



Champlain Valley Unitarian Universalist Society

March 2021 - Volume 23, Issue 8

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.

Join Us for Worship Services Online

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

Beginnings

March 7 — Bound for Joy—

Our stewardship service and spring pledge drive kick-off. Philia the Owl wants to pledge, maybe, but has a few questions about whether giving us a field mouse will be enough. Led by Rev. Barnaby and canvass chairs Brett Millier and Karl Lindholm. In March we'll collect for Vermont Abenaki Artists Assn. and Abenaki Helping Abenaki .



March 14 —One Year On -- A look back at the beginning of remote worship at CVUUS, and what we've learned. Led by Rev. Barnaby. Followed by a Congregational Conversation on your preferences for future worship.

March 21 —When the End is Near -- Rev. Barnaby reflects on what we know about how things end teaches us about beginning with gusto, commitment, and joy.

March 28 — Celebrating Passover: Leaving a Narrow Place—With Pam Berenbaum. CVUUS Choir sings *Bound for Love*.

“Your visions will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.” --Carl Jung

NURTURE Your Spirit.
Help HEAL Our World.





Words from Rev. Barnaby:

I'm writing this on the morning of my 71st Birthday. It's a little unconventional, I admit. Most people take the day off from work on their birthday, if they have the power to do so. And you have granted me that power. But these are unconventional times. And writing this monthly letter to you isn't conventional work.

This letter is usually an invitation for you to reflect on who and where we are together as minister and congregation. Time for that is kind of a gift, so here it is: a gift for myself and you to celebrate the day that was (by the time you see this) my birthday. I would send along cake too but that (by the time you see this) will be gone. My best gift today was that Michele is far enough along in her recovery from knee replacement surgery to make the cake!



Today began as usual with Pan's morning walk. Although the meadows remain snow-covered, we are already so far past the Winter Solstice that the Sun has been rising this week over the Middlebury Gap instead of Moosalamoo Mountain. It's well up in the sky by the time Pan and I get outside around 7:30 am. But today, a dark gray bank of clouds has appropriated the Eastern horizon. As we look toward that ominous wall, the already risen Sun is just beginning to pierce its upper regions. I pause to enjoy the spectacle of this second version of sunrise.

Maybe this is where we are, I thought to myself. The bright day we look forward to is the return to worship and other activities together in our Sanctuary. It can be delayed by clouds of lingering pandemic and so much else we humans do to ourselves individually and collectively. But the Earth will keep turning toward brighter days and we are welcome to join in the ride. There is beauty to be found already in the possibilities we can foresee and joy in our opportunities to explore them.

Meanwhile, let's follow the lead of our dogs. Day after day, they insist there is so much to look forward to that we need to get outside of our fears and directly into the flow of Life right now!

Blessed be, Rev. Barnaby

Congregational Conversation Sunday March 14, 11 AM, *cvuus* zoom The Future of Worship



We will be asking attendees to talk about worship during the COVID pandemic, what lessons have we learned and how they feel about when we should be getting together again. Would/should we use more technology in future services? Are people getting vaccinated? Would they feel comfortable with in-person worship services if everyone was vaccinated? Would we still need to be masked and maintain social distancing? Please share your perspective on all things worship, especially related to the COVID pandemic. Led by Council of Ministries.

Council of Ministries: Lise Anderson and Jean Terwilliger convene reps from our ministry groups online 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.

From UUA President

Rev. Susan Frederick-Gray
[UUA Guidance on Gathering In-Person When COVID-19 Subsides](#)
[UUA.org](#)



Save
the
Date!





CVUUS March Newsletter



2021-22 CVUUS Canvass Pledge Drive Begins March 7!



We believe a better time is coming when we will be together again, in person, in all the different ways we gather to do good in the world and to support one another. We look forward optimistically to the time we are in our beautiful sanctuary and in the Ann Ross Fellowship Hall on Sunday mornings. This year has been one of extraordinary challenges, requiring us in our remote lives to be creative and resilient. The resources needed to get CVUUS back to our full program are significant. We trust that CVUUS members and friends will be as generous as possible in providing for this hopeful future.

Bound for Joy suggests a forward-moving train:

Climb aboard!

Watch for:

- * **A bag of treats** from your Canvass Co-Chairs!
- * **A message from your "Village Leader"**--who will talk with you about CVUUS and our joyous destination, and help you pledge online or on paper.

Want to help? Contact **Brett Millier** (millierb@gmail.com) or **Karl Lindholm**



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. 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 before Sunday 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 Groups: Some meet remotely. Contact Laura at 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](#).

