



# Champlain Valley Unitarian Universalist Society

October 2021 - Volume 24, 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.

## Nurturing Community October Worship Services

Sundays at 10 am Attend on site (mostly outside) OR online

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

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



**Oct 3—Spiritual Calling to Mongolia—**Join guest speaker Sas Carey of *Nomadicare*. Our “5th Sunday” donee will be collected this day for the *UU Disaster Relief Fund*. For the rest of Oct we will collect for *Habitat for Humanity of Addison County*. More at [cvuus.org](http://cvuus.org).

**Oct 10—When Fall Comes to New England --** Rev. Barnaby reflects on what types of change we love.

**Oct 17—Close Calls --** Let's share some stories about how amazing it is that we are here. Led by Rev. Barnaby.

**Oct 24 —Radically in Favor of Knowing --** Rev. Barnaby reflects on why next month's launch of the James Webb telescope should make UU hearts sing.



**Oct 31—Honoring Ancestors—**In celebration of All Soul's Eve, we share stories of relatives who had a significant impact on our lives. Led by Karl Lindholm.

**Save the Date! More Inside!**

**Addison County CROP Hunger Walk, Sun Oct 3, 12 pm**

**Indigenous People's Day, Mon Oct 11**

**Widening the Circle classes begin, Thurs Oct 14, 5:15 pm**





## Words from Rev. Barnaby

I enjoyed being able to share a wonderful Milestone during worship on Sept. 26 (not long after the heavy clouds set the stage by giving way to brilliant fall sunshine): **Sky Williams-Tao**, a former Middlebury College UU who joined CVUUS and served on our Worship Team, is now fully qualified to become one of my peers.

As some of you will remember, Sky arrived in 2012 as Celeste (she, her) and transitioned in both name and sexual/gender identification during their time with us, which you can see in the pictures below. On Sept. 24, Sky (they, them) was granted "preliminary fellowship" after an hour-long exam and preaching session before a select panel of UU ministers and lay leaders. The national committee overseeing the panel will continue to review Sky's progress and performance over the next three years, but Sky is now fully qualified to be ordained and to seek employment leading one of our more than 1,000 congregations.

The day after I shared this Milestone, I received a long email from Sky reliving their experience before the panel. Sky told me they had based their homily to the panel on a poem called ***A Prayer for Unfinished Business***.

I've read this prayer poem by Rev. Kelly Weisman Asprooth-Jackson many times. It fits nicely with my announcement at Water Communion that, barring unforeseen circumstances, I plan to retire at the end of the 2022-23 church year. The core of the poem says:

.....Do not curse me to perish with all my dreams fulfilled.  
Do not afflict me with a vision so narrow and a heart so small,  
That all my greatest hopes could be accomplished within a single lifetime.  
Rather, bless me with an unquiet spirit.  
Anoint me with impertinent oils.  
Grant me dreams so great and numerous,  
That I might spend the fullness of my days to realize them,  
And have ample remaining to leave to my inheritors....  
(the full poem is [here](#))



The poem also fits well with the spirit in which I will be leading a **study group starting this month of *Widening the Circle***, a report from the Unitarian Universalist Assn. on **how we can work to dismantled the impact of racism**. This is truly important work toward a dream that won't be fulfilled in our lifetime, but the time is ripe for making great progress. If you've read this far in this letter, I hope you will find the announcement for this class in this newsletter on page 8 and seriously consider joining it.

Blessed be, Rev. B



## Welcome to CVUUS!

Visit us at [cvuus.org](http://cvuus.org), FB CVUUSVT, or email [office@cvuus.org](mailto:office@cvuus.org) to follow us.

**All access worship services are held outdoors & recorded when possible.**



## What Are Your Pronouns?

**Celebrate gender identity** by designating your pronouns on your name tag. Can't find yours? Notify the Office, an usher, greeter or Ginny Ashenfelter. Check the Welcome Table basket in our lobby for collected and blank ones. Contact Poppy Rees about the future of **CVUUS Our Whole Lives (OWL)** which helps youth explore their sexual identity.

## Arrange access to our spaces

Refer people to how to arrange for our spaces [here](#). They are well-ventilated and feature wifi access and gender neutral bathrooms. We adjust the permitted attendance level and masking requirements depending on COVID conditions so ask the Office when you schedule. [Watch our online calendar](#) for when we are scheduled and when we are available for your small groups or events.



