG program website](#). Stay tuned for more on our solar ventures. Rich Wolfson





CVUUS Sept Newsletter



Social Action Updates

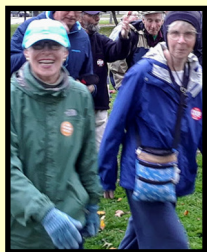


September "Share the Plate" Donee: Movement Voter Project

Movement Voter Project (MVP), started in 2016, raises money to support the work of over 400 of the most promising and effective grassroots organizations across the country engaging voters and working for change and in their communities. The focus is on groups "most impacted by injustice", often youth and communities of color. The first task is to turn out under-represented voters and build a strong, committed voting base; the second is to help communities to empower themselves and keep the momentum for change moving forward. From MVP's website, "There are thousands of grassroots organizations working to build a true democracy and move the U.S. forward on issues of economic fairness, racial justice, immigrants rights, women's rights, LGBTQ rights, access to healthcare, and environmental sustainability. But not nearly enough direct funding or individual donations go to these groups. In the meantime, billions of dollars are spent each election cycle on TV ads and consultants. We are working to change that!" MVP doesn't take a percentage for administration; every penny goes to the groups they support. More information can be found at <https://movement.vote>.

Please speak with anyone on Donation Ministry to suggest an organization you would like CVUUS to support: Allison Cutler (chair), Barbara Karle, Ashleigh Hickey, Chris Murphy, Avi Freund or Rev. Barnaby. Summer's collection raised **\$720** for **Christal Brown's Black Freedom Fund**, **\$685** for **Clemmons Family Farm Artists' Relief Fund**, **\$928** for **NAACP Legal Defense Fund** and **\$XX** for **Addison County Food for Families Initiative** ("5th Sunday" collection). *Thanks!*

Addison County Food for Families [Bread Loaf Mountain Zen Community](#) and CVUUS bridged the gap when school-based food programs for families ended Aug 14 and when they resumed with the opening of public schools on Sept. 8. Zen Center's StreetGreens truck delivered food for "cafeteria style" choice to Middlebury, Salisbury and Shoreham.



2020 CROP Hunger Walk Needs Us!

From its birth in 1969, Church World Service CROP Hunger walks have raised over \$500 million in more than 900 communities and CVUUS has been a part of that. This year, due to the pandemic, there is *increased* need for food and resources here in Addison County, in Vermont, and around the world. To protect ourselves and each other, we will walk individually or in small groups, and donate online. We've been averaging 35-40 walkers a year, and if 40 people donate \$25, we'll raise \$1000! If you ask a relative or friend to donate \$25, we'll raise \$2000! Here's how it works:

Take a walk! And if you're willing, take a picture and send it to the Addison Independent sometime in September under the heading CROPwalk, saying who walked and why.

Go online to "Addison County VT CROP Hunger Walk".

Click on "donate"; then, under "team", click on "CVUUS", then donate. Then ask someone else to do the same.

Simple. Questions? Email bobbiloney@gmail.com

NURTURE Your Spirit.
Help HEAL Our World.





Social Action Updates



DINNERS FOR CHARTER HOUSE CVUUS has been providing a nutritious lunch once a month for Charter House for many years, led initially by Sue Grigg and Mary Lou Bright, and lately by Alan Moore and Revel Allen.

During the current COVID-19 pandemic, Charter House has been feeding three meals a day for up to 100 low income or homeless people. They have asked CVUUS to provide a dinner on some Tuesdays for the foreseeable future. Basically, we would be asked to provide either a meat -vegetable-starch meal, or there could be a combination of them in a casserole. At present Charter House is feeding 65 people, all via take-out. CVUUS volunteers would prepare the meal in the CVUUS kitchen and then take it to Charter House where their staff would distribute it. We will provide a meal at least once a month, more if we can. We would like to follow UUA Ethical Eating guidelines as much as possible, which means using locally produced and, when feasible, organic food. This will increase cost by at least 50%, especially if we purchase local meat. We will attempt to minimize the use of meat, both because of its cost and also because it is healthier for all. However, we recognize that recipients of the food do, for the most part, prefer a significant amount of meat in their meal. We will also provide a vegetarian option. We might purchase all of our food at the Food Coop and thus benefit not only local producers but also a local owned business. Some possible menus that we might consider are:

Lasagna (with ground turkey),
steamed broccoli, carrots with
ginger and maple syrup glaze.
Optional vegetarian lasagna.
Apple crisp.

