



# Champlain Valley Unitarian Universalist Society

January 2021 - Volume 23, Issue 6

2 Duane Court, Middlebury, VT 05753

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## 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.

## Join Us for Worship Services Online

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

*Nothing makes you more tolerant of a neighbor's noisy party than being there.*



**Jan 3—"Ctrl Z"**—Would you like to be able to "undo" anything as you head into the new year? Amy Zucker Morgenstern, former CVUUS ministerial intern in its early days, will lead us from Palo Alto, CA. More about her inside. We'll collect for 350.org.

**Jan 10—The Future of Intimacy**—Sex robots, virtual reality, and other technologies promise huge benefits for individuals unhappy with their sex lives, or just curious to explore. Rev. Barnaby reflects on how pursuit of breakthroughs in individual sexual fulfillment could drastically redefine what it means to be human and our understanding of social obligations.

**Jan 17—First Things First**—Rev. Barnaby reflects on how we learn what our neighbors need, and how that shapes our feelings about who is our neighbor. Followed by a Congregational Conversation on Adult RE.



**Jan 24—Lessons from My Year of Living Spiritually**—The soul should always stand ajar, ready to welcome the ecstatic experience," wrote the poet Emily Dickinson. Anne Bokma shares insights from her whirlwind year of experimenting with two dozen spiritual practices—from singing to solitude to going to a witch camp and heading out on a pilgrimage—and how they taught her to live more attentively and authentically in the world. All of us are on a spiritual journey yet so often we neglect this essential aspect of our lives.

**Jan 31—Unknowable Neighbors**—Rev. Barnaby reflects on the apparent bind we are in with the commandment to "Love thy neighbor as thyself." We'll collect for an urgent need in our "5th Sunday" collection.

**What Do Our Neighbors Need?**

NURTURE Your Spirit.  
Help HEAL Our World.





## Words from Rev. Barnaby:

One of my favorite things to do for the arrival of the New Year has been to reflect back on how much has changed in my life over the past year. For good measure, I have often thought about a few other time increments as well: the past 5 or 10 years, for example.

I suspect this mind habit reflects a fear that I won't know who I am if I don't keep honest track of where I've been. But I also suspect I've been conditioned by my privileged circumstances to expect that reflecting on my passing years will bring me comfort and nostalgic pleasure.

Looking back on what has happened to the world around me certainly isn't as reliably pleasant as my personal experience. That's especially true this year on the grand scale when I look at things like pandemic, climate change, and the many persistent forms of human oppression. But I also see it in the lives of individuals I know. There isn't a day that goes by when I don't think about those among you who have endured terrible setbacks and heartaches in 2020 that are by no means ending with the new year.

As I write this, I feel I owe it to everyone – the world at large, you, myself – to intentionally look forward more. It's especially important to do so focusing on where I long for us to be a year from now. Back to “normal” would be a very sad form of amazing. The relief would be real, but unsustainable. We need to come out of this hard time changed for the better. That's not just a personal goal. It should be our congregational goal.

I don't have a formula for how to change this balance in looking back and looking forward. Sometimes, you just try to help the process along by following an impulse. That's probably part of the reason I shaved off my beard yesterday for the first time in I don't know how long. Maybe three decades? I also did it to see if it makes my pandemic masks fit better. We'll see how long it lasts. I hate shaving.

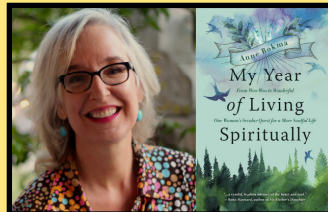
Blessed be, Rev. Barnaby

## Welcome to Our January Guest Worship Leaders!



**Amy Zucker Morgenstern** CVUUS welcomes Amy back to VT virtually on Sunday Jan 3. Amy grew up in CT in the Conservative Jewish tradition. She majored in Studio Art and Religion at Wesleyan Univ, traveled to