## CVUUS COVID GENERAL RULES

1. **Please do not come to CVUUS if you have any COVID symptoms**, even if you think it's just allergies. If you have symptoms (listed below), you should get a COVID test.
2. **Masks** should fit well and cover your nose and mouth.
3. **Remember to sign in** (contact tracing).
4. **Use hand sanitizer** before entering or interacting with others.

**INSIDE**—Mask AND distance from those not in your pod; no group singing. HUMMING is okay.

**OUTSIDE**--Mask OR distance; group singing IS okay BUT REQUIRES MASK. Humming does not require a mask.

**CVUUS ZOOM:** Ask Laura (388-8080 or [office@cvuus.org](mailto:office@cvuus.org)) how you can request a cvuus zoom meeting. **To "claim host" once you are in:** Click on your name in "participants" and scroll down below the list of names and click "claim host" and where it asks for the "host key", put in these 6 numbers: **364568**. You can also do this from "chat." In the bottom right corner of Chat, there are 3 dots. Click them. Click claim. **To allow everyone to share their screen:** Click on "Security" in your bottom toolbar. Click on "share screens" and you should be all set.

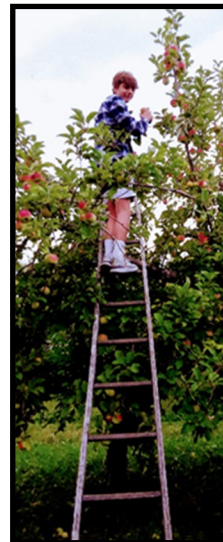




RE THOUGHTS



FINALLY, SOME KIDS.



I bring you - Youth Group apple picking.

I forgot to take pictures of the OWL 7-8 group who also went apple picking!

**I can't tell you how great it was to see these kids.**

Actually, I can. **It was great!**

**REinvigorate. Hope. Joy. Action.  
Justice. Community.**

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



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

## Addison County CROP Hunger Walk Sun, Oct 3



Please come walk and/or donate. Any amount is welcome. Easiest way to donate or join team is online at [CVUUS CROP WALK TEAM](https://www.cvuus.org/crop-walk-team). Meet at Middlebury Town Green: 12:30 for a CVUUS group photo, 1:00 start walking. Contact Poppy with questions [re@cvuus.org](mailto:re@cvuus.org)







## Music News from Ronnie Romano

### Singing and the Body (Tues, Oct 12, 7pm)



Singing is one of the purest forms of musical expression. It is unfiltered—it flows not out of us into another instrument, but simply out of us—we are the instrument. **Join Ronnie on Zoom**, where we'll explore the origins of music through the human voice, learn some singing and listening techniques to heighten our musical ears, and sing through some songs together. *No prior experience in singing or music is necessary. Simply bring your totally unique, one-of-a-kind instrument with you—your body!*

### Choir rehearsal in person outdoors!

Come to CSAC tent at 109 Catamount Park off Exchange St (across from Vermont Sun) on **Wednesdays at 5:30 pm** where we will prepare outdoors. We'll perform for Oct services, initially outdoors masked while we beware the Delta variant. We'll be following COVID protocols defined [here](#). It is never too late to join. Want to meet with Ronnie one on one? Contact him at [music@cvuus.org](mailto:music@cvuus.org) or 201-388-4038 to be added to his list. Look for email from [choir@cvuus.org](mailto:choir@cvuus.org) (and check your spam folders for initial ones). View Ronnie's introduction to us from a recent worship [here](#).

### What's the Future of Music at CVUUS? Congregational Conversation

*Follows worship Sunday Oct 17, ~11 am*

Join us as we reconvene for monthly congregational conversations Oct thru May on the 3rd Sunday following worship. Want to suggest a topic for a future one? Contact Council of Ministries member Alan Moore **Music Ministry Team:** Carol Harden (leader), Ronnie Romano (Music Dir.), Chris Murphy, YOU?! Contact [charden@utk.edu](mailto:charden@utk.edu) if you have ideas or want to join our ministry.

### Have You Discovered Our CVUUS LIBRARY & Library of Things(LoT) ?

*Need UU fall 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 & accept returned books & "book sale" or library donations. Arrange with Office or [awolfson@middlebury.edu](mailto:awolfson@middlebury.edu).

Library of Things (LoT) is a listing of useful items, owned by congregants, that they are willing to lend to other community members. Let Artley know what items you are willing to lend. Visit <https://www.cvuus.org/connection/library-of-things/> to view what's listed.