Meatloaf (with ground turkey),
green beans, mashed potatoes.
Optional vegetarian meatloaf
(lentil loaf). Carrot cake.

Barbecued chicken, rice, green
vegetable TBD. (Optional BBQ
tofu). Chocolate chip cookie.

To feed 65 people will cost anywhere between \$2.25 and \$3.00 each, depending upon the meal, for a total of between \$150 and \$200 per meal. This is more than we should expect our CVUUS volunteers to shoulder, so we will require some support from the CVUUS budget. CVUUS is accepting donations to the Social Action fund in our budget, which will help support providing these meals to those who find themselves homeless or in need of a meal because of their economic situation.

Donate Your Garden Surplus!

Charter House: any day of the week. Drive around back, wear a mask, drop off produce. Ring the kitchen doorbell, there is usually someone in the kitchen. If not, you can leave veggies on the shelf to your left. They accept almost everything but please- no baseball sized zucchini.

Community Supper: Dottie says donations of small bags or boxes of cherry tomatoes, small cucumbers, or other small solid veggies (no chard, kale, lettuce please) are sometimes picked up by their guests. You can leave them at Congregational Church of Middlebury Friday afternoon when they do take-out box set-up.

Farm workers: Cheryl Mitchell delivers to farm workers Thursday afternoon. You can leave veggies on Abi Session's porch (266 Pulp Mill Bridge Rd Weybridge) between 2-3 PM Thursday. Please wear a mask when you drop off food. Ideally, it has been washed and placed in smaller bags or boxes, but if you don't have time to do that, we will do it for you. They appreciate: corn on the cob, tomatoes, peppers, garlic, tomatillos, onions, and herbs, especially cilantro.





Music Ministry, led by Carol Harden, pays close attention to latest guidance on singing and playing instruments at CVUUS. Follow CVUUS policy on p. 10 until their proposal (right) is approved. Meanwhile...

SAVE THE DATE! CVUUS Zoom Coffee House (Fri. Oct. 9, 7 PM)

Look for details in the Weekly Blasts and October newsletter. Performers will sign up in advance. Most performances will be live-zoomed, but there may also be a pre-taped option. What to perform: Music! Maybe poetry? Same-household/same-bubble skits? There is still plenty of time to get your act together. Don't be shy! In the (happy) case of too many participants for one event, we'll schedule another one.



Choir Group Welcome to fall and in gathering. In time of COVID we're doing this all virtually. The choir practices on ZOOM Wednesday's 5:30-

6:30 PM. We're preparing *Mni Wiconi, Water is Life* from the Sioux Nation Water protests for the **Sept 6** service. It's a lot of work for the choir, each person recording themselves. Eric Maier will be compiling them into audio for us. It will be exciting to see what we get. Chuck has been helping with audio assistance for choir rehearsals. **Sept 20** is the beginning of the Jewish High Holidays, Rosh Hashonna. Rev. Barnaby asked the choir to prepare #1037, *We Begin Again*.

We hope to have at least one choir anthem per month through the fall. We welcome all singers and want-to-be singers to our rehearsals. No one hears you unless you want to record yourself. You need a computer, and headphones are nice to hear the backup music while you sing. With your mute button on. Not ideal, but we are continuing our Choir Small Group Ministry with hope and perseverance. With a whole lotta love, Lucy Tenenbaum

List for Musicians (Proposed)

Sing, play, practice, and record outside whenever possible.

A maximum of 10 people may gather indoors at CVUUS.

Musicians should come ready to record or perform – this is not a space for rehearsals or warm-ups.

Minimize the number of takes of a recording.

The space used should have as much outside air circulation as possible (windows open, fans, etc.)

Everyone except singers and wind musicians must be masked. Singers and wind musicians may be unmasked only while actually singing or playing.

A maximum of 5 persons may be unmasked.

45 minutes is the upper limit for a gathering involving unmasked people.

Unmasked people must be ≥ 10 feet away from others – more distance is recommended

After unmasked singers and wind musicians have been in an indoor space, that space must be empty for ≥ 1 hour.

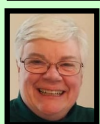
Wipe microphones with disinfectant after use, label with the date, and put aside for 1 day before use by anyone else.