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



CVUUS Celebrates 35 Years!

Watch Rich Wolfson's [pre-service slide show of our 35th anniversary of living spiritually](#) which was on Jan 26, 2021.



Our first service was held Jan. 26, 1986 at **Sarah Partridge Community House**. 27 members 10 friends recorded in our first Congregational Survey 1988.



Then moved to **Cornwall Town Hall** in 1989.



Then to **corner of Water St back in Middlebury** in 1995 where the Osborne House now presides along Cross Street bridge.

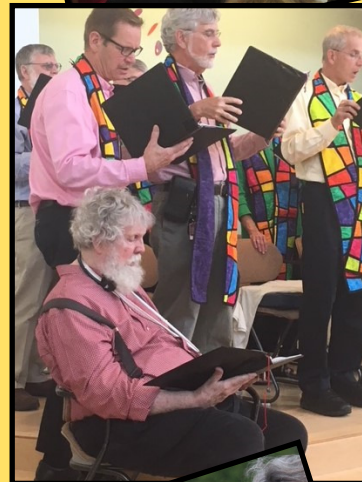


Then into our new energy efficient **Sanctuary at 2 Duane Ct** in 2010. The Fenn House was the former home of Connie Leach.

We completed the lower level in 2019 which we named **Ann Ross Fellowship Hall**. Ann, with others, started our **Rhubarb Festival** in 2010. It was a drive-by pie sale in COVID 2020. We have 180 members and many friends.



Living Spiritually



Recalling past years & Roger Comstock (seated left) who died in June and sang with our choir, which continues virtually.





CVUUS March Newsletter

Honoring Indigenous People

CVUUS worship opens with a ringing of the bell and saying: *"We recognize that CVUUS gathers on the land of the Western Abenaki people. We respect their spiritual relationship to the land. We hope to learn from them how we can live together in peace and justice."*

Fuller Event Opening Language: *"I want to start this event by acknowledging that we (or for Zoom, 'most of us') are gathered here and holding this Meeting on the unceded traditional homelands of the Abenaki People, their Ancestors, and allies. Please join me in acknowledging the Abenaki community, their elders both past and present, as well as future generations. Let us not look away from the exclusions and erasures of Indigenous Peoples, including those on whose land we live, work, and witness. May we be committed to dismantling the ongoing legacies of settler colonialism here in N'dakinna - the place the Abenaki People call Our Land. Thank you."*

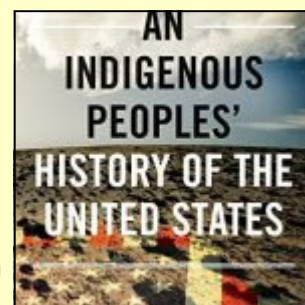


CVUUS displays the poster held by Chief Don Stevens as an important reminder.

Watch CVUUS worship with Abenaki Chief Don Stevens: our guest worship speaker on Feb 28 in a service led by Liam Greenwood who co-leads the Native Moons Group. Go to cvuus.org/worship.

Watch *Dawnland*, a documentary done in and about Maine and its Indigenous Peoples and the work of a Truth and Reconciliation Commission established by the Chiefs of the Wabanaki Confederacy and the State of Maine. Middlebury Friends Meeting's Cheryl Mitchell purchased a license to view the film for a year. You can join Friends in discussing the film in March. Watch the Blast. Here is the link to the 54 minute version: <https://vimeo.com/497022254> Password: fifteen.orange.ball.

Indigenous Peoples Day was an official VT state holiday, replacing Columbus Day for the second year on the second Monday in Oct. What a great opportunity to create some family traditions for honoring the original people of these hills and valleys, and other Indigenous Peoples around the world. Find at least one to do, maybe more, to tie into UU values of valuing the inherent worth and dignity of each person, and searching for the truth, and working toward a more just world. Here are a few things you might do to mark this holiday, or any time of year, from Montpelier's Dir. of Religious Exploration Liza Earle Centers. Visit cvuus.org/news/honoring-indigenous-peoples for more links and ideas.



Watch the Abenaki Creation Story. It is powerful to hear the Abenaki language spoken.

Keep the Abenaki language alive! Abenaki leaders are trying to teach more and more people the language.

Clean up our own way of speaking, to make sure we're not spreading myths about Indigenous People or using hurtful phrases or micro-aggressions. Learn which every day phrases to leave out of our speaking [here](#). (For some Abenaki, the phrase "Native Vermonter" can be hard to hear said by a non-Abenaki. It's easy to just say "born in Vermont" instead.)