India and Nepal on a Buddhist Studies Program, and after teaching for two years, entered the M.A./Ph.D. program in Religion at Syracuse University. She began attending the Unitarian Universalist church in 1992 and left Syracuse after receiving her M.A. in order to follow the call into the ministry. She graduated from Harvard Divinity School in 2000, was ordained the same year, and served as minister of the Unitarian Universalist Church of Rutland, VT, for four years. She was called to the parish minister position at Universalist Church of Palo Alto, California in 2003. Amy's favorite non-ministry pursuits are reading (scifi, mysteries, general fiction, essays), cooking, watching movies, making and looking at art, enjoying good food and conversation with friends, and petting her cat. Most of all she loves to spend time with her wife Joy and their young daughter. Reach her at [parishmin@uucpa.org](mailto:parishmin@uucpa.org).



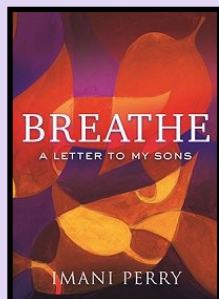
**Anne Bokma** CVUUS welcomes Anne to the pulpit on Jan 24. Anne is an award-winning freelance journalist and the author of *My Year of Living Spiritually: One Woman's Secular Quest*

*for a More Soulful Life* published by Douglas & McIntyre in October 2019. She is also the founder of the 6-Minute Memoir “Speed Storytelling For a Cause” event, which features storytellers sharing tales on a common theme within a strict six-minute time limit. And she offers the 6-Minute Memoir Online Writing Workshop Series to help participants select, shape and share their personal stories. Her work has been honored with many writing awards including from the Canadian Association of Journalists, the American Associated Church Press and the Canadian Society of Magazine Editors. Earlier this year she received a City of Hamilton's Arts Award recognizing her long career as a writer.



# CVUUS Jan Newsletter

## New Adult Religious Explorations Beginning in January



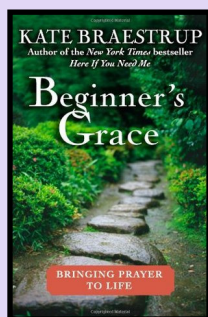
"In *Breathe*, Perry offers a lyrical meditation that connects a painful, proud history of African American struggle with a clarion call for present-day action to protect, defend, and celebrate the promise of the next generation." — Stacey Abrams, Fair Fight Action, Inc.

### Breathe Book Group

Jean Terwilliger and Mike Greenwood will lead a group reading of this year's **UUA Common Read**, *Breathe* by Imani Perry on the **third Wed of the month at 7:30 pm** for four months starting Jan 27th and concluding April 28th.

Please let Jean at [jtwigvt@gmail.com](mailto:jtwigvt@gmail.com) or Mike at [mike802vt@comcast.net](mailto:mike802vt@comcast.net) know if you are interested.

Artley has copy for our library and you can order your copy from [www.uuabookstore.org](http://www.uuabookstore.org) or from [www.vermontbookshop.com](http://www.vermontbookshop.com).



### Exploring Prayer

Rev. Barnaby will lead an Adult Zoom Class on Prayer on the **second and fourth Thursdays of the month at 7 PM** in January, February, and March. The class will meet for an hour and 15 minutes. We will look at the varieties of prayer, loosely following the structure of Rev. Kate Braestrup's book *Beginner's Grace: Bringing Prayer into Your Life* (Free Press Division, Simon & Schuster, 2010). But a large part of it will be devoted to looking closely at some of the world's most famous prayers, writing our own versions of them, and sharing those personalized prayers among those of you who are willing to do so. The class will be divided once we are started into groups of two or three to provide writing buddies between classes. Please contact Rev. Barnaby ([revbarnaby@cvuus.org](mailto:revbarnaby@cvuus.org)) to sign up!

### Congregational Conversation: Adult Religious Exploration

*Sunday Jan 17, 11 AM, cvuus zoom*

Join us following worship for a discussion led by Doug Richards of current and future offerings.



## Staying Connected... Virtually

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

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

**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. Contact Laura at [office@cvuus.org](mailto:office@cvuus.org) if your group wants to schedule **Zoom meetings**. Ask Laura how you can become the host for your cvuus zoom meeting. Explore *small group ministry* and our *affinity groups* on page 7 and [here](#).