# CVUUS Oct Newsletter

## Social Action Updates

### October "Share the Plate" Donees

Following a 1999 sociology paper written by a Middlebury College Student on housing needs in Addison County, which found a substantial percentage of housing was substandard, a steering committee of concerned local residents was formed, and soon thereafter, with a generous donation of a lot in Bristol by Addison County Community Trust, the first house was built. From then on, the local HFH affiliation was off and running. In spite of COVID-19, Habitat has been very busy. They have completed their 12<sup>th</sup> house and started the 13<sup>th</sup>. Habitat provided housing for a single mother and her daughter who were paying more than 30% of their income for safe housing. The next house will provide a place to call their own for a family of five now in Addison. Their schedule allows them to build one house a year. They are building high performance houses (very, very tight) designed by the architecture class at Middlebury College. They are able to get grants to allow them to put solar panels on each roof now, which makes the houses almost net zero. Many of these houses are the envy of the community. Monthly or annual donations from supporters, and the no-interest mortgage loan repayments of the new homeowners, allows HFH to keep on building. Habitat can do all this only with help from our local, Addison County, community. Thanks to CVUUS, and many of its members, who have long been faithful supporters of "simple, decent housing" for our neighbors. More [here](#) and in Dec when we sell holiday cards in support of HFH.

We'll collect for **UUA Disaster Relief Fund**, our "5th Sunday donee," early on Oct 3. More about them [here](#).

### Future Share the Plate Donees

If you think you might like to join the Donations Ministry Team and want more information about how we choose donees and present information about them during Worship, contact Allison Cutler (allisoncutler56@gmail.com) Thanks to all who gave to **Vital Voices** last month. *Track how much we contributed to them and other donees at [cvuus.org/justice/sharing-donation-plate/](https://cvuus.org/justice/sharing-donation-plate/)*



### Excerpt from on the many thank you notes from our donees:

*"We would like to express our gratitude for your contribution of \$1,220 on Oct. 28, 2020 to the **Movement Voter Fund**...Your gift will help us...by supporting organizations at the forefront of community education and civic participation in historically excluded communities as Black, Indigenous, and people of color, low-income people, immigrants, and young people...."*



## Volunteer and Know You Make a Difference with Your CVUUS Teams

**Meals on Wheels** provides more than just a meal. When you knock on that door, you make a connection. The friendly visit, safety check and nutritious meal are a lifeline to many. Age Well, which organizes Meals on Wheels, is currently in need of volunteers in the Addison County. Delivery is typically from 9:30 a.m. to 11:30a.m. , week days only. Volunteer for a day or volunteer or to be an occasional substitute driver. For more information, contact Mary Conlon [mcolon@shoreham.net](mailto:mcolon@shoreham.net) or Mike Greenwood [mike802vt@comcast.net](mailto:mike802vt@comcast.net)

**Charter House Dinner Prep Team** We make dinner for Charter House residents (25) **every SECOND Monday of month**. Right now these are prepped ahead in the homes of volunteers and gathered at CVUUS between 10 am and 1 pm for delivery to Charter House. In addition, we provide **baked goods (250 cookies) for Community Dinner on the FOURTH Friday of month**. If you want to help, contact **Alan Moore** [alanwmoore1947@gmail.com](mailto:alanwmoore1947@gmail.com) to get on his email sign up list. See how it works in his google doc sign up [here](#).



### From Charter House:

*"Thank you for contributing so generously to the Charter House Coalition so that we can continue to fulfill our mission to provide shelter from the cold, meals for the hungry, and social support to help get lives back on track...Neighbor helping Neighbor is who we are so thank you for being such an essential part of that work "(plus personal handwritten note from Walter Stugis, Board President: "Thank you ALL SO much for this incredible generosity and kindness."*



**Tri-Vally Transit (TVT, formerly ACTR)** is in great need of volunteer drivers for the Addison County **Dial-A-Ride service**. Many county residents, including elderly, disabled and low-income neighbors, need transportation to access healthcare, food and critical services. Dial-A-Ride Volunteer Drivers play a crucial role in providing these rides, and it is a rewarding experience! Volunteer drivers use their own car, with mileage reimbursement provided at the government rate. Volunteers must have 5 years of driving experience and be able to pass background checks. As a volunteer, you tell TVT how frequently you would like to drive, and who you are comfortable transporting. Covid safety protocols are strictly adhered to. If you are interested, please call 388-2287 or for more info e-mail [abux-ton@trivalleytransit.org](mailto:abux-ton@trivalleytransit.org). Tell them "Dorothy sent me" and we can each earn a recruitment bonus of \$150 -- Dorothy will donate hers to CVUUS!