Learn more and support indigenous authors. Consider buying or borrowing books by indigenous authors: [some picture books](#) or some for [youth/young adults](#). Peruse the CVUUS Library reading list: <https://www.cvuus.org/learning/library/reading-lists-2/native-american-perspectives/>

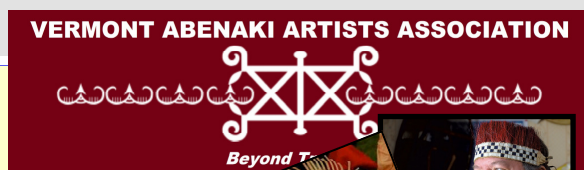


Social Action Updates

March “Share the Plate” Donees

Vermont Abenaki Artists Assn. promotes regional Indigenous arts, artists, and culture by providing an organized central place to share creative ideas, and professional development. It creates engaging cultural events, educational programs, exhibitions, and curriculum materials and represents over 280 artists, teaching artists, performers, educators, and scholars. We'll collect for them in the first half of March. For more, visit abenakiart.org.

Abenaki Helping Abenaki's mission of the Nulhegan Band of the Coosuk Abenaki Nation is to strengthen our government; to build our community, and ensure sustainability; to protect our customs and traditions; and to revive our culture and celebrate our heritage while sharing it with those around us. N'da-kinna (our homeland) is nestled among the lakes, rivers, and forests of Vermont's Northeast Kingdom. Our connection to this land cannot be described in any language. It is our birthright and obligation to advocate for our ancestral territory so that its uniqueness and beauty will be protected for the generations to come. Look for **displays** at Burlington International Airport, Echo Museum, and Ethan Allen Homesite. We'll collect for them in the second half of March. For more, visit abenakitribe.org



Future “Share the Plate” Donees Please speak with anyone on Donation Ministry to suggest an organization you'd like CVUUS to support: Allison Cutler (chair), Barbara Karle, Ashleigh Hickey, Chris Murphy, Avi Freund or Rev. Barnaby. Thanks to all who gave to our UUA Affiliates last month.

Track how much we contributed to them and other past donees at
<https://www.cvuus.org/justice/sharing-donation-plate/>.

April's donee will be Earth centered. *Thanks!*



Charter House Dinner Prep Team We aim to do this **every second Monday 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 if you want to help with the next meal.

Meals on Wheels provides so much more than a nutritious meal. Time commitment is based on your availability— 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 or 662-5249 or visit agewellvt.org/giving-back to volunteer.

Donate items to Neat Repeats, Buy Again Alley, JuneBug, WomenSafe, HOPE and Addison Allies! Drop off used clothing to Neat Repeats and give them account **#108** or Buy Again and give them **#504**. **WomenSafe** will take toiletries (see Dottie Nelson with questions). **Addison Allies** needs appliances and seasonal items for migrant workers to help with heating and cooling and help transporting them and meals. Follow their requests on FPF and at cvuus.org/news. Thanks!



Social Action Updates

Congregational Conversation: Classism

Thanks to those who inquired on social classes on Feb 21 after worship . Here are some highlights. More at cvuus.org/news/congregational-conversations.

Worship: What would 21st century worship services look like as a result of the pandemic remote services? Can we make them more inclusive via technology? Be sensitive to the images we project virtually, as backgrounds for zoom etc. Can show off our economic status Are there people who don't attend virtually because of lack of technology? More testimonials especially that demonstrate our economic diversity. Poppy does a good job at being inclusive with kids- can we learn from what she does? Worship must address multiple audiences.

Leadership and Decision Making: Address the class privilege of time: higher incomes have more free time for volunteering. Pay stipend for people's time. Job sharing – share the responsibility with someone else so less time consuming. More remote meetings. Typical governance is based on New England town meetings, white privilege, dominated and classist. System called sociocracy: social self-governance; create circles of governance; give circles certain amount of authority; CVUUS Board and Council of Ministries are two circles. <https://www.sociocracyforall.org> and <https://www.uua.org/leadership/library/sociocracy-resources>

Finances: Instead of talking about how much we need money (which makes some feel uncomfortable) talk about how the church works and what things cost. Put reimbursement form online. More explanation needed about pledge vs share the plate contributions.