**Council of Ministries:** Reps from our ministry groups convene online, now on 1st Monday of month at 4:30 PM, to brainstorm and update each other. Their missions are described [here](#). Look for opportunities galore for you to promote, celebrate and stay connected with CVUUS.





Lise Anderson and Jean Terwilliger  
Council of Ministries co-conveners

## Ministry Teams Look to Try New Ways of Engaging During Covid

In August the **Council of Ministries (COM)** (15 leaders of all our committees) met safely outdoors at CVUUS for a retreat. We asked ourselves, as leaders during Covid, how can we 1) inspire our teams, 2) increase connection between our ministries and the congregation, and 3) help people discover CVUUS (and join in active community). From that meeting, each ministry leader prioritized 3 actions in each area to move forward- summarized below.



1) To inspire our teams, most agreed that we need our work to be meaningful (is there a new way to get a task done?). We could meet for a walk without an agenda, or give testimonials in worship about what we do and how it lifts us up. To make participating easier for younger and working adults, we might define more short-term projects like giving a reading, labelling envelopes, coating sidewalks, or decorating our sanctuary.

2) To understand how all of us can better connect through CVUUS during Covid, the COM members suggested a **congregational survey**, scheduling outdoor group activities, attempting face-to-face meetings whenever possible, and even purchasing a tent. We undertook the survey in Oct and 51 people responded (Thank you!) Results are summarized below. Details can be found at [cvuus.org](http://cvuus.org) [here](#).

- Respondents were mostly women (75%) over 50 (90%).
- In general, respondents felt connected with individuals (53%) and groups (72%) at CVUUS, but not as connected to families (33%).
- Many respondents welcomed additional opportunities for small group activities, both social and philosophical.
- Several people requested calls- these have been passed on to the Fellowship team for follow-up.
- CoM is processing and working on actions for connection and communication. Our challenge in the coming months is to connect this knowledge with new programming, sensitive outreach, meaningful projects, new ways to gather in person and remotely, and then...to make a big deal about it so people hear the great news.

3) To promote CVUUS and attract more people to our community, COM members suggested a visible presence at social justice actions, purchasing a banner, actively managing the street-side signboard and social media including Front Porch Forum announcements, testimonials ("Our Whole Lives was great for my family..."), tithing to Abenaki communities, and visibly supporting struggling Addison County families. A new t-shirt could go a long way to make us more "visible".

The mission of each CVUUS ministry is described on our website. Love flowers? Enjoy fixing things? Tech savvy? Like curating art? Have marketing chops? Let us know. There are opportunities galore to promote and celebrate CVUUS, drawing on our congregation's own networks and connections to serve others seeking a supportive community.

Lise Anderson and Jean Terwilliger,





## Welcome!

Warm greetings from Membership Ministry.

While we can not yet greet you in person, whether you are new to our community or a long-time member, we hope that you can share in the messages of hope, welcome, and inspiration, through our online communications, Sunday virtual services, and various other gatherings via Zoom.

Members, please encourage anyone you meet to check out our events and to get on the mailing lists (post or email) for the newsletter and weekly Wednesday "Blast". Later in the year-- Spring! It's coming!-- there will be classes for potential new members to learn about UU history and theology, and how this congregation got to this point of growth and development. I am available to answer some questions you may have, and you should consider contacting our minister, Rev. Barnaby Feder, to learn more and to develop more connection with CVUUS. A big

thank you to members who have reached out to welcome newcomers to Addison County, and invited them to check us out!

We have just passed the darkest day of the year, so let us hope for more light, more hope, and shared love for all, as we navigate our Vermont winter, with all its beauty, along with shivery challenges. Stay warm, and safe and well! January blessings from Membership Ministry, Marjorie Carsen

## Good Rest to You, O Gentle Ones

Solstice sensitive lyrics by Liam Battjes-Greenwood

Good rest to you, O Gentle Ones,  
when your hearts feel dismay,  
Remember that the longest moon  
still greets the dawning day,  
As Mother Earth spins thru the hours  
and holds you in her sway  
with tidings of comfort and joy,  
comfort and joy.  
Oh, tidings of comfort and joy.