**Donate items to Neat Repeats, Buy Again Alley, JuneBug, WomenSafe, HOPE and Addison Allies!**

Let them know you are donating on behalf of CVUUS. More at [cvuus.org/news](http://cvuus.org/news). Thanks!





## How Racism Impacts UU's and Our Congregation Study Group

Rev. Barnaby will lead a **5-session class every other Thursday starting from Oct. 14 through Dec. 8** (the exception will be the 4th session, which would fall on Nov. 25 Thanksgiving Day, being pushed back a week to Dec. 2). Our main text will be the UU Association's **Widening the Circle Report**, an in-depth study issued in 2020 looking at how racism shows up within Unitarian Universalism. The report also focuses on what Black, Indigenous, and other UU's identifying of People of Color want to see from the rest of us in response. Rev. Barnaby will provide readings from the report before the sessions. The one-hour sessions run from **5:15-6:15 pm** and are preceded at 5 pm with a check-in for those who would like to share in that form of Fellowship as we light a chalice. This will be a **highly participatory workshop-style class** in which we will minister to each other. We'll start with Zoom and decide whether one or more of the later sessions could be in person. Contact [revbarnaby@cvuus.org](mailto:revbarnaby@cvuus.org) to sign up.

**Migrant Support: Mexican Consulate Visit** planning is underway for a safely distanced and earlier one on **Sat. Nov 20** on our grounds. Come to our *kick off planning meeting Wed Oct 6, 5:30 pm* in Fellowship Hall or contact Lise Anderson for a role.

**Indigenous People's Day (Oct 11)**  
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.*" See more at [cvuus.org/news/honoring-indigenous-people](http://cvuus.org/news/honoring-indigenous-people). Follow **Native Moons Group** (see p. 9).



## Roses to...



...**Revell Allen** for offering flowers from her CSA for our service arrangements, **Marnie Wood** and **Dinah Smith** for rearranging them into smaller bouquets delivered to some of our home-bound con-

gregants, **Donna LaRose** for pictures of this, and **Kathryn Schloff** and **Abi Sessions** for transforming Kas Singh's front garden beds as examples of the many ways we care for each other.



...**Jess Rouse** for helping with every RE thing we did last month (OWL 7-8 apple picking, Youth Group apple picking and Sunday morning RE) and for having a great attitude about it and **Jordan Young** for apple picking with the OWL 7-8 group.

...**Paul Stone** and his Stonewood farm crew for dismantling the pellet bin.







## 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 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 groups.**



**Writers Group** will reconvene **Mon, Sept 13, 7:30 pm** back on cvuus zoom. Contact Bobbi Loney at [bobbiloney@gmail.com](mailto:bobbiloney@gmail.com) to be added to the list.

**UU Cingles** gathers outside (often in the Marble Works near 11th Hour Botanicals or at the Bristol Village Bandstand) for those **aged 60+** to provide company and conversation. Meets every other Saturday at 1 pm. Watch the Blast. For more, call or email Monty Montgomery, Revell Allen or Marjorie Carson.

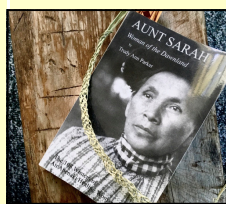


## CVUUS Sangha & Meditation

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 guided meditations. It's aimed at those who are new to meditation or already have a meditation practice. Please feel free to contact Dinah with any questions. Zoom link [here](#)

**Depression Peer Support Group** is forming for those who wish to share how they have coped with their own depression or how they have helped a depressed loved one. Contact Monty Montgomery (middmont@gmail.com) if you are interested in joining such a group.



## Native Moons Book Group *Zooming on the Full Moon*

(although in-person clustering is smiled upon). The Native Moons Book Group has chosen

to learn about Abenaki history more deeply and more intimately. We will be meeting with *Aunt Sarah, Woman of the Dawn-land*. This biography by Trudy Ann Parker is of Trudy's great aunt Sarah, who lived to be 108 years old. Her journey from the 1820's to the 1930's within the State of Vermont is a slow loss of indigenous culture and rights, and a complex relationship with the dominant settler culture.

