



Champlain Valley Unitarian Universalist Society

October 2020 - Volume 23, Issue 3

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/cvuusservice/>

Justice is what love looks like in public

Oct 4 —Justice, Compassion, Beauty -- the Three Sisters of Love

UU's are deeply engaged in justice struggles, which is one reason we mourned the passing this year of Cong. John Lewis. But what if you are too shy, quiet, sick, or exhausted to look for "good trouble" as he advised? Rev. Barnaby reflects on other paths to embodying Love.

Oct 11—Blessing of the Animals — Everyone who would like their animal companion(s) blessed is invited to send photos or short video clips via email to revbarnaby@cvuus.org who will lead the service.

Oct 18—Big Forgiveness—In September, Rev. Barnaby reflected on how forgiveness needs to start with individuals. Now he looks at how justice requires group practices of forgiveness. *Stay for a congregational conversation on zoom about new and creative ways we can make our CVUUS holiday celebrations meaningful this year.*

Oct 25—Restorative Justice—Led by guest speaker

Save the Date! More Inside!

CVUUS ZUUM COFFEEhouse Friday Oct. 9, 7 pm
Now calling musicians of all ages and stripes!

HOPE Gleanings, Oct. 1 & 2, 12:30 pm

Religious Exploration Gatherings, Oct. 10 & 11, 4 -6 pm

Native Moons Outings, Sunday Oct. 4 & 18, 2 pm

Indigenous People's Day, Monday Oct. 12

Congregational Survey, complete by Oct. 10





Words from Rev. Barnaby:

Pan and I have shared many walks down Creek Road to what used to be Three Mile Bridge. We both love the amazing variety of things you encounter in early the Fall, some with your eyes, some with your nose. Thus it was in mid-September one day, just before Pan found something putrefying in the weeds to roll around in, thereby putting flight to the joys of the moment for me at least, we came across something I had never seen. A mystery at a bend in the Middlebury River just before it joins Otter Creek.



**Rev Barnaby
Crop Walker**



It looked like a nearly toppled tree almost bridging the river. No branches or leaves remained visible on the downward facing side. But a jungle of foliage was reaching skyward from the other side of the trunk. Was it the tree's surviving foliage or some other plant that had colonized the nearly horizontal limb. Either way, I could not fathom what was preventing the tree from falling into the river.

It sometimes feels like this during this time of Pandemic, wildfire and wild weather, social upheaval and political madness. The scene was a perfect image

of unsustainable stress and strain. But it helps to step back and realize that, as far as Nature is concerned, the scene is dominated by what is normal for this time of year.

I'm trying to look that way at CVUUS. We're not the community we want to be in some peculiar and perhaps unsustainable ways because of the Pandemic. Still, we continue to lead with love. We keep doing things we know will feed us spiritually now and in the future.

I'm thinking of another bunch of images as I write this – a display of photos of New England woodlands by our Eric Nelson that was installed in the Ann Ross Fellowship Hall on the eve of the official start of Fall Sept. 22. After many false starts and at a moment when most of us aren't going to be there to enjoy it for quite some time, we've gone ahead and mounted the first of what will be years and years of rotating art displays in the Fellowship Hall. Eric calls his landscapes “events in time and place for contemplation and connection.” Be sure to take a look at the latest improvement in our spiritual home when you get a chance!

Blessed be, Rev. B

Fellowship Hall Art Display

**Eric Nelson
Nature Photography**



Roses of thanks to
Terry Racich for
hanging it.





CVUUS Oct Newsletter

CVUUS ZUUM COFFEEhouse Friday Oct. 9, 7 pm

Now calling musicians of all ages and stripes!

For performers: Contact Shannon LaRose by Oct 6 (newfivecents@gmail.com). Tell him who you are, what you plan to perform, and how long it takes. You may present a song or two that take a total of 7-10 minutes or less. The Music Ministry Team will let you know what time your performance will be and will do a sound check with you prior to the event. If you don't sign up in advance but become inspired to join the open-mic session at the end of the coffee-house, you will be able to indicate your interest in the Chat and, if time permits, also be a performer. *But we encourage you to sign up before Oct. 6.* Any questions or concerns? -- ask Shannon. We hope to include some multi-person ensembles (same household/pod) as well as individual performances. If you are interested in contributing a poem or short story, let Shannon know and we'll see if we can work you in, too. Check that there is enough light in the place where you will perform and that your camera/phone/mic are positioned for a good view of you. Costumes are permitted. For everyone: Please be part of our ZUUM audience! The fabulous Poppy Rees, emcee, will unmute the audience at key moments so that performers can hear your enthusiastic applause.