She comforts you with blankets  
of freshly fallen snow,  
as Grandma Moon shines thru the clouds  
to show you where to go,  
to find a place of warmth and food  
that your heart can call home,  
with tidings of comfort and joy,  
comfort and joy.  
Oh, tidings of comfort and joy.

Now thru the frosted window pane  
shines gentle candlelight  
to tell the weary traveler,  
alone in dark and ice,  
that we are here to welcome you  
with spirits of delight  
and tidings of comfort and joy,  
comfort and joy.  
Oh, tidings of comfort and joy.



IN THIS CONGREGATION, WE BELIEVE:

**LOVE IS LOVE**

**BLACK LIVES MATTER**

**CLIMATE CHANGE IS REAL**

**NO HUMAN BEING IS ILLEGAL**

**WOMEN'S RIGHTS ARE HUMAN RIGHTS**

**ALL GENDERS ARE WHOLE, HOLY, & GOOD**

 UUA.ORG/IMAGES





## Roses to...



...**Richard Hopkins, Margy Young, and Rich Wolfson** for the enormous amounts of time and care they put into producing our worship services.

...**CVUUS kids** for making the heart ornaments for *Guest at Your Table* - and those that bought them and donated money.

...all our musicians but especially **Chuck Miller, Kate Gridley and Lucy Tenenbaum** for constantly evolving and creating our Worship music.

...everyone who helped with our first Zoom Pageant - **Kate, Margy, Rich, Richard, Ethan, Mary, Baxter, Sonora, the Barstow clan, Bobbi, Gerry, Callie, Lucy G** and every-one who came and took part! Enjoy



[Zoom Pageant 2020 photos](#)

...all who helped with the Sanctuary Christmas displays, decorating and safety volunteering: **Kathryn Schloff, Carrie Mol, Louise Cadwell, Penelope Markle, the Stein family, Michele Lowy,**

**Liam and Mike Greenwood, Kate Gridley and John Barstow, Chris Murphy, Revell Allen, Jordan Young, Poppy Rees, Jean Terwilliger, Mary Hadley, Ann Webster, Janice Sabett, Dale Birdsall.**

...the faithful **Bob House** for extraordinary extra effort at inconvenient times to fix things.

...all who keep our Pride Flag flying including **Paul Stone** for its first installation and subsequent fixes of our snapped pole along with his son Matt and **John Barstow** for acquiring and installing a new flag to replace the frayed one and **Francis Stone** for reinforcing the new flag. Now we're working on a new BLM banner.



...**Dinah Smith and Michele Lowy** for their holiday cookie delivery initiative.

...the **Wolfsons** for shepherding our library.

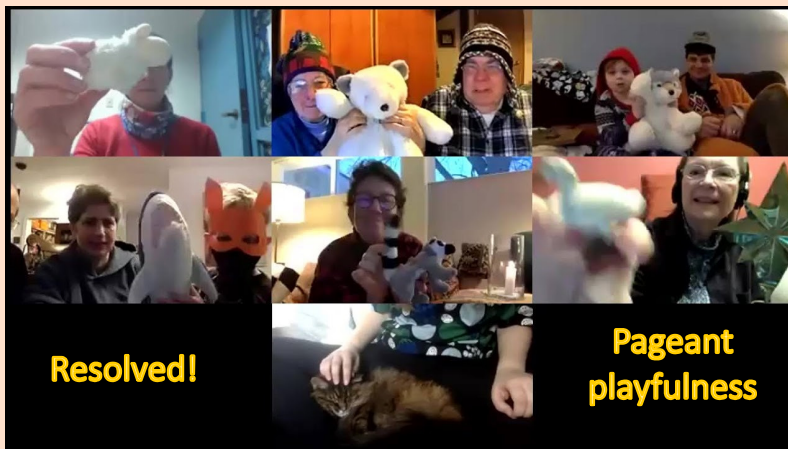
...**Brett Millier and Karl Lindholm** for agreeing to lead the 2021 spring pledge drive.

