



# Champlain Valley Unitarian Universalist Society

November 2020 - Volume 23, Issue 4

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.

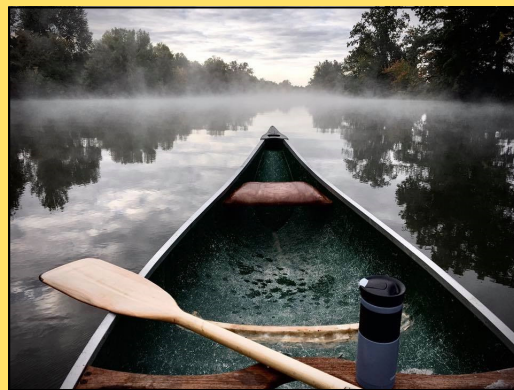
## Worship Services Online

Sundays at 10 am <https://www.cvuus.org/worship/watch-online/> OR <https://zoom.us/my/cvuuservice/>

### Don't pray when it rains if you don't pray when the sun shines.

#### Nov 1 —The Future We Choose—

Buddhism would say it is already here. Is that good news? Rev. Barnaby considers the wisdom of a line of poetry that reads "everything is fleeing toward its presence." *DAYLIGHT SAVING time ends Nov 1. Set clocks back one hour.*



#### Nov 8 —Press Conference—Rev.

Barnaby's annual "Ask me anything" worship service.

**Nov 15—Mental Health**—Like climate, we can be sure it's always there but the actual weather varies from serene to deadly. Rev. Barnaby reflects on what Unitarian Universalism has to say about this.



**Nov 22—Silver Linings**—the things we have unexpectedly been gifted by the pandemic challenge are piling up along with the challenges. Let's celebrate them. *New members welcomed.* Led by Rev. Barnaby

**Nov 29—TBD** Led by Liam

Greenwood and guest *Full Deer Moon*

### Gratitude: naming our joys and sorrows



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





## Words from Rev. Barnaby:

As I write this on Oct. 25, we are heading into a month full of uncertainty, but also consecrated to reflecting on gratitude as we prepare December's many holidays. Perhaps our biggest spiritual challenge will be finding ways to be grateful for uncertainty.

And what a challenge! I don't know how the 2020 election will come out or when we will finally know the results. I don't know when the arrival of a good vaccine or some other development will begin to put Covid-19 in our rear-view mirrors. I have no idea when humans – through cooperation or collapse – will decisively halt their upward spiral of hydro-carbon emissions driving climate change.

The dreadful uncertainty surrounding these and so many other big questions occupies an expanding and threatening space in my heart and mind. In my best moments, I tell myself I will become a better person learning how to cope with it. I will look more carefully at what is really going on in my life and the world around me. I will become a serenity warrior, skilled at separating what I can't change from what I can. I will become more creative. I will become more empathetic, I will focus on embodying Love, the calling at the heart of Unitarian Universalism.

But that all rests on faith and hope. Faith that what each of us does matters and hope that I can be wise. Wise in the sense of the saying *"Every man is a damn fool for at least five minutes every day; wisdom consists in not exceeding the limit."* (Elbert Hubbard)

So how do we do that? I don't have a sweeping answer for you, but I will say that we each get fairly regular opportunities to be amazed. Like the simple fact I woke up this morning to find that the underdog Tampa Bay Rays had tied the Dodgers in the best-of-seven Baseball World Series at two wins apiece in the ninth inning on what may be the most improbable comedy of errors by both teams to ever end a baseball game.

Brett Phillips, the obscure player who got the key hit that set the chain of mistakes in motion, is the lowliest substitute on the Rays team. He had been sent into the game as a pinch runner the previous inning. He had batted just 5 times in the last month of the season and struck out on four of them. And he was facing one of the top relief pitchers in baseball. Here's what happened: <https://www.si.com/mlb/2020/10/25/world-series-rays-dodgers-brett-phillips>

Here's what Phillips said later: *"I definitely want to extend some advice to all the kids out there: keep dreaming big. These opportunities, they're closer than you think."*

May you have a month encountering opportunities that are closer than you think.