## Other Meetings:

Monday, Sept. 20 at 7 p.m. Indian Corn Moon, and pages 1- 46

Wednesday, Oct. 20 at 7 p.m. Falling Leaves Moon, and pages 47-90

Friday, Nov. 19 at 7 p.m. When Deer Drop their Horns Moon, and pages 90-138

Join Zoom Meeting

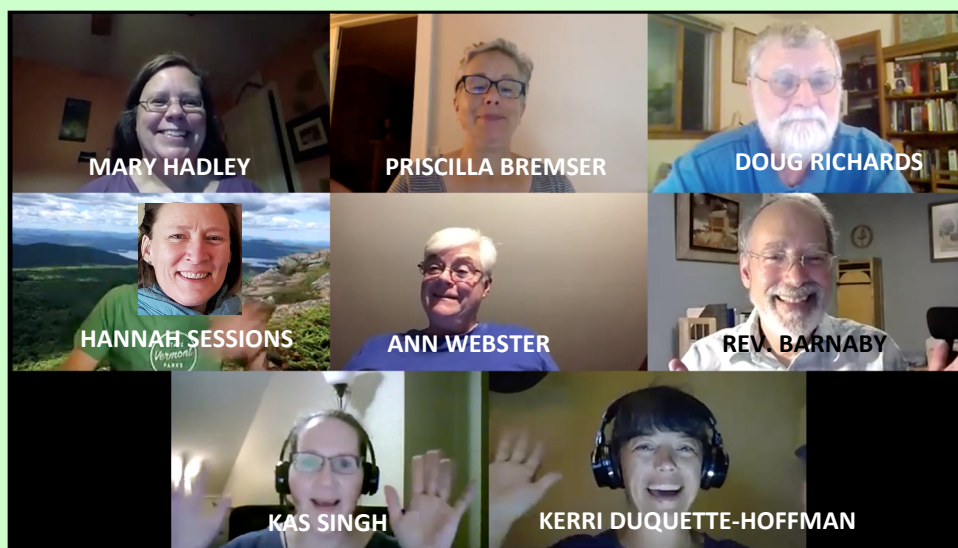
<https://us02web.zoom.us/j/8670084161>



## Green Sanctuary Ministry is

led by Elizabeth Golden. Track our efforts at reducing our carbon footprint in **response to climate**

**change** and **environmental stewardship** at [cvuus.org](http://cvuus.org) [here](#). We have made great strides in accessing solar power for ourselves and others, gleaning for HOPE, participating in the Interfaith Climate Action Network of Addison County (ICAN), hosting climate action initiatives in coordination with Climate Economy Action Network of Addison County, 350.org, Green Mountain Club, VT Interfaith Power and Light, and others.



## FROM YOUR CVUUS BOARD

Greetings from your newest Board Member! By way of introduction for those of you who don't know me, I was raised in this congregation, left the area for a period of six years or so to see some of the world, get educated, and meet my husband, and then happily boomeranged back to start a farm and a family in Leicester

just six miles from where I grew up in Cornwall and where my parents (Bill and Abi) lived for 45 years! My husband, Greg Bernhardt, and I have a dairy farm and cheese business, and are artists as well. Our kids, Livia and Hayden, have gone through Religious Exploration here at CVUUS, and maybe you have seen them around (they are very tall). They are now in college or about to be.

I have served on local as well as state-wide boards for twenty years, and find board service satisfies the need that I have for intellectual and collaborative work that doesn't always get filled by my day job. Plus, it is a way of giving back to a community that has given me so much. Though I was a reluctant CVUUS board inductee, feeling my plate was full, and was elected to complete the remainder of a vacated term, I want to report that I am thrilled to be serving on your board. In my extremely brief tenure so far, here are my impressions:

It's very cool to enter a board where you already know everyone! To be among friends and familiar faces from the get-go is not something I have experienced on a board before, and it's wonderful.

Every board meeting starts and ends with a reading, which sets the tone that though we may spend the time inbetween mired in details, it is in pursuit of a higher, spiritual purpose that we toil. Last meeting Kerri read a beautiful passage from Rainer Maria Rilke, and I've carried it with me ever since. When my fellow board members entrusted me to draft our new covenant I tried to convey this unity and larger purpose by using "we" and by taking the "30,000 foot" view on our work. It seems to be a board that trusts all of our of best intentions.