Staying Connected CVUUS Congregational Survey 2020

As we move into the fall, with an ongoing pandemic, we are each facing new challenges: changes to our health, our lives, our relationships, our homes, and our work. With physical distancing, all of us are more isolated. Many experiences are new and difficult.



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

We know CVUUS has a place in your life, and we want it to be the most spiritually supportive it can be for you now, this year. Never before has connection meant so much. The Council of Ministries would like to know: How can we connect with you? How can we help you connect with each other?

Please complete this congregational survey (by October 10th if possible). Your answers will be aggregated with others and kept confidential, and used to help the Council of Ministries plan our focus for the year.

<https://forms.gle/1kNcVY1DR4PRS7m18>



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/7444444444>

Weekend Greeting (Fridays): Rev. Barnaby shares inspirational thoughts, music and readings in a regular email 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. Contact Laura at 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](#).



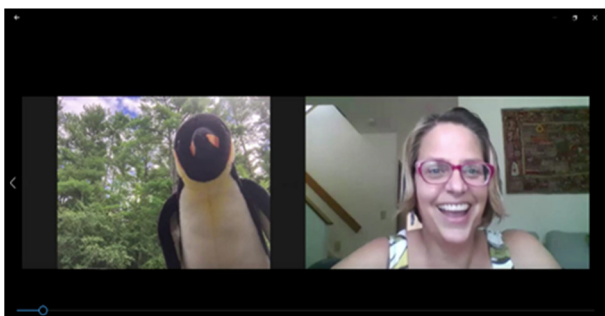
RE THOUGHTS ROLLING OUT RE THINGS

REinvention. Hope. Joy. Fun. Community.

Now that school has successfully started, we will be rolling out more RE things!

We are taking it month by month and there are still many questions, especially about HOW groups should meet: on Zoom and/or inside with social-distancing and masks? We will be checking in with the parents and kids in older groups.

So what are we doing for RE right now?



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 (grades 7-8)

We are going to have an outside, socially-distanced and masked **GAMES & SNACKS event on Saturday, October 10 from 4-6**. We are hoping to have this group meet twice a

month and there's a lot that is still being figured out. Much more info to come to families.

High School Youth Group

We are going to have an outside, socially-distanced and masked **GAMES & SNACKS event on SUNDAY, October 11 from 4-6**. We are hoping to have this group meet twice a month and there's a lot that is still being figured out. Much more info to come to families.

Sparky stickers

Back-to-school letters went out with a Sparky sticker for each kid – a reminder to take care of your inner spark, the thing that makes you you. Good for laptops, water bottles, or other places where they'll remind kids that we love and support them.

Fall Boxes

We're hoping to deliver RE boxes again to each family, like we did in the Summer. Boxes to include various things including, of course, yummy snacks (a key part of RE!).



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

~ Love, Poppy - your Director of Religious Exploration

Mulling Fall FUNdraising Ideas

Welcome to fall! Your finance team is back at work after a summer hiatus. How can you help? As you may recall, our 2020-2021 budget included \$12,000 income from fundraising. Do you have interest and/or experience in online auctions? Do you have time you could dedicate to CVUUS now that "X" activity that you usually engage in is not currently running? Any and all ideas and motivated helpers for some type of fall fundraiser are encouraged to reach out. Contact Mary Hadley, current CVUUS Treasurer, at (802) 377-2270 or hadley.me@juno.com with ideas and to volunteer.



Social Action Updates

October "Share the Plate" Donee: **VERMONT FOODBANK**

The Vermont Food Bank gets food to those in need in many ways. Each year, food producers and retailers provide the Foodbank with millions of pounds of food for distribution to our neighbors in need. The Vermont Foodbank and their network of partner food shelves throughout the state have been on the front lines of addressing the hunger crisis that has emerged as a part of the pandemic and associated economic recession. The most recent data from Feeding America estimates the number of food insecure people in Vermont has increased by 46% and that child food insecurity in VT has increased by 60%, as a result of the pandemic. The Vermont Foodbank network is doing everything possible to meet that increased need. They are leveraging new partnerships with restaurants, the State, the National Guard, FEMA, and food distributors, and are distributing more food than ever before. In fact, last year the Foodbank distributed around 11M pounds of food, while this year is on track to distribute more than 19M pounds. For more, visit vtfoodbank.org.