CVUUS Sangha & Meditation

Many of us that met in Fenn Chapel on Sunday nights are sitting with others at morning meditations with Breadloaf Mountain Zen Center until we can resume again at CVUUS.

We welcome you to join us there. No experience needed. Also visit cvuus.org for good information on meditation. If you have any questions, call Colleen Brown at 989-9974.



YOUR CVUUS BOARD Priscilla Bremser (President), Doug Richards (Vice President), Mary Hadley (Treasurer), Kas Singh (Clerk),

Mark Spritzer (at-large) Kerri Duquette-Hoffman (at-large), Ann Webster (at-large, replacing Bobbi) Meets online on the second Tuesday of the month at 6:30 pm and invites you to attend **Northern New England District of UUA Online Annual Meeting (Sat. Sept 26, 10-3)** for worship and fellowship followed by a decision on whether or not to dissolve NNED as a separate entity. Only delegates can vote . Let Priscilla Bremser know if you'd like to join her as one. You do not need to be a delegate to attend. It is free but does require registration to get the zoom link [here](#)



Writers Group will start up again on Sept. 14th. We will meet the 2nd Monday of month from 7:30-9 pm via Zoom (note change of time and which Monday). This is for anyone who writes: for pleasure, hoping to publish, published. All are welcome to come and share, including people not part of CVUUS. You may ask for feedback or not. Questions? Email bobbiloney@gmail.com to get on the list for Zoom invitation link. The Writers Group has been meeting for 19 years and exchanging with one another via email over the past months since March and looks forward to "seeing" one another again via Zoom.



Green Sanctuary Small Group Ministry, restarting in September, is

open to any CVUUS member or friend who is interested in exploring an Earth based spirituality. The group will meet via zoom on a monthly basis, with reading materials and an agenda available in advance. Group members are welcome to recommend topics and readings. If you are interested in joining or have any questions, email elizabethgolden@shoreham.net

Have You Discovered CVUUS LIBRARY yet?

We offer a good **children's book collection** in Fenn House chapel and an **adult library collection** in the lower level Blue Room. Remotely browse our shelves via <https://www.cvuus.org/learning/library/> We're happy to locate books for you and arrange for drop-off or pick-up. Now is a good time to find and return stored or borrowed books. Arrange with office@cvuus.org or awolfson@middlebury.edu



Roses to...



...**Liam Greenwood** for leading our Worship Team over the summer and all those who contributed to our stunning Spirituality and the Arts worship services, especially our stream team **Rich Wolfson, Richard Hopkins, Margie Young** and **Lucy Tenenbaum**

...**Fernanda Canales** for bringing Food for Families awareness to us.

...**Julia and Lonny Chant** for loaning a fridge for the Food for Families program and **Scott Barkdoll** for bringing it over.

...**Bob House, Miles Peterle** and **Scott Barkdoll** for smoothing out our sidewalks and lot.

...**Rich and Artley Wolfson** for transforming the Blue Room as our library.



CVUUS Sept Newsletter

Welcome! End-of-summer

Greetings to our members, friends, and online visitors.



CVUUS continues to provide inspiration and support, mainly in online formats, but with increasing use of outdoor settings, when Mother Nature is cooperative. In a recent outdoor meeting of the Council of Ministries, a major focus of our discussion was, how we can bring not-yet-UUs into our community. If we all consider how an online Sunday Service, or an event promoted in our Weekly Blast, might be appreciated by someone we know who is not yet familiar with us, there could be benefits all around if we invite them to watch or attend that service or event. For example, our summer services focused on the Arts could appeal to anyone you know who loves theatre, or writing, or children's books, and so on. And if you have ideas about how to spread our good news to the wider community, speak up! And share them with us.

We hold "New UU" classes each fall and spring to share our spiritual journeys, learn UU and CVUUS history and understand what it means to become a member. Last Spring, we welcomed new members who participated in virtual classes. How we can provide this in coming months will depend on how such an introduction can be set up in accord with full precautions for the medical safety for all involved.

If you're curious about the pathways to membership in CVUUS, please contact Rev. Barnaby or myself. As for learning about our faith, there is much available on the UUA website, as well as ours. And we have a wonderful library next to our Fellowship Hall, sadly not in regular use during the pandemic, but access can be arranged.