On a personal level, I didn't anticipate what it would mean to help carry on a tradition which my parents and others founded. I was eight years old at the infamous first meeting at the Berninghausen home, I remember services at Sarah Partridge house in East Middlebury, this congregation (much smaller then) gifted a book to me when I graduated from high school which many current members inscribed personal notes in, and as a young parent I cherished thirty blissful child-free minutes on Sunday mornings. I am blessed to know this congregation from the perspective of a kid, a teenager, a young adult, a parent, and now this next stage in life which doesn't involve such intense "hands on" parenting. It's been fun to reflect on what CVUUS has given me at each stage specifically, but that is for another write -up! CVUUS has been a buoy for me (and sometimes a life vest!) and I feel very humbled and fortunate to do my part to ensure that we are here for folks well into the future. Hannah Sessions





## Virtual UUA General Assembly (GA) 2021

A few notes and a few thoughts about our time at this year's UUA General Assembly. As your voting delegates, Alan Moore and I (Mike Greenwood) each spent just under 12 hours in the Business component of GA. **But before we get to the business component of GA, did you know that you can access most of the GA workshops for free at <https://gaonline.uua.org/login?e=0006b077b0bb533e> ? There you will find workshops on equity, racism, spiritual healing, welcoming congregations and so much more. Check one out today!** We hope you will join us as a delegate, either in-person or ZOOM. Next year GA will be in Portland Oregon June 22-26 and in 2023 Pittsburgh, PA. Now to the business component of GA. We passed several amendments to our UUA Bylaws and Rules and you can find more detail at [www.uua.org](http://www.uua.org)

**Bylaw Amendment #4:** Timeline for President-Elect and Moderator-elect to Take Office was lengthened to a maximum of 45 days. Prior, our newly elected President was expected to take office in Boston immediately after GA regardless of current residency or family commitments.

**Bylaw Amendment #6:** Requested by the Religious Education Credentialing Committee, there is now more flexibility in the terms and levels of religious education credentialing.

**Bylaw Amendment #1:** Timeline for Submitting Actions of Immediate Witness was refined and shortened. Immediate Witness occurs at GA and allows GA participants the opportunity to respond to an immediate incident or crisis through a statement that demonstrates solidarity with those who are mistreated.

**Bylaw Amendment #2:** Timelines for Campaigns for President and Moderator were shortened.

**Bylaw Amendment #5:** GA Registration Requirements states that delegates must register but not necessarily pay any fee such as a registration fee in order to be a delegate.

The General Assembly affirmed these Actions of Immediate Witness

Defend and Advocate with Transgender, Nonbinary, and Intersex Communities (PDF); The COVID-19 Pandemic: Justice. Healing. Courage (PDF); Stop Voter Suppression and Partner for Voting Rights and a Multiracial Democracy (PDF).

## Election Results

We elected a number of individuals to UUA positions. The only contested election was for the position Board of Trustees. Sam Trumbore won the seat.

**Statement of Conscience:** The Statement of Conscience (SOC): Undoing Intersectional White Supremacy (PDF) was adopted. Delegates to the 2021 General Assembly affirmed two Responsive Resolutions: Include Systemic Anti-Racism in Principles (PDF) and Creating a More Just Future Through Divesting from Pipelines and Investing in Young People (PDF)



## QCDs: A Better Way to Give (If You're Old Enough)

Do you have a traditional IRA (Individual Retirement Account)? If so, then you've made a deal with the Internal Revenue Service: Your IRA grows, tax free, until you reach a certain age (70½ if your 70th birthday was before July 1, 2019, and 72 if your 70<sup>th</sup> birthday was later). Starting with the year in which you reach that age, you're required to withdraw a minimum amount every year—the *required minimum distribution*, or RMD. And, since your IRA grew tax free, the entire RMD is generally taxable as regular income.

But there's a provision in the tax code that allows you to donate funds directly from your IRA to a qualified charity, like CVUUS. That's called a *qualified charitable distribution* (QCD), and it's different from donating *your* money to the charity. That's because the QCD never comes into your possession; instead, it goes right from the IRA to the donee. As a result, the amount of the QCD isn't part of your income, and you're not taxed on it. Nevertheless, a QCD counts toward your required minimum distribution.