Building Community: Personal statement by a participant: "I feel intimidated by the degrees and knowledge of existing members, although I am treated wonderfully." Need to reach out to new people, avoid insider/outsider paradigm. Offer new member bios written by member of membership committee after interview with new member. More workshops and other events to raise awareness of the issues of class and classism. Have "buddy" for each new member. What can we do to reach out to working class people? Should we reach out (evangelize) or just work with them on different issues?

Have You Discovered Our CVUUS LIBRARY?

Need UU social action 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 or awolfson@middlebury.edu .



NEW! CVUUS Library of Things(LoT)

For those who missed the initial announcement, the Library of Things will be a listing of useful items, owned by congregants, that they are willing to lend to other community members.

As contributions have come in it's become clearer to us which categories might be the most useful:

- **baby equipment** (portable cribs, booster seats, infant baskets),
- **medical equipment** (cast covers, walkers, canes, shower seats),
- **furniture** (folding tables and chairs, lawn chairs),
- **kitchen equipment** (pressure canner, percolator, hot plate),
- **craft or hobby equipment** (hot glue gun, sewing machine), and
- **tools** of all kinds.

It will be important that items be lent and returned in good condition, and especially for baby and medical equipment, be clean and sanitary.

We have not yet finalized the system for publicizing the list and lending the items, but we will let you know as soon as those procedures are set. For now, continue to let **Artley Wolfson** know what items you are willing to lend.





RE THOUGHTS



UPCOMING EVENTS

REinvention. Hope. Joy. Fun. Community.

Wow. It was one year ago when we made the painful and protective decision to close our buildings because of COVID. At the time, we had no idea it would last this long – or what “it” even was. We have gotten through a year – apart but together. And here we are – with hopeful days down the road – but still so much unknown. I am hoping that warmer Spring weather will bring the chance for RE gatherings outside, for all ages. Fingers crossed! In the meantime, “RE-invention” continues.

Here’s what we’ve been up to in RE...

REinvention bag #3 delivered to 30 families – Valentine’s Day treat/snacks, fun things, materials for making valentines, and special “don’t peek until our Zoom!” bags for Coming of Age and Youth Group

Coming of Age – meeting every 2 weeks with Poppy and Allie. Checking in (rose, bud, thorn), games, making Valentines for some CVUUS folks, mini s’mores made over votive candle with toothpicks! Made a Spotify playlist to listen to while we work. Some Coming of Agers will start preparing for our May Coming of Age worship service.

Youth Group – same as above but with Poppy and Abi. Discussing baking-over-Zoom ideas.

Grade 6 and younger kids – 4 short Zooms with Bobbi and Gerry Loney. Sharing, show and tell, and cool science tricks.

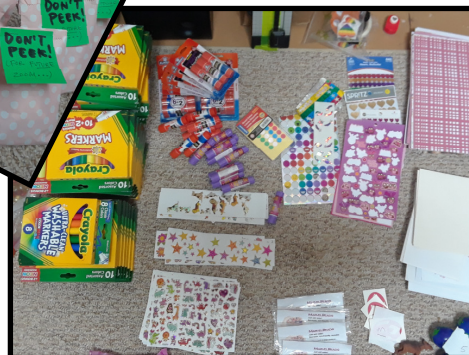
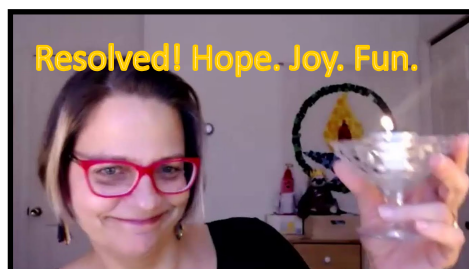
Weekly “Time for All Ages (TFAA) from Sunday worship and more” emails from Poppy – share TFAA video used in worship, plus bonus videos (Harry Styles, cool dancing kids, anti-racism, empathy...), upcoming RE sessions, and more. Not getting these? Email re@cvuus.org.

**** UPCOMING RE THINGS ****

Youth Group	Sat, March 6 and 20	4-5:30
Coming of Age	Sun, March 7 and 21	4-5:15
+ more Parent Sharing Circles?		
+ RE Council meeting?		
+ more RE for Younger kids?		

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

~ Love, Poppy - your Director of Religious Exploration





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 affinity or Adult RE 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 to get on the list for Zoom link.

UU Cingles gathers via Zoom [here](#) for those aged 60+ to provide company and conversation during these difficult times. We aim to meet on every other Saturday at 1 pm (Mar 13 and 27). Watch the blast for invites. For more, call or email Monty Montgomery, Revell Allen or Marjorie Carson.