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.

Sept's collection raised **\$1,195** for **Movement Voter Project** and August's collection raised **\$952** for **NAACP Legal Defense Fund** and **\$345** for **Addison County Food for Families Initiative**.

Thanks!



2020 CROP HUNGER WALK 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 was *increased* need for food and resources here in Addison County, in Vermont, and around the world. To protect ourselves and each other, we walked individually or in small groups, and

donated online. We've been averaging 35-40 walkers a year, so asked 40 people donate \$25 toward raising \$1000! Thank you.

DINNERS FOR CHARTER HOUSE At present Charter House is feeding 65 people, all via take-out. CVUUS volunteers prepare the meal in the CVUUS kitchen one Tuesday a month and then take it to Charter House where their staff distribute it. We try to follow UUA Ethical Eating guidelines as much as possible, which means using locally produced and, when feasible, organic food. 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. Contact Alan Moore if interested in the next dinner prep on Oct 13, 10 am to 1 pm.



DESSERTS FOR COMMUNITY DINNER Charter House serves 200 meals each Friday night via take-out and welcomes homemade baked goods (cookies/brownies/bars—no nuts) delivered to Congregational Church of Middlebury on Friday between 2-3:30 pm.



GLEANNING A CVUUS Green Sanctuary Environmental Justice Project

You are invited to plant and glean at local farms, and process fresh produce, to donate to H.O.P.E. (Help Overcoming Poverty's Effects, our local food pantry). You can take home some gleaned items if there's enough. Local gleaning opportunities are organized by The VT Gleaning Collective, an initiative of Salvation Farms, a network of professionally organized community-based gleaning programs. Salvation Farms' mission is to build increased resilience in VT's food systems through agricultural surplus management.

There are a few ways you can get notices and participate. One way is through the Weekly Email Blast when gleaning opportunities are listed. Another is by getting notices directly by registering at <http://salvationfarms.org/get-involved.html>. Click on the "Volunteer" tab to open up a registration form. Select the type of work you'd like to do, which includes planting, gleaning, processing, delivering, administration, etc. Once you register, you'll receive emails of opportunities from which you can choose.

Lily Bradburn coordinates gleaning for HOPE. You can ask her more about it. Gleans are usually 1 ½ - 2 hrs. long. Please feel free to stay for whatever amount of time you can. We'll glean rain or shine unless there's a chance of thunderstorms or a heat advisory. To contact us in the field the day of a glean, call Lily at 802-377-2016. Park at the farm and wait for Lily to arrive to receive instructions before heading out into the field. Always prepare to walk into the field. This could be close to where we park or a longer distance away.

Most Important! USE THE BATHROOM BEFORE YOU COME! Facilities are limited and surrounding woods or fields are not an option. Bring: Sunscreen, a hat, a filled water bottle, and wear clothes you don't mind getting dirty (layers are good idea) and sturdy, comfortable, closed toed shoes.

Thur 10/1 **Gleaning Squash**, 12:30-2pm, 2297

Ethan Allen Highway New Haven, VT 05472,

Fri 10/2 **Gleaning Apples**, 12:30-2 pm, 1262-

1102 Smith Street Shoreham, VT 05770

More gleanings to be announced in Blast and maybe **applesauce making** again in our kitchen!

HOPE also seeks volunteers (food shelf volunteer, collecting donated supermarket surplus food, delivering food to clients). Email Food

Programs Coordinator Lily Bradburn (lbradburn@hope-vt.org) or call 388-3608.



Lily Bradburn, center with apron, along with those who helped make applesauce last fall in our new kitchen.

GLEANNING TIPS

*Sunscreen! And a hat or appropriate rain gear, *Water and if needed some snack

*Clothes you are ok with getting dirty, layers are also a good idea if we start a glean in the cooler morning then work into a warmer mid-day or vice versa for afternoon gleanings into the evening

*Closed toed shoes sturdy for farm work. (For both shoes and clothes please avoid wearing clothes covered in soil, manure, compost from your own farms or gardens.)