May you all be safe and well, and finding spiritual sustenance, in these very challenging times. Warm blessings,

Marjorie Carsen,
for the Membership Ministry

Native Moons and Natural Mindfulness

This new small group ministry led by Liam and Mike Greenwood

celebrates Abenaki and Iroquois lunar cycle and uses *Braiding Sweetgrass* by Robin Hall Kimmerer to guide reflections and sharings. The idea is to have an outdoor event followed by enjoying related food and then an online discussion.



Celebrate the Harvest Moon

Join our Garden Party! Tues, Sept. 1, 5:30 PM (or Thursday, Sept. 3 as our rain date). The party starts at 5:30 PM and the zoom call/conversation starts at 7 PM. Location: Liam and Mike Greenwood's home 8 Ice House Court, Vergennes, VT. Reserve your spot by texting 802-349-4860 or email-

ing LiamBattjes@gmail.com. Space is limited to 12 people. Bring something you have made or grown. We are celebrating the harvest, so think of making something from the produce or fruit from your garden or a local farm that you can share. We will be playing conversational croquet (set up like mini-golf with discussion questions.) This is a great game for social distancing. We are reading *The Honorable Harvest* (p.175) from *Braiding Sweetgrass*.

Celebrate the Corn Moon

Cornhole Workshop Sat., Sept. 19, As we look at *The Three Sisters* (p. 128), assemble and paint a cornhole game. (It's a great game for social distancing). Zoom call/conversation on Sun Sept 20, 7 PM. Plan a tournament using it before or after the **Three Sisters Online**



Worship Service, Sun. Sept. 27, 10 AM featuring MUHS Grace Vining who, along with a Burlington student Theo Ellis Novtny, won an award for young film makers for this short film on need for teaching Abenaki culture: <https://youtu.be/WyDVh9RSgJ8>



CVUUS COVID Building Use and Meetings Policy

Made by Safe Congregation Ministry on 6.24.20, in agreement with COVID Team

- 1) Anyone using CVUUS grounds or buildings **MUST: Get clearance and schedule ahead of time with Laura** DURING THESE HOURS: M-F 8-12 office@cvuus.org. In an emergency when Laura can't be reached, contact Rev. Barnaby 989-9303. Take pre-screening health survey before attending. Fill out "CVUUS COVID CHECKLIST and adhere to the safety policies therein. People gathered to tape music should safely distance and wear masks. This means that wind players and singers should not yet be taped in the sanctuary. We're working to develop a more nuanced policy that will offer more flexibility to those wanting to tape music in the sanctuary.
- 2) **GROUP MEETINGS - 10 people maximum, are permitted IF:** there is a compelling reason for them to meet onsite in-person AND they make reasonable efforts to accommodate those who wish to attend virtually
- 3) Onsite public Sunday morning worship won't resume before January 1, 2021 at the earliest

CVUUS COVID CHECKLIST

BEFORE ENTERING BUILDING/ HAVING MEETING: TAKE THIS PRE-SCREENING HEALTH SURVEY. IF YOU ANSWER YES TO ANY OF THESE QUESTIONS, YOU MAY NOT ENTER CVUUS BUILDINGS OR MEET.

In the past 14 days, have you had close contact with a person confirmed to have COVID-19?

Yes No

Today or in the past 24 hours have you had any of the following symptoms?

Cough	Yes	No
Shortness of Breath or Difficulty Breathing	Yes	No
Fever (above 100.4°F) or felt feverish	Yes	No
Chills	Yes	No
Muscle Pain	Yes	No
Sore Throat	Yes	No
New loss of taste or smell	Yes	No

AS SOON AS YOU ENTER BUILDING:

- take temperature if you haven't taken it before coming > **if over 100.4, YOU MAY NOT ENTER**
- use disinfectant wipes or spray to disinfect the doorknob behind you, the thermometer, and anything else you touch near the entry * wash your hands for 20 seconds using soap & water at sink (or use hand sanitizer) * sign in on clipboard

WHILE IN BUILDING:

- wear a face covering that covers your nose and mouth when in the presence of others
- stay at least 6 feet away from others not in your household
- use only the assigned meeting room and designated bathrooms
- when possible, open doors and windows to promote air flow to the greatest extent possible

WHILE MEETING OUTSIDE:

- wear a face covering that covers your nose and mouth when in the presence of others
- stay at least 6 feet away from others not in your household
- use only the designated bathrooms * we recommend bringing your own chair

BEFORE YOU LEAVE BUILDING/GROUNDS:

- Close and lock any open windows; turn off overhead fans and lights as needed.
- use disinfectant wipes or spray on **ANYTHING YOU TOUCHED** while you were here.