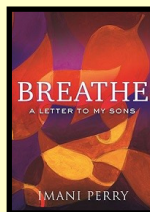
Native Moons Group led by Liam and Mike Greenwood celebrates the Abenaki and Iroquois lunar cycle and uses *Braiding Sweetgrass* by Robin Hall Kimmerer to guide

reflective writing and sharings via monthly Zoom evening meetings aligned with celebrating the full moon. Contact Liam at liambattjes@gmail.com to get on his zoom list. Look for him leading our worship service often on last Sunday of the month.

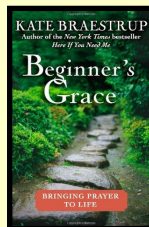


CVUUS Sangha & Meditation

If you're interested in developing a meditation practice, you're warmly invited to join us **Sunday mornings 9:15 to 9:45 AM** when **Colleen Brown** or **Dinah Smith** give instruction and three 5-minute guided meditations. It's aimed at those who are just beginning a meditation practice. Please feel free to contact either Colleen or Dinah with any questions. Zoom link [here](#)



Breathe Book Group led by Jean Terwilliger and Mike Greenwood continues on the **fourth Wed of the month at 7:30 pm** Jan through April online [here](#). Order your copy of this UUA Common Read from uuabookstore.org or vermontbookshop.com or borrow ours.



Exploring Prayer

led by Rev. Barnaby continues on the **second and fourth Thursdays of the month at 7 PM** in Jan, Feb, and March. The class follows Rev. Kate Braestrup's *Beginner's Grace: Bringing Prayer into Your Life* and looks at the varieties of prayer including famous ones, writing our own versions of them, and sharing those personalized prayers. Join online [here](#).



Roses to...

...**Mike Greenwood** and **Alan Moore** for leading the congregational conversation on classism.

...**Bobbi and Gerry Loney** for doing RE Zooms on cool science tricks with the younger kids, **Abi Sessions** for helping YG & delivering REinvention bags and Allie Izzard for helping with Coming of Age.

...**Lois Alberts** for refreshing our lower level bulletin board of current CVUUSers in the news. Take a look when you come by to return a library book or borrow one. Remember to sign in!



...**Bob House** for sanctuary painting repairs of the west wall and upper bathroom and for noting and replacing fading fluorescent lighting with efficient LEDs, assisted by **Miles Peterle** and **Alan Moore**, on scaffolding he arranged for loan from Habitat for Humanity where he and several other CVUUSers volunteer. It's a circle!



Choir Group Greetings and Salutations dear CVUUS folx. Spring is coming, the days are longer and hope is in the air! March is coming and our theme for the month is Beginnings. Of course, it is Canvass month and we are all looking to our finances to see where the spaces are that could be filled with giving.

Our Choir Anthem for March is again an Amanda Udis-Kessler composition. We have one more round of hers for the spring. Her music is free to use, and so appropriate for UU services. It seems like a slam dunk to me! If you missed my introduction to

Amanda last month, she is a UU friendly composer, and shares her music on her website queersacredmusic.com. She asks that her music be shared widely.

The text for this month's round is *"Bound to love, bound to each other. Bound to serve, bound to give. Bound to care one for another every day that we live."* It is sung with the companion song, *"What do we bring to show our love? What are the gifts that are ours alone? Body and spirit, heart and mind making a world where all are home!"*

I hope you will be at home at CVUUS, and maybe even come sing and socialize with the choir on Wednesdays at 5:30-6:30. Our recordings have been made, our engineer Eric B. Maier is processing the rounds we've recorded for upcoming spring services, and all we have left to do is sing and have fun.

Come, sing, chat, make new friends and keep the old friends. We miss you, we love you, this too shall pass and we'll be together again soon. Love always, Lucy



Need an update on your pledge status? Contact our bookkeeper Kris Butler at fm@cvuus.org or 989-7346 on Tues or Fri (10 am– 1 pm) when she works remotely. Look for the new online pledge form for 2021-22 you can easily complete at cvuus.org.

Stock Transfer Giving: We recently converted one of the CVUUS investment funds to a brokerage account that allows transfer/donation of stock from member or friend non-Vanguard accounts to the CVUUS Vanguard account. This will simplify our financial processes and costs less than our previous process through Cetera. If you are interested in giving to CVUUS in this way, you can refer to Vanguard account 29559438 and DTC# 0062.