Blessed be, Rev. Barnaby

## Adult Religious Exploration Fall New UU Classes

Some of you have been involved at CVUUS as "friends" of the congregation for years and may even have taken part of this course in the past. Others are very new to us and Unitarian Universalism. You'll Zoom-meet some newer congregants and learn a bit about UU'ism and CVUUS in particular and perhaps your own belief system. You'll have enough information to make an informed decision about whether or not this is a good time for you to become an official member.

One new twist is that there will be four classes instead of three in order to limit our time on Zoom. Each class will be one hour, instead of the traditional two with food break. We'll start at 5 pm instead of 7 pm so you will have the evening free. Please let me know if you aim to join us! And feel free to invite friends to join you in taking the course, even if they have no connection to any religion or belong to another tradition. Blessed be, Rev. B

**Mon, Nov. 2, 5 pm** -- meet each other, share highlights of your religious background, if any, and your spiritual journey.

**Thurs, Nov. 5, 5 pm** -- a look at the variety of spiritual beliefs and practices you are likely to encounter among UU's and the chance to locate where you currently fit in.

**Mon, Nov. 9, 5 pm** -- Some UU history highlights, centered more on unusual people that particular events -- only two dates will be featured (1819 and 1961).

**Mon, Nov. 16, 5 pm** -- How CVUUS was founded in 1986, how it grew, and how it is organized now.



# CVUUS Nov Newsletter

## 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 (2<sup>nd</sup> century)

**Migrant Support:** How can you support farmworkers in Addison County? While the **Mexican Consulate Visit has been postponed to 2021**, there are several other ways you can help.

**1) Open Door Clinic** is thrilled to announce that the English version of *The Most Costly Journey/El viaje mas caro* is finally seeing the light of day! *The Most Costly Journey* is an anthology of personal stories told by Latinx migrant agricultural workers in Vermont and put in comic form by local cartoonists. Please support this project by visiting our Kickstarter campaign and contributing at any level! <https://www.kickstarter.com/projects/elviajemascaro/the-most-costly-journey-graphic-novel/posts/2982043>

**2) Addison Allies** needs access to a truck and driver to help transport large household items to workers like beds, appliances and furniture. Contact Kathy Comstock at [kthycmstck@hotmail.com](mailto:kthycmstck@hotmail.com) or Veronica Ciambra at 578-8696 if you have a truck or know someone who does.



## WINTER CLOTHES GIVEAWAY

Thanks for your donations of good clean coats, mittens, sweaters, winter pants, and boots for women, men, and children to be given away on Nov 6, 7, 13, and 14 at the Middlebury Methodist Church (Seminary St). They are not accepting any more donations at this point. Follow local media for times. To make an appointment for private selection, please contact Margaret Klohck at 989-7363 or [mgklohck@gmavt.net](mailto:mgklohck@gmavt.net). If you have more to donate, your items would be welcome at Charter House and our thrift stores. Read about our Radical Love Novel Yard Sale on page 5 for how this could help CVUUS and our community thrive.



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/7cvuusservice/>

**Weekend Greeting (Fridays):** Rev. Barnaby shares inspirational thoughts, music and readings in a regular email from [revbarnaby@cvuus.org](mailto:revbarnaby@cvuus.org). Not getting these? Email [office@cvuus.org](mailto: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](mailto: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](mailto:revbarnaby@cvuus.org)

**Small Groups:** Some meet remotely or with some socially distanced fellowship. Contact Laura at [office@cvuus.org](mailto:office@cvuus.org) if your small group of 10 and under wishes to experiment with a **face to face meeting** on our site following our COVID policy. Laura can also schedule **Zoom meetings** for CVUUS groups. Ask Laura how you can become the host for your meeting. Explore *small group ministry* and our *affinity groups* [here](#).

**Council of Ministries:** Reps from our groups convene online 2nd Sunday of month at 3:30 to brainstorm and update each other.

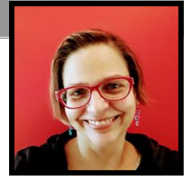




## RE THOUGHTS

## UPCOMING EVENTS

**REinvention. Hope. Joy. Fun. Community.**



It feels like some things have settled into a new normal but **the new normal is often very hard**. We are all trying to figure out how to give our kids some sort of Halloween that feels good enough. And then there's Thanksgiving and the December holidays. And then... It's a lot to hold in our hearts and minds and hands. The RE program has some things coming up that we hope will bring a little joy and connection to kids and families, dates still being worked out.