...**Colleen Brown** for initiating our online Sunday morning Intro to Meditation assisted by Dinah Smith.

...**Lise Anderson** for preparing and summarizing the CVUUS Congregational Survey 2020 and **Connor Timmons and Jean Terwilliger** for help analyzing the results.

...**Alan Moore** for continuing the coordination of Charter House dinner prep in our kitchen once of month.

...the **Congregation** for the generous Staff bonuses. Tears of gratitude are flowing.

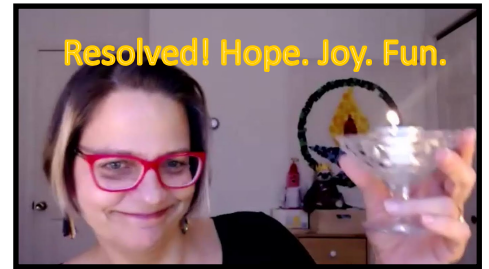




## RE THOUGHTS

## UPCOMING EVENTS

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



By the time you read this, 2020 will be over. Over! A new year has started with all the possibility that new years bring. And this year holds a vaccine and a new president and for this, I am deeply grateful.

I'm not going to make "resolutions" but I am going to make intentions. So much of this past year was about trauma, being frozen, slogging through, worrying, waiting, and missing. And there will be more of that this year but I see the shifts coming ahead. And what will I shift to? Will it be back to the way things were? Because there are things I should not shift back to.

This Great Pause or horrible pandemic or whatever you want to call it needs to have learning come out of it, not just loss. Needs to have better ways come out of it. I don't know what that will look like for me or my family. Or CVUUS or RE. But I do know that I'm not going to just return to the last way I did things, simply because that's how I did things.

But that is the path of least resistance. So, **I know that without some strong intentions, it will be very hard to not slide back to the familiar, regardless of its usefulness.**

When I think of how I want this year to be, what does it FEEL like? Do I want to be excited? Strong? Thoughtful? Calm? What do I want this year to LOOK like? Is it full of things? Or spacious? Am I alone or with others? Where am I? What's in the space around me? What am I doing?

And for others in my life? What are my kids feeling and doing? What are the kids at CVUUS feeling and doing?

I know that some written, spoken, and shared intentions are my best chance at moving toward how I want things to feel and be. **Even one intention is better than none.**

So here's one – I want to stop constantly overthinking things. I want to let go of searching for the \*perfect\* thing, story, song, words, timing, action that will make everyone happy. It's an illusion. It eats up tons of time, energy and joy. I want to go with initial ideas more often and more quickly. And accept that there will be a range of reactions.

There. One intention. Stop constantly overthinking things.

**What's one intention for you?** Feel free to email it to me if you want a witness. I won't judge, even if you don't live it the way you want to. And I will celebrate with you if you do. Or don't.

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

~ Love, Poppy - your Director of Religious Exploration





## Social Action Updates



### January "Share the Plate" Donee

350.org was founded in 2008 with the goal of building a global climate movement, and was named after 350 parts per million — the safe concentration of carbon dioxide in the atmosphere. For the past 12 years, 350.org has been involved in many activities around the world including: the International Day of Climate Action in 2009, the Global Work Party in 2010, the effort to stop Keystone XL in 2011; Naomi Klein's Do the Math Tour in 2012; The People's Climate March in NYC in 2014; 350.org applauded the Paris Climate Agreement and was instrumental in launching the #ExxonKnew campaign. Since 2017, they have been celebrating with partners in Canada, Turkey, New Zealand, Kenya and South America over pipeline and coal plant cancellations, and of course took part in the Global Climate Strike in 2019. "350" has become a planet-wide collaboration of organizers, community groups and regular people fighting for a fossil free future. In their own words, "To build a just, equitable, and fossil fuel-free world, we need you with us", and "... science tells us we have less than a decade to completely transform our energy system..." To learn more about [350.org](https://350.org), visit their website...you can watch a video narrated by the founders and others about their assessments and hope for the future.