*Any gloves or harvesting knives you prefer to use, but we will provide materials for all gleaners.

*If you feel sick the day of the glean call the number listed above and avoid coming as we are handling food.



How Would You Like to Stand for Radical Love?

Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, but neither are you free to abandon it. from Rabbi Tarfon (2nd century)



Showing Up for Racial Justice (SURJ)

invites us to stay engaged on **Black Lives Matter** efforts. Several walked with [Middlebury College students protesting for justice for Breonna Taylor](#) Friday Sept 25 at Cross St Bridge. Several

have posted and had their BLM lawn signs stolen, especially from East Middlebury and Ripton. We are urged to report this to police. Follow more [here](#).



Take the UU the Vote pledge: <https://bit.ly/votelovepledge>. UUA President Rev. Susan Frederick-Gray calls us to speak out, to take risks, to leverage our resources to support the values we hold dear. Click [here](#) for a homily from her that is part of a series of videos that make up the **#UUtheVote**. Middlebury resident

Lynne Balman shared that she did not wish to put her ballot in USPS, even though trusting our state. Nor did she want to make more work at polls where she will be helping. There is a box right outside the Middlebury Town Clerk's office, closest to the library, for Middlebury voters to drop off signed ballot envelopes. The more they get ahead of time, the better, as they'll be holding several counting sessions ahead of Nov. 3rd.

Migrant Support: How can you meet and support farmworkers in Addison County? **Mexican Consulate Visit** planning is underway for a safely distanced and earlier one on **Sat. Nov 14** on our grounds. Seeking work clothing donations, as before (men's small/med): hoodies, coats, pants, vests, boots, rain-gear, socks, gloves, umbrellas, caps and sunglasses. Drop off in CVUUS shed. Look for more ways to help in Weekly Blast.

Addison County Interfaith Climate Action Network (ICAN): Meets third Thurs of each month at 8:30 am, online. They share that *VT Interfaith Power & Light* has a new program in place of their Annual Fall Conferences, which were in-person gatherings. Instead they are offering a series of online events in a *Climate Justice Series*. Information about the programs being offered and ways to participate can be found at <https://vtipl.org/climate-justice-series-2020/>

Welcome!



Although it may be months before we can resume our traditional worship services all together in our lovely sanctuary, there are varieties of opportunities to join in uplifting spiritual activities. We continue to follow all recommended ways of protecting ourselves and each other from Covid 19 exposure as we safely progress toward greater community connections.

If you want to know more about us, and UU beliefs and values, please check our website, and that of our national organization, the UUA. And I would welcome your contact to learn more about us, as would Rev. Barnaby. If you have not yet done so, you may contact our office to be on the email list for weekly communications, in addition to this monthly newsletter. In recent weeks I have had the pleasure of making contact, some by phone, with several new visitors/newcomers to Addison County.

If you are reading this, you have most likely joined our virtual Sunday morning worship services (on Zoom, or our Facebook page, or on the CVUUS website). Every service is different, yet there is a comforting regularity to the format, and the words and music and pictures are inspiring.

So stay in touch in whatever way suits you. And if you are a member and/or a regular attendee, think about folks you know who might find our services appealing, and invite them in!

Meanwhile, we have the beauty of Autumn in Vermont to inspire and bless us.

May you be safe and well,

Marjorie Carsen, for Membership Ministry



Join Worship Ministry



Mission: Provide the congregation with varied, coherent services that are spiritually deep as well as intellectually, existentially, and morally challenging.

Convener: Abi Sessions (abi.sessions@gmail.com)

Worship Associates: Liam Battjes Greenwood, Karl Lindholm, Martha Fulda, Jason Duquette-Hoffman, Wren Colwell, Jordan Young, Esther Thomas, Becky Strum, Julia Chant **Time for All**

Ages: Poppy Rees **Music/Images:** Lucy Tenenbaum, Kate Gridley, Chuck Miller, Eric Maier **Stream Team:** Rich Wolfson, Margy Young, Richard Hopkins **Zoom Coffee Hour Hosts:** Jordan Young, Lucy Tenenbaum



Become a Worship Associate (WA) 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 Abi Sessions know.