**RE groups will NOT be meeting inside**, at least for now. **We'll meet on Zoom and do outdoor things when we can.**

**RE boxes/bags** We'll be delivering (or you can pick them up) another round of bags containing activities and snacks (it's not RE without snacks!). Look for a gratitude activity for the whole family, an ornament-making packet and more.



**Time for All Ages** After every Sunday service, I am taking the video of my Time for All Ages and emailing it out to all families. It is great when I get feedback and hear about kids and families watching them.

**Coming of Age Info Night & Ice Cream Social (Zoom)** We had a very successful "Games and Snacks" event in mid-October. 15 of us, masked and socially-distanced, played lots of outside games, ate a ridiculous amount of unhealthy food, and heard a little bit about this year's Coming of Age program for grades 7-8. Forgot to take pictures! In November, we'll have a Zoom COA Info Night & Ice Cream Social to share lots of info about this year.

**Youth Group** High School Youth Group also had a "Games and Snacks" event with a much smaller but wonderful group. We'll have a November Zoom meet-up to play games and brainstorm Youth Group ideas for this year. **\*\*We are looking for people to help facilitate! Talk to Poppy\*\***

### **"YOUTH v GOV" documentary world premiere** **for Coming of Age & Youth Group – Nov 14?**

A new documentary about the 21 youth plaintiffs in *Juliana v. United States* (including Levi Draheim, a 13-year-old UU from Florida!) suing the government over climate change. Years ago, *Kids for Kids* sent supportive cards to these kids and now we'll get to see them in a film!



**Would love to hear from anyone who wants to be part of our REinvention!**

**~ Love, Poppy - your Director of Religious Exploration**



**Remember last Fall when Interim Minister Rev. Christina Sillari shared Shamanic Journeying and 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*



Jay Harrington and Liam Greenwood recorded in our sanctuary. See guidelines on page 8.



## ***More Radical (and delicious) than ever!*** **RADICAL LOVE Fall Fundraiser**

*CVUUS' novel annual Radical Love Fall Fundraiser has taken many creative forms over the past years. This fall we present these COVID-safe options from which you can choose toward helping CVUUS and our community thrive.*



**RADICAL LOVE Drive-By Hearty Food Sale:** CVUUS will hold a pre-order food sale in December taking off from the fabulous sale of pies at the Rhubarb Festival in the spring. We will take advantage of the great cooks and bakers (you?) in our midst and have a day when the community can pick up delicious soups, stews, pies and breads. We need volunteers to cook, package, label, and freeze for delivery on Fri Dec 11 before the Saturday of the sale to the community Dec 12. **HOW TO HELP:** Look for a sign-up link in the blast and at [cvuus.org](http://cvuus.org) or contact Lise Anderson ([liseand55@gmail.com](mailto:liseand55@gmail.com); 734-255-3434). **HOW TO ORDER:** To pre-order, visit [cvuus.org](http://cvuus.org) and click "Drive-By Radical Love Hearty Food Orders" on the Home page. Follow the directions to "Place an order" and use the order form to register and indicate what you want. You may pay securely online using your credit or debit card or your bank's checking account. **WHEN TO PICK UP:** After ordering, mark your calendar for Sat, Dec 12 between 10 AM to 2 PM. That's when we will safely deliver your order from our drop off to your car. Find us near MUHS at 2 Duane Ct, Middlebury.

**RADICAL LOVE "Novel Yard Sale":** You must have items of value that would be perfect for a yard sale. Well, time to act — take them to a local thrift shop by Dec 12 and make sure the proceeds come to us. The CVUUS number at *Neat Repeats* on Rt 7 is 108; tell the folks at *Buy It Again* on Main St that the proceeds should go to CVUUS (#504), but don't worry if you forget it. Just specify it is for CVUUS. Time to move those nice clothes you never wear. This is the incentive you need. Also, put those valuable things you didn't think you could live without on Front Porch Forum or EBay— and give the largesse to CVUUS. You know it's time to do it.