**Future "Share the Plate" Donees** 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. **December's collection** raised **\$530** for **Charter House** from our Sunday services, **\$1,133** for **Project HOPE** from our Christmas Eve services and **\$411** for **UUSC Guest at Your Table**. *Thanks!*

**Wish Lists** **Addison Allies (for farmworkers):** *Electric space heaters* (put in Fenn Shed). **Charter House (for residents):** *Snacks* (knock on back door to drop off). **Community Supper (for take-out meals):** *Baked goods (no nuts)* delivered to Congo Church of Middlebury on Fridays 3-5 pm. **The Giving Fridge**, a new venture located at 24 Merchants Row Middlebury, gathers food donations and offers free meals. For more details on meal reservations and ways to support The Giving Fridge visit [www.careofVT.com](http://www.careofVT.com).

**Charter House Dinner Prep Team** We aim to do this **every second Tuesday of month from 10 am – 1 pm**. You can come for part of this time for a specific job if that works for you. Contact **Alan Moore** [alanwmoore1947@gmail.com](mailto:alanwmoore1947@gmail.com) if you want to help with the Jan 12 meal.

**Meals on Wheels** provides so much more than a nutritious meal. Time commitment is based on your availability--it can vary from one day a week to two days a month (weekdays only). Delivery is typically from **10 to 11:30 am**. Talk with **Thurs UU Team** leaders Mary Conlon & Mike Greenwood. Contact [emarks@agewellvt.org](mailto:emarks@agewellvt.org) or 662-5249 or visit [agewellvt.org/giving-back](http://agewellvt.org/giving-back) to volunteer.

**Donate items to Neat Repeats, Buy Again Alley, JuneBug and WomenSafe!** Drop off used clothing to Neat Repeats and give them account **#108** or Buy Again and give them **#504**. **Women-Safe** needs mittens/gloves and will take toiletries (ee Dottie Nelson with questions). Thanks!





# CVUUS Jan Newsletter

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

**Small Ministry Groups** deepen and broaden personal spiritual growth. A group usually consists of 8-10 members who meet via Zoom monthly. Each meeting is focused on a spiritual or religious topic. 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 link.

**UU Cingles** gathers via Zoom for those **aged 60+** to provide company and conversation during these difficult times. We aim to meet on every other Saturday at 1 pm (Jan 5 & 19). Watch the blast for invites. For more, call or email Monty Montgomery, Revell Allen or Marjorie Carson.



**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 via monthly Zoom evening meetings aligned with celebrating the full moon. Contact Liam at [liambattjes@gmail.com](mailto:liambattjes@gmail.com) to get on his zoom list. Look for him leading our worship service often on last Sunday of the month.

**New Greetings Moon**, Wed, Jan. 13, 7 pm Zoom  
A New Calendar Year  
*Braiding SG, SkyWoman Falling, p.3*  
Origin stories and the gifts of seeds.

**Full New Greetings Moon**, Thur, Jan. 28, 7 pm Zoom  
Follow up MLK day with deliberate proposals.  
*Braiding SG, The Sacred and the Superfund, pg. 310*  
Peacemaking, reconciling and healing — political action.

**See New Adult RE Options on Page 3!**



## 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. Arrange pick up with [office@cvuus.org](mailto:office@cvuus.org) or [awolfson@middlebury.edu](mailto:awolfson@middlebury.edu)



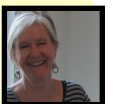
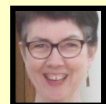
## CVUUS Sangha & Meditation

If you're interested in developing a meditation practice, you're warmly invited to join us **Sunday mornings**

**9:15 to 9:45 AM** lead by

**Colleen Brown & Dinah Smith.** It's

open to folks of all ages and all levels of experience with meditation. Each session includes instruction and three 5-minute guided meditations. It's aimed especially at those who are just beginning a meditation practice. During these trying times, it seems we all benefit from connecting with the place of silence and peace within, and this program is intended to help us locate and occupy that space with greater ease. Please feel free to contact either Colleen or Dinah with any questions. Zoom link [here](#)



**CVUUS ZOOM:** Ask Laura how you can request a cvuus zoom meeting. **To "claim host" once you are in:** Click the Chat. In the bottom right corner of it, there are 3 dots. Click them. Click "claim host" in the box where it asks for the "host key", put in these 6 numbers: **364568**. Click claim or ok or whatever and you'll now be the host. **To allow everyone to share their screen:** Click on "Security" in your bottom toolbar. Click on "share screens" and you should be all set.