If you get COVID symptoms or a COVID diagnosis within 14 days of being at CVUUS, inside or outside, please let Laura know ASAP!



SEPTEMBER BIRTHDAYS



Nita Hanson 9/2
Livia Sessions Bernhardt 9/2
Jeanne Van Order 9/3
Ginny Moser 9/6
Chris Murphy 9/10
Parker Mol, 9/10
Faith Comstock 9/12
Robin Scheu 9/12
Journey LaRose 9/16
Dimitri Rodrigue 9/17
Bobbie Andrews 9/19
Julia Anderson 9/19
Ellen Flight 9/19

Autumn Spritzer 9/19
Laurie Borden 9/21
Dinah Smith 9/21
Steve Orzech 9/22
Catie Raishart 9/22
Evy Hickey-Briggs 9/24
Mark Raishart 9/24
Zach Mason 9/25
Abby Andres 9/26
Hannah Sessions 9/26
Bob Johnson 9/27
Chris Hammond 9/29
Melissa Hammerle 9/30

CVUUS Directory: We send out a directory monthly by email to those listed in the directory. There are two versions: one with photos and one without photos. Contact Laura (office@cvuus.org) if you'd like to be added, need to report a change or want to add or change a photo.

Online Giving Options Submit a donation **by text** (dial 518255-8053) or **by code** to right or at <https://cvuus.breezechms.com/give/online> Enter the amount you want to give. It defaults to "Share the Plate 50/50," but remember you can use the drop down on the right of that field to choose another giving category. It also gives you an option to pay the service charge. Thanks for all you give.



for online giving



CVUUS Seasons of Life Fund

Our Seasons of Life Fund is a way to share your joy or concern with the CVUUS community. Members and friends can commemorate personal milestones and passages through financial gifts to CVUUS that provide extra money for us to fulfill our mission statement. The names of the donors and the occasions of the gifts are noted in our monthly newsletter. There is no minimum amount and the size of your donation will not be made public. Please consider the Seasons of Life Fund the next time you—or someone you know—want to honor a birthday, marriage, retirement, anniversary, death, or achievement of any sort.

Planned Giving: For help including CVUUS in your will or trust, contact **John Berninghausen** (349-7080 berningh@middlebury.edu).

Pastoral Care

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

Laurie Borden, 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 by contacting **Kathryn Schloff** (kathrynschloff@gmail.com or 349-5264).

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: M–F, mornings
Visit our web site at www.cvuus.org.
And Facebook page CVUUSVT

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

CVUUS Board of Trustees

Priscilla Bremser – President	Members At Large:
Doug Richards – Vice-President	Mark Spritzer
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Kas Singh – Clerk	Ann Webster

CVUUS Leaders

Caring Network – Kathryn Schloff 349-5264
Council of Ministries – Jean Terwilliger 377-1849, Lise Anderson
Donation Ministry – Allison Cutler 989-7792
Facilities – Bob House 989-5050
Fellowship—Mike Greenwood 349-5653
Finance—Mary Hadley 377-2270
Green Sanctuary – Elizabeth Golden 598-2388
Library & Information Resources – Artley Wolfson 989-7081
Membership Ministry – Marjorie Carsen 453-8457
Music Ministry Team – Carol Harden 989-8783
Pastoral Care – Laurie Borden, Jordan Young, Marjorie Carsen
Religious Exploration Council – Tracey Harrington, Jess Rouse
Safe Congregation—Allen Moore 865-335-2028
Small Group Ministry – Doug Richards 989-9387
Worship Team – Abi Sessions 349-8147

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 – TBD
Office Manager – Laura Asermily (office@cvuus.org)
Sexton— Keith Rickerby

Stay Connected...Virtually!
Worship Service Online 10 AM
followed by Zoom Coffee Hour 11 AM
Honoring Native Americans. More Inside.

Return Service Requested

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2 Duane Court
Middlebury, VT 05753