Planned Giving Strategies: Most of us have many more options than we realize for making financial gifts to family members, organizations they support like CVUUS, and charities. Did you miss our free workshop with guest advisor Jason Cadwell, Ashley Cadwell's younger brother--a money management expert based in Burlington? See more [here](#) including how to contact him. It was not recorded, but you can follow up with Rich Wolfson or John Berninghausen for guidance.

Online Giving <https://cvuus.breezechms.com/give/online> See how to choose options [here](#) or by code to right.



for online giving



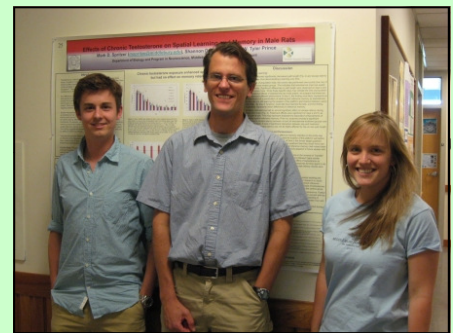
FROM CVUUS BOARD

Last March, I was teaching a lecture at Middlebury College on fish diversity, and I noticed that the class seemed unusually distracted that day. I later learned that a message from a dean, meant to go to only faculty, had been leaked to the students in the middle of my class. The announcement was that the campus would be closing due to COVID-19 and all the students would need to go

home. At the time, I was hopeful that students would come back to campus before the end of the term. We had to at least have a graduation, right? Now we are about a full year into COVID-induced distancing, wearing masks, and a community and broader society that has been completely devastated by a spikey microscopic viral particle.

In spite of life being upended, CVUUS has been able to sustain community online, and those of us on the Board have been working to consider a time when we are able to have COVID-19 less central in our lives. Specifically, we have been working on developing a new long-term plan for the Church. This has involved one Congregational Conversation, consultation with Church committees regarding what worked from our last long-term plan, and multiple Board meetings to discuss how best to develop a new long-term plan. This has led us to draft central themes for a new long-term plan, which we present here:

- **Enhancing community and connection**
 - Deepening and diversifying the congregation
 - Developing robust external connections (geographical and denominational)
 - Cultivating social action pathways
 - Addressing injustices toward marginalized groups
- **Developing and sustaining church leadership**
 - Preparing for and conducting ministerial transition
 - Supporting established leaders and training new leaders
 - Managing generational transitions
- **Planning for long-range stewardship of church resources**
 - Sustaining financial stability
 - Maintaining and improving facilities
- **Sustaining and expanding spiritual growth for all age groups**
 - Reinventing RE
 - Growing our adult RE offerings



Mark Spritzer with Middlebury College summer interns in pre-COVID times.

Exactly how these themes will integrate with actionable goals remains to be determined, but we feel that this is a good foundation to start with. If you would like to help us in this planning process, please contact a Board member. There will also be many opportunities to contribute to this process. So, please join us in envisioning the future of the church, in a time beyond COVID.

Mark Spritzer



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. 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 May 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.



MARCH BIRTHDAYS



CVUUS welcomes

American Red Cross Blood Drive
Tues March 9, 10 am—4 pm,
 by appointment redcrossblood.org

Bob Alberts 3/2
 Hayden Sessions Bernhardt 3/3
 Gloria Gonzalez Zenteno 3/3
 Frances Stone 3/3
 Baxter Harrington 3/4
 Ember Roark 3/5
 Kate Gridley 3/7
 Ana Bright 3/8
 Alan Moore 3/9
 Scott Barkdoll 3/10
 Priscilla Bremser 3/10
 Mary Claire DeHaven 3/12
 Becky Strum 3/12



Tieran Santerre 3/13
 Doug Richards 3/14
 Julie Chippendale 3/16
 Jeannette Lampron 3/16
 Pat Todd 3/17
 Revell Allen 3/19
 Sonora Gildrien 3/20
 Cheyenne Ross 3/21
 Silas Conlon 3/22
 Bennet Fuentes-George 3/23
 Laura Ferguson 3/25
 Sheila House 3/25
 Nan Crowell 3/29

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.



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—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, 989-7346)
Choir Director – Lucy Tenenbaum (lucytunes@me.com)
Dir. of Religious Exploration – Poppy Rees (re@cvuus.org)
Office Manager – Laura Asermily (office@cvuus.org)
Custodian— Keith Rickerby (989-6036)

The Future of Worship
Congregational Conversation
Sunday March 14, 11 AM, *cvuus zoom*



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

Return Service Requested

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