## Choir Group

Greetings and Salutations, Welcome to 2021! Whew, did we really get out of 2020? I thought it would never end!!

First, let me say a heart felt THANK YOU for your generous gift for the Staff Bonus. It was a substantial amount, that at the end of the year was particularly welcome, as I pay

my charities at this time and was wondering where those funds were coming from!! Your generosity to me pays out two fold!!

As I write this in the waning days of 2020, I must reflect upon the COVID year behind us. For us musicians, it has been an incredibly hard year. We saw our in-person gatherings shut down. Learning new technology was hard (I won't mention "for us older folks"...). I found extra things to do, even with reduced hours, by helping with visual images for Chuck's prelude and postludes and other incidental music for services. And I've been coming in as ZOOM coffee hour host as needed. Chuck is on Sabbatical from January-April, and other musicians and video artists will be filling that space for us.

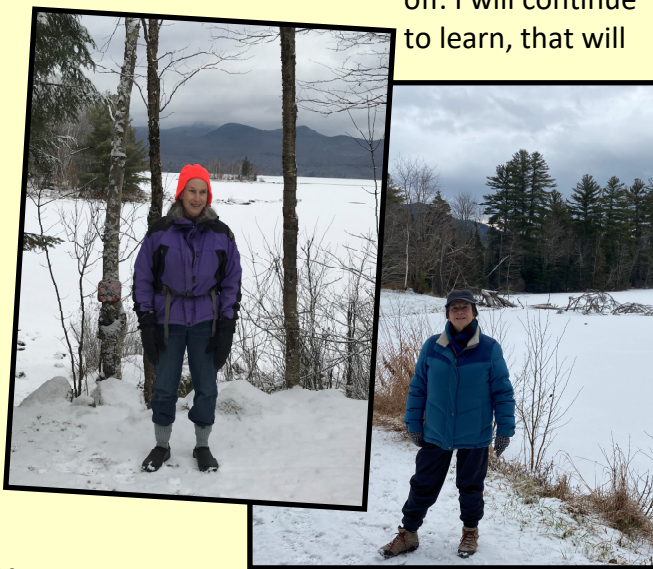
As time passes, more of the "old regular" singers have found the ZOOM and recording thing too hard and have dropped out. For me, getting ready for 6 more months of ZOOM choir meetings is posing quite a challenge. I am, for a moment, stymied. That is not easy to do, as you all know me as a driven, high energy person. Like many of you, I find that with a mostly empty calendar, it's especially hard to just get up and find a reason to continue to exist.

Well, CVUUS choir, for me, YOU are that reason. For now, Wednesday evenings from 5:30-6:30 are on my calendar from Dec. 30 to June 16. I know where I'll be!! Won't you come join us in our Small Group Choir Ministry and sing some music that, in January, is about loving your neighbor? I know it's not easy to learn music when you have to keep your mic off. I will continue to try to find good music, uplifting and interesting challenge not only musical skills but engage you emotionally and as a community of love. We will find a piece the choir members love and ask Eric Maier to compile the recordings that are so hard for us to make, but we do because we love the music that results. My plan is 1 choir anthem a month, and the next one will be the final day of January, the 31st when Rev. B is at the pulpit.

Sending love to all, and virtual hugs. Lucy

**Resolved! Anne Christie and Lucy Tenenbaum walk regularly** as part of Lucy's choir ministry.

Lucy offers walks to anyone who would like them as a way of checking in and restoring.







## FROM CVUUS BOARD

As we ring in 2021, the finance team and I wanted to share the financial situation and outlook for CVUUS. We are very blessed for the continued support through these trying times.