**RADICAL LOVE Direct Donation:** Make a direct donation by Dec 12. At the Radical Love Party in the past, we encouraged you to write a check for 4% of your annual pledge. Please consider that again. You can do this online or by mailing a check to CVUUS, 2 Duane Ct Middlebury VT 05753 and indicating "Radical Love Donation" on the memo line. Thanks!

We budget for a \$7,000-12,000 infusion from fall fundraising activities. For a long time, we had a service auction, sometimes with a dance party along with it (with danceable rock & roll music); recently we've had the Radical Love Party on a Sunday after a service. These were lively, fun events that brought us all together, and provided funds that we put to good use. But they were not COVID-safe, and that's the central consideration in everything we do now in this strange year. Do you have an additional idea for a COVID-safe, communi-

ty-building fundraising event. Do be in contact with us:

Mary Hadley ([hadley.me@juno.com](mailto:hadley.me@juno.com)),  
Lise Anderson ([liseand55@gmail.com](mailto:liseand55@gmail.com)),  
Terry Racich ([tartist1@gmail.com](mailto:tartist1@gmail.com)),  
Donna LaRose  
([shermanandzelda@gmail.com](mailto:shermanandzelda@gmail.com)).





## Social Action Updates

### November "Share the Plate" Donee: Alyssum

COVID-19 and the ensuing economic recession have negatively affected many people. In a poll conducted by the Kaiser Family Foundation in mid-July, 53% of adults in the United States reported that their mental health had been negatively impacted due to worry and stress over the coronavirus, nearly a 20% increase from a similar poll conducted in March. As the pandemic wears on, and we are facing the uncertain outcome of the election, the Donations Ministry is focusing on how to help Vermonters who are experiencing mental health issues. To that end, the November donee is **Alyssum**, a holistic, mental health residential crisis respite that relies heavily on VT Dept of Health for funding. It is created for those looking for short term emotional support while working on recovery and self-discovery. A typical stay is 7-14 days. It's located in Rochester VT. It is free to all eligible VT residents. For more, see <https://www.alysum.org/>

### Future "Share the Plate" Donees

At our recent meeting, the Donations Ministry discussed future Share The Plate recipients, and given the clear and present danger presented by environmental crises, we plan to kick off 2021 by collecting for an organization dedicated to fighting Climate Change globally. We are soliciting ideas from you, our dedicated congregation, so if you know of a non-profit that would benefit from our donations, please let us know! You may send any/all suggestions to me via email at: [allisoncutler56@gmail.com](mailto:allisoncutler56@gmail.com) We look forward to hearing from you! Thank you for your continued support, Allison

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. Oct's collection raised ~\$600 for **Vermont Food Bank**. *Thanks!*

### Charter House Emergency Winter Shelter

**Welcomes Your Help:** As the colder weather approaches, just getting by each day becomes increasingly difficult for those without housing. Thanks to volunteers, our community will provide safe haven, food and other basic needs for families and individuals. This program is possible because every winter several hundred individuals from Addison County contribute hours of volunteer time, donate hundreds of pounds of clothing and food, prepare free meals, and pay for most of the cost of operating and maintaining our building.

#### There are many ways you can help:

- volunteer to staff Charter House during the day for 2 – 3 hour shifts or overnight (you can sleep)
- help with take-out food distribution (lunch from 11-12:15 and dinner 3:30-5:30)
- donate prepared meals, bread/rolls, fruit/desserts (CVUUS will do this again Tues Nov 10, 10 am in our kitchen and has been doing it once a month while Midd College Team does it Saturdays 3 PM this month)
- donate adult size winter clothing especially socks, boots, gloves, sweat suits, underwear, warm coats
- make a contribution (Charter House Coalition, 27 North Pleasant Street, Middlebury, VT 05753

Or online at <https://charterhousecoalition.org/donation/>

Contact Heidi Lacey at [hlacey.charterhouse@gmail.com](mailto:hlacey.charterhouse@gmail.com) or Doug Sinclair at [jdsinclair@ripton-coop.net](mailto:jdsinclair@ripton-coop.net) or call 989-8621 and one of them will be happy to speak with you.