What does a WA do? They help plan the worship services, offer a greeting at beginning of service, offer a poem or a reading as a call to worship, light the Chalice at the beginning and put 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. **What Does the Stream Team Do?** They "gather" and order the worship elements, produce slides, post online link, edit the youtube live service for post online viewing.

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 a group, contact Doug Richards (drichard@keuka.edu or 802-989-9387).

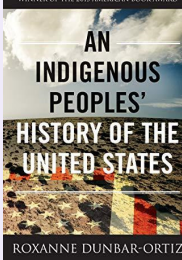
Join an Affinity Group

Native Moons Group led by

Liam and Mike Greenwood celebrates the Abenaki and Iroquois lunar cycle and uses *Braiding Sweetgrass* by Robin Hall Kimmerer to guide reflective writing and sharings. The idea is to have a safely distanced outdoor events on **Sunday afternoons at 2 pm** preceded or followed by enjoying related food and an online discussion. They're celebrating the corn and falling leaves moons and plan on visiting the **corn maze at the Hathaway Farm on Sun Oct 4** and hiking at **Shelburne Farms on Sun Oct 18**. Contact Liam Battjes at liambattjes@gmail.com to get on his zoom meeting list or with questions.



WINNER OF THE 2015 AMERICAN BOOK AWARD



See more at cvuus.org. Here's a link to **CVUUS Library titles on Native American perspectives** that you can arrange to borrow <https://www.cvuus.org/learning/library/reading-lists-2/native-american-perspectives/>



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 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 since March and resumed "seeing" one another again via Zoom last month.



Green Sanctuary Small Group Ministry 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



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 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 Monty Montgomery & Marjorie Carson are also contacts.

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, CPC, EoLD - Certified Professional Life Coach and End of Life Doula at 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.



Bereavement Support Group online convenes Wednesdays at 5:30 pm starting Oct 14 for 6 weeks and has openings for two more people. Register with molson@EndofLifeVT.org 349-2104. End of Life Services also welcomes you to **A Narrative Approach to Therapeutic Conversations with People Who are Suffering** online Sunday-Monday, Oct 25-26, 4 - 7:30 pm (includes a 1/2 hour stretch break). Click here <https://reauthoringteaching.com/events/therapeutic-conversations-suffering/> for more & to register! There is a reduced fee (\$75) for CVUUS people signing up. Contact ELS Program Director Laurie Borden with questions 388-4111.

Wheel of Life CVUUS commemorates births and deaths, including this year's birth of **Frankie Sylvia** (8/4/20) and the passing of **Roger Comstock** (6/16/20), **Doug Spannbauer** (6/16/20) and, most recently, **Carol Ferland** (9/18/20). The Harrington's shared pictures of Mary and Baxter with baby quilts Carol made for CVUUS children. 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** on page 13.





Choir Group

It is so wonderful to have the choir gathering on ZOOM, however

short that is

of real choir rehearsals. It has been a great time to see each other, share music, do checkins, and actually, with the help of our Engineer, **Eric Maier**, produce some great music that we were able to share at Worship Services. If you missed them, Sept. 6 and 20 had choir “anthems” with our voices combined to sound like a choir (with a bit of reverb to give us the CVUUS sanctuary sound.) Also, every Sunday our prelude and postlude are something special. I encourage you to visit or revisit previous services to savor the musical and imagery variety. Our pianists, **Chuck and Kate** are still very present in the choir’s and worship’s functioning.

The choir is preparing one anthem for each upcoming month. Maybe 2 for December...for Christmas. For October we have *De Colores* planned for Oct. 18. The choir is asked to learn it and sing it with a pre-recorded accompaniment track (5 verses) and each member records themselves. The song is so simple, nearly every singer is able to sing both the melody and the harmony (ask me about my joke sometime...my granddaughter’s name is Melody...) You too could learn to be a self-recording wiz and come ZOOM with the choir. The recordings can be made during our rehearsal time (Wednesdays 5:30-6:30) (Zoom in at <https://zoom.us/j/96889818147>) All you need is a computer with some band-width, headphones or earbuds, and a recording device. I use my iPhone, VoiceMemos. then I send the recording to our drop box <https://www.dropbox.com/sh/3shv8o2s864xtq7/AADRJPE5HLiqOBqcb8yitb-ea?dl=0> or Google Docs folder https://drive.google.com/drive/folders/1BjAfXK3_2xyplQ_wJNnOrh6-8HnqaU1z?usp=sharing