We appreciate everyone who was able to contribute to our fall fundraising non-event (where we raised ~\$10,000 – much of our budgeted fundraising amount) as well as all the

other wonderful opportunities to share within CVUUS and the greater community that occurred throughout December.

The books are closed on November and here's how things look: From an Income perspective – we are just a little above target for Canvass gifts and pledges for the year. On the expense side – our expenses are slightly below target which is often the case for this time of year.

From an overall balance sheet perspective, through November, we had \$145,576 in operating assets and \$149,515 in restricted reserves. Including that with our long-term assets of Fenn House, the Sanctuary building, and our solar panel investment, our total assets stand at \$3,114,607. On the liabilities side, we have the sanctuary mortgage and PPP loan for a total liability of \$552,510. That gives CVUUS overall equity (assets minus expenses) of about \$2.5 Million which is consistent with where we've been over the past few years. The PPP loan of \$26,050 is expected to be turned into a grant and forgiven in the next few months.

We welcome any questions and comments as we move into the new calendar year and begin imagining and planning the budget needs and pledging opportunities for the upcoming 2021-2022 CVUUS year which the congregation will vote on in June. Thanks again for your support.

Mary Hadley, CVUUS Treasurer



**When do I get my Tax Deduction Statement?** All statements will be sent in Jan and will include all donations received by Dec 31, 2020. Let Kris know if you want a print copy. She's happy to do it but is also happy to save the postage and envelopes for those who don't! Need an update on your pledge status? Contact our bookkeeper Kris Butler at [fm@cvuus.org](mailto:fm@cvuus.org) or 989-7346 on Tues or Fri (10 am– 1 pm) when she works remotely.







## CVUUS COVID Building Use and Meetings Policy

Anyone using CVUUS grounds or buildings MUST: **Get clearance and schedule ahead 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. Sign in on clipboard. **NO GROUP MEETINGS INSIDE OR OUTSIDE. Worship will be online till April 2021.**

## CVUUS COVID CHECKLIST

**BEFORE ENTERING BUILDING: TAKE THIS PRE-SCREENING HEALTH SURVEY. IF YOU ANSWER YES TO ANY OF THESE QUESTIONS, YOU MAY NOT ENTER CVUUS BUILDINGS.** 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 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 Have you been at a multi-family gathering in the past 2 weeks? 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, 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, use fans, air exchanger when in sanctuary, air purifier when in Fenn Chapel

### **BEFORE YOU LEAVE BUILDING/**

**GROUND:** 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**

### **Rules for Singing & Playing Instruments**

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

*Only those of the same household can be in the space at a time.*

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)

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

After unmasked singers and wind musicians have been in an indoor space, that space must be empty until the next day.

**CVUUS ZOOM:** Ask Laura how you can request a cvuus zoom meeting. **To "claim host" once you are in:** Click the Chat. In the bottom right corner of it, there are 3 dots. Click them. Click "claim host" in the box where it asks for the "host key", put in these 6 numbers: **364568**. Click claim or ok or whatever and you'll now be the host. **To allow everyone to share their screen:** Click on "Security" in your bottom toolbar. Click on "share screens" and you should be all set.



## JANUARY BIRTHDAYS



Steve Maier 1/5  
Martha Alexander 1/7  
Greg Bernhardt 1/6  
Sophie Mason 1/6  
Colby Hammond 1/9  
Willow Ross 1/8  
Melanie Sands 1/10  
Karl Lindholm 1/11

Owen Connelly 1/14  
Ann Ross 1/18  
Theron Trefethen 1/19  
Ron Hallman 1/20  
Liam Battjes Greenwood 1/21  
Victoria Cherney 1/21  
Thomas Martin 1/22  
Gerry Loney 1/23

**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—Alan 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), 989-7346)  
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))  
Custodian— Keith Rickerby (989-6036)

### ***Stay Connected...Virtually!***

Worship Service Online 10 AM  
Followed by Zoom Coffee Hour

### ***New Adult Religious Explorations.***

*Exploring Prayer, starts Jan 14*  
*Breathe Book Discussion, starts Jan 27*  
Both online. More inside.

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