Alan Moore, Michele Lowy and Sheila House prepare chili and cornbread in our kitchen for delivery to Charter House for Oct 13 supper.





## Explore Small Ministry Groups: A Different Way to Do Church

The Small Group Ministry program deepens and broadens personal spiritual growth. A group usually consists of 8-10 members who meet at each others' homes or CVUUS or via Zoom. Each meeting is focused on a spiritual or religious topic. The goals are to: Listen and be listened to in a safe place, Learn about the mysteries of our world and our spiritual paths, Build new and deeper personal connections, Serve our community and each other's needs. Each group has a facilitator who links the group to the SGM steering committee and the minister. The steering committee and minister provide overall guidance, recruit new members and establish new groups. To join or form a group, contact Doug Richards (drichard@keuka.edu or 802-989-9387). Or join one of our many affinity groups.



**Writers Group** meets the 2nd Monday of month from 7:30-9 pm via Zoom. 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](mailto:bobbiloney@gmail.com) to get on the list for Zoom invitation link.



**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. Visit [cvuus.org](http://cvuus.org) for good information on meditation. Questions? Call Colleen Brown 989-9974

**UU Cingles** gathers for those **aged 60+** to provide company and conversation during these difficult times. Call or email Revell Allen if you want to reserve a spot as inside space is limited to 10 and under. 272-2111 [revellallen@gmail.com](mailto:revellallen@gmail.com) Monty Montgomery & Marjorie Carson are also contacts.

Monty Montgomery offers technical support for Apple Mac computing. He also offers coaching in chess and investing. His services are free, but you may want to make a non-tax-deductible gift to CVUUS. [middmont@gmail.com](mailto:middmont@gmail.com)

**Grief & Loss Support Group** convenes on Wednesday nights 6-7 pm in our Sanctuary. Attendance is limited to 10 and under so contact Dorothea Langevin, Certified Professional Life Coach and End of Life Doula at [dlangevin@achhh.org](mailto:dlangevin@achhh.org) to reserve a spot or learn more. A 20 minute presentation is followed by a 20 minute Q&A / reflection session and ending with a bit of 'linger time' to connect and address individual questions.



**Book Groups** Mike Greenwood will lead a group reading of this year's [UUA Common Read](#), *Breathe* by Imani Perry. He is aiming to start in January. Please let him know if you are interested. More [here](#).

## Have You Discovered CVUUS LIBRARY yet?

Need UU-interest reading material? See our CVUUS Library reading lists at <https://www.cvuus.org/learning/library/reading-lists-2/>. We're happy to locate books for you. We offer a good **children's book collection** in Fenn House chapel and an **adult library collection** in the lower level Blue Room. Arrange with [office@cvuus.org](mailto:office@cvuus.org) or [awolfson@middlebury.edu](mailto:awolfson@middlebury.edu)





## Choir Group

Greetings and Salutations dear CVUUS friends of

music. The choir has been meeting weekly in community and song. It's not like being together to sing, and I get that. I really appreciate all the faithful choir members who still attend, and make the effort to sing for the recordings we've been making. Believe me, I know how less than satisfying that all is. Thanks go out especially to Eric Maier who is our Engineer, and to Chuck Miller whose piano recordings for the singers have made all the difference in our ability to learn the music. It's a lot of extra work for Chuck, and the choir really appreciates that he CAN and WILL do this work for us. How we all miss the Sanctuary, singing with Kate at the piano, singing at services for y'all. Ohh myyy.

But, as we continue making silk purses (from our mole's ears) we will bring another Choir Anthem to share at the worship service November 18. It's the wonderful text by John Greenleaf Whittier, set (with some textual changes, as you would expect a UU composer to do....) by a UU favorite composer, Elizabeth Alexander, **Immortal Love**. Here's the text of the song:

*Immortal love, forever full, forever flowing free.  
Forever shared, forever whole, a never-ending sea.  
Our outward lips confess the name all other names above,  
but love alone knows whence it came and comprehendeth love.  
Blow winds of love, awake and blow the mists of hate away,  
Sing out, O Truth divine, and tell how wide and far we stray.  
The letter fails, the systems fall, and every symbol wanes;  
The Spirit overseeing all, Eternal Love, remains.*