I have started making recordings of the melody and the harmony over the accompaniment. You could listen to that recording and sing the same part, or the harmony part as you like. I think it ends up being fun to try singing harmony with the conductor. Not always easy, but fun. If I get enough choir recordings, I have Eric use only choir voices and not mine. I love to sing, but like our dear Francois, trained voices don’t blend well with choral voices. I was meant to stand out when I sing! Boy do I miss in person choir rehearsals, and the CVUUS Sanctuary, and the PIANO. OMGoddess! I miss all you folks, and hope you will come say hi some Wednesday. Or, I hope to catch you at Sunday Services. I host the Coffee Hour post-service a couple times a month. Stay in touch with me via email, lucytunes@me.com, or on the choir FB page, <https://www.facebook.com/CVUUSCHOIR> Lucy Tenenbaum, CVUUS Choir

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 ≥ 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 Priscilla Bremser

Join Our Cause, Not Our Club

At our August retreat, the CVUUS Board spent a little time discussing the final chapter of *Upcycle Your Congregation*, a book that we had read together over the past year or so. The chapter is called "Join Our Cause, Not Our Club," and it got

us all thinking about how we invite people in to CVUUS with passages like this (p. 93):

Upcycle your congregation's message to strip away the institution and focus on the action. When you describe what your congregation offers, think in terms of "joining our cause" instead of "joining our club." Show what your congregation does and how it helps people live better lives and make a better world.

There are certainly ways in which we at CVUUS already do this. I'm reminded of our outsized presence at recent Crop Walks, our hosting visits from the Mexican Consulate to assist migrant farmworkers, and our contributions to the Breadloaf Mountain Zen Community's "Food for Families" program at the end of this past summer. I'm sure you can think of other examples.

At the same time, as we acknowledged at our retreat, the CVUUS community has sometimes struggled when asked to select among the causes that speak to us. I remember a meeting in the old meeting house (no longer standing) with a consultant we'd brought in, and we just couldn't choose between saving the earth and some other cause that I'm not remembering just now.

At about that point in the history of CVUUS, I also heard from a then-member who wanted less spirituality and more action. This is familiar territory to many of us; it's the "We're Not the Sierra Club" conversation (sometimes in the form of a sermon).

These are false choices. We don't need to choose one cause, and we don't need to choose between action and spiritual growth. In fact, as Barnaby put it at the retreat, all of the causes that call to us "have a spiritual root system that connects underground." May that root system continue to feed the organism that is CVUUS as we take our spiritual values out into the world.

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 or awolfson@middlebury.edu





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. 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
- * 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 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!





OCTOBER BIRTHDAYS



Bobbie Carnwath 10/2	Nancy Wright 10/18
Lucy Tenenbaum 10/3	Joanna Colwell 10/18
Rich Hennessey 10/4	Chris Mason 10/20
Kas Singh 10/4	Peter Orzech 10/22
David Durgin 10/5	Rose Bright 10/23
Faith Lowell 10/5	Keith Rickerby 10/23
Eric Nelson 10/5	Stella Raishart 10/24
Kate Kaster 10/8	Ann Brousseau 10/26
Seth Gibson 10/10	Anne Christie 10/26
Simone Duquette-Hoffman 10/11	Barbara Karle 10/26
Elizabeth Bright 10/12	Pat Schmitter 10/28
Clara Chant 10/14	Eleanor Raishart 10/29
Lise Anderson 10/15	Milo Rees 10/30
Steve Butterfield 10/17	Cadence Baker-Rouse 10/30

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
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)
Choir Director – Lucy Tenenbaum (lucytunes@me.com)
Dir. of Religious Exploration – Poppy Rees (re@cvuus.org)
Office Manager – Laura Asermily (office@cvuus.org)
Sexton— Keith Rickerby (989-6036)

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

Stay Connected...Virtually!
Worship Service Online 10 AM
followed by Zoom Coffee Hour 11 AM
CVUUS ZOOM COFFEEHOUSE Oct. 9, 7 pm
Now calling musicians of all ages and stripes!