Why is a QCD better than donating your money and deducting it on your federal tax return? First, the doubling of the standard deduction in 2017 means many more taxpayers now find it advantageous to take the standard deduction instead of itemizing charitable and other deductions. So for many, gifts to charity have become essentially non-deductible. Second, because QCDs aren't counted as part of your income, they lower your gross income in a way that deductions don't. That means income-dependent items like Medicare premiums could be lower if QCDs drop your income enough.

To make a qualified charitable distribution, contact the investment firm that holds your IRA. Many have web-based forms you can fill out. You can have a check mailed directly to the charity, or mailed to you but made out to the charity, so you can pass it on. The important thing is that the check not be made out to you, but to the charity; that's what makes it a QCD. You may even be able establish check writing on your IRA account, and then you can write checks for smaller QCDs.

There are some subtleties regarding QCDs. For example, you can't use a Roth IRA, nor a SEP IRA that's active. So it's a good idea to consult your tax advisor before proceeding. And, of course, don't forego retirement income unless you're sure you won't need it. Rich Wolfson, Finance Team

## Staying Connected

### Sunday Morning Zoom Coffee

**Hour (~11 am):** Join exchanges after worship where we check in with each other. Login <https://zoom.us/my/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 worships, past services, events. Not getting these? Email [office@cvuus.org](mailto:office@cvuus.org).

### Yellow Card Milestones &

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

### Council of Ministries:

Lise Anderson and



Lise



Brett

Brett Millier convene

reps from our ministry groups on 1st Monday of month at 5:30 PM in the Blue Room to brainstorm and update each other. Look for opportunities galore for you to promote, celebrate and stay connected with CVUUS. Weigh in on **the future of our ash trees?**

Meet us on **Thur Oct 7, 10**

**am** when we'll review what we've heard from experts.







## OCTOBER BIRTHDAYS



Bobbie Carnwath 10/2	Steve Butterfield 10/17
Ronnie Romano 10/3	Nancy Wright 10/18
Rich Hennessey 10/4	Joanna Colwell 10/18
Kas Singh 10/4	Dee Carroll Oct 20
David Durgin 10/5	Chris Mason 10/20
Eric Nelson 10/5	Peter Orzech 10/22
Kate Kaster 10/8	Keith Rickerby 10/23
Seth Gibson 10/10	Stella Raishart 10/24
Simone Duquette-Hoffman 10/11	Anne Christie 10/26
Jameson Sylvia Oct 11	Barbara Karle 10/26
Clara Chant 10/14	Pat Schmitter 10/28
Lise Anderson 10/15	Eleanor Raishart 10/29
<i>Missing you? Contact Office!</i>	Milo Rees 10/30
	Cadence Baker-Rouse 10/30

**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 12. Also see the **Seasons of Life Fund** below.

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



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. Thanks to **Mary Conlon** for a generous gift in great appreciation of the service of her mother Ann Brousseau. **Planned Giving:** Contact Mary Conlon, Rich Wolfson or John Berninghausen for help.

### Pastoral Care

CVUUS is blessed with wise and well-trained individuals providing support to members and friends in various kinds of distress. **Jordan Young** and **Marjorie Carsen** lead this.



**Our Caring Network provides support, such as calls, visits, meals, and rides, to those in need.** We offer rides to any member or friend who might want a ride to and from their covid-19 vaccination appointment. If you or anyone you know could use a ride, please call or email Kathryn Schloff ([kathrynschloff@gmail.com](mailto:kathrynschloff@gmail.com) or 349-5264) and arrangements will be made.

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

Doug Richards – President	Members At Large:
Kerri Duquette-Hoffman – Vice-President	Priscilla Bremser
Ann Webster – Treasurer	Mary Hadley
Kas Singh – Clerk	Hannah Sessions

### CVUUS Leaders

Caring Network – Kathryn Schloff 349-5264  
Council of Ministries – Lise Anderson 734-255-3434  
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 – 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

Bookkeeper – Kris Butler (fm@cvuus.org, 989-7346)  
Music Director – Ronnie Romano, 201-388-4038  
Dir. of Religious Exploration – Poppy Rees (re@cvuus.org)  
Office Manager – Laura Asermily (office@cvuus.org)  
Custodian— Keith Rickerby (989-6036)

<https://www.cvuus.org/worship/watch-online/>  
OR <https://zoom.us/j/3495264>

Attend onsite (mostly outdoors) OR online

## Nurturing Community Fall Worship Services 10 am

Return Service Requested

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