Choir meets every Wednesday except Nov. 25, from 5:30 to 6:30. We'll be singing along with some Christmas Carols when our *Immortal Love* recording is done. I'm trying to find ways to let singers join in and feel like they're singing with a choir, with harmony, with people singing your part...I'm still trying, come check it out anytime. We miss you, choir folks who are taking time off. And, congregants who sing, your support at this time would be heartening. Much love to all. See you some Sundays at Zoom Coffee Hour. Lucy Tenenbaum, Choir Director and Stream Team helper as Chuck Miller's Photo Montage and inspiration supplier.

## Rules for Singing & Playing Instruments

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

No more than 10 people may gather indoors.

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.

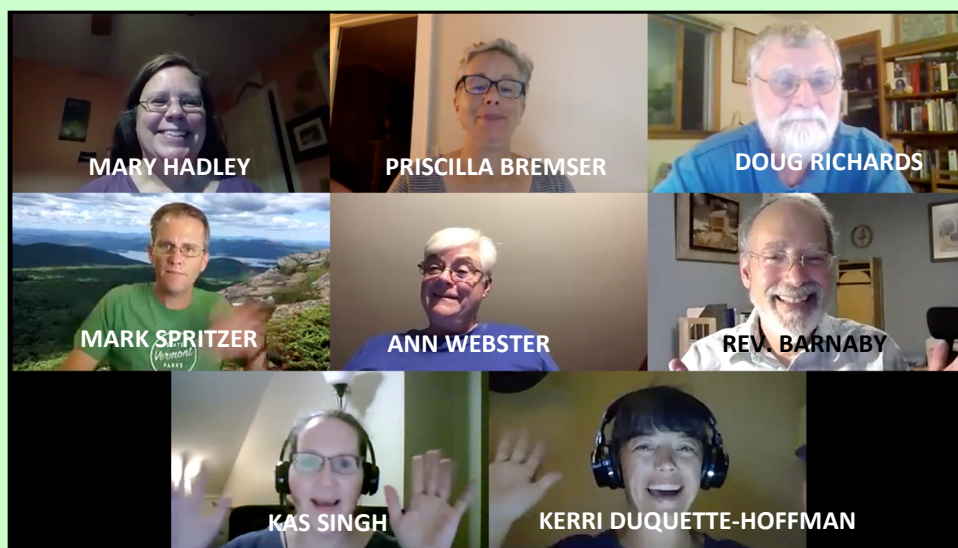
45 minutes is the upper limit for a gathering involving unmasked people.

Unmasked people must be  $\geq 10$  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 until the next day.

Microphones: After use. Label mic, using blue tape & Sharpie, with date used & put in the "used microphones" bin in sound cabinet.





## FROM CVUUS BOARD Doug Richards

This year, the CVUUS Board has been working on a process for developing a new Five Year Plan. Last year, we solicited help from the Council of Ministries, asking them to provide input on how effectively we had met the last Five Year Plan's goals and aspirations, and suggestions on what we might include in the next one. We received some good feedback—

and we expect to incorporate much of it into the plan that will ultimately emerge.

Over the last couple months, we have also been discovering that the fall of 2020 is not a particularly auspicious time to be doing long-range planning. Like so many folks, we have been wrestling with the twin challenges of Covid-19 and the vagaries of the U.S. elections, and have found that for many members of the congregation (including us), it's tough enough to wrangle ourselves through the next day, or the next week, without trying to imagine what our spiritual life together might be like in five years. We've experienced some guilt about this—after all, we've set a goal, and we ought to follow through promptly—but we've also recognized the importance of listening to one another's stories of struggle, as we try to wade through this baffling time.

Most of all, we've come to understand that the next steps we need to take as a Board are to extend our time of listening to include as many of you as we can—to remember that one of the principal responsibilities of a Board is to listen attentively to those it represents, and to understand what it is they need and what they desire from CVUUS as a spiritual community. So too, we need to hear about some of the ways in which CVUUS has been a source of inspiration to them in the past, and what we aspire to be together as we move forward into a shared future. Along with the Council of Ministries, we invite congregants to contribute their thoughts and experiences, and to consider how we can engage in the joint task of **staying connected** in a time of physical separation.

So we on the Board have resolved to use the next few months to listen closely, to invite members and friends of the congregation to share with us their stories, their ideas, and their feelings about what CVUUS may become in this emerging new time—a time that we expect will be a period of **transformation**—with all of the possibilities that word has to offer.

In a variety of ways we will be reaching out to you to listen to what you have to say, whether on the phone, by email or letter, or in congregational conversation on Zoom. We'll be asking you to let us know what you need, what you'd like, and how CVUUS might help address your needs—for connection, for inspiration—in a renewal of our spiritual community.

The late autumn can be a season for reflection, for taking stock, for giving thanks, but also for looking ahead—to a time of turning, and to the promised light that will help guide us out of a dark time and into new possibilities. As we head toward the end of a troubled year, and toward a time of new beginnings, we hope you will share with us the gifts of your reflections. Feel free to reach out to any of us on the Board—and know that we will be trying to reach out to you as well.



## CVUUS COVID Building Use and Meetings Policy

Made by Safe Congregation Ministry on 9.9.20, 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](mailto:office@cvuus.org). In an emergency when Laura can't be reached, contact Rev. Barnaby 989-9303. *Take pre-screening health survey before attending (posted on entrance doors and below).* Adhere to "CVUUS COVID CHECKLIST" below and those for singing and playing instruments and recording inside.
- 2) **GROUP MEETINGS INSIDE - 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. Ask Laura how to you can request and host a cvuus zoom meeting.
- 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 or traveled out-of-state for a reason that requires quarantining under current VDH orders (see map at VDH site for red zones)? YES NO

Today or in the past 24 hours have you had any of the following symptoms? Cough, shortness of Breath or Difficulty Breathing, Fever (above 100.4°F ) or felt feverish, Chills, Muscle Pain, Sore Throat, New loss of taste or smell, fatigue, Headache, Nausea/vomiting, Diarrhea YES NO

#### AS SOON AS YOU ENTER BUILDING:

- use disinfectant wipes or spray to disinfect the doorknob behind you, the thermometer, and anything else you touch near the entry
- \* use hand sanitizer or wash your hands for 20 seconds using soap & water at sink \* sign in on clipboard

#### WHILE IN BUILDING:

- wear a face covering that covers your nose and mouth when in the presence of others not in your household
- 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 not in your household when safe social distancing and ventilation are inadequate
- 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!**





## NOVEMBER BIRTHDAYS



Pam Berenbaum 11/1  
Ted Scheu 11/2  
Martha Soderberg 11/8  
Declan Timmons 11/8  
Gayle Muenchow, Nov 9  
Jason Duquette-Hoffman 11/11  
Theresa Gleason 11/13  
India Danyow 11/14  
Mar Harrison 11/15  
Catherine Goldsmith, 11/17

Tori Hovde, 11/17  
Layne Chant 11/18  
Jude Sylvia 11/18  
Steel Roark 11/20  
Sina Adam (Richards) 11/21  
Kathryn Schloff 11/22  
Hendrix Sylvia 11/22  
Johanna Nichols 11/26  
Jude Stein 11/26  
Ginsy Frost 11/29

**Wheel of Life** CVUUS commemorates births and deaths. Listen to **Milestones and Passages** each Sunday for these and share your own. See how on page 3. Also see the **Seasons of Life Fund** below.

**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](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 by contacting **Kathryn Schloff** ([kathrynschloff@gmail.com](mailto:kathrynschloff@gmail.com) or 349-5264).

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



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](http://www.cvuus.org).  
And Facebook page CVUUSVT

MINISTER  
Rev. Barnaby Feder  
388-8080 (office)  
989-9303 (cell)  
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	Mark Spritzer
Mary Hadley – Treasurer	Kerri Duquette-Hoffman
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](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))  
Office Manager – Laura Asermily ([office@cvuus.org](mailto:office@cvuus.org))  
Sexton— Keith Rickerby (989-6036)

*Stay Connected...Virtually!*  
Worship Service Online 10 AM  
Followed by Zoom Coffee Hour

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

