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.

Spirituality and the Arts
Summer Worship Services

Sundays at 10 am in our Sanctuary (no Zoom, limited recordings)
Stay for Social Hour in Fellowship Hall

Kids of all ages are invited to come to worship. We love kids! They can sit in chairs, on the floor, or over in our Kid Area. Our Nursery is open, with a changing table, but is unsupervised.


July 24—Writers in Our Midst—Led by Esther Charlestin with Bobbi Loney reading from her new book, others.


Aug 14—TBD—Led by Esther Charlestin
Aug 21—TBD—Led by David Ruffin
Aug 28—Quilting—Led by Kathryn & Pearl Schloff
Sept 4—Labor Day Weekend—Rev. Barnaby returns to the pulpit!
Welcome to CVUUS!
Visit us at cvuus.org, FB CVUUSVT, or email office@cvuus.org to follow us.

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 inclusive 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.

Looking Ahead to Fall-Winter
Your worship team arranges for a guest worship leader once a month during fall, winter, and spring. Some of the favorite worship leaders are folks from the congregation, sharing their spiritual journey, an area of concern, a subject of expertise, or a way of seeing the world.

Is there a member or friend of the congregation you would like to nominate as a future worship leader? Worship team members can help shape the service with ideas for hymns and readings. We try to make it a not-scary experience. We welcome your nominations! Contact [Abi Sessions](#) (349-8147).

**WORSHIP SERVICE OPPORTUNITIES**

**Worship Team:** Help create the service, welcome attendees, make announcements, light our chalice, etc. If you’re interested, contact [Abi Sessions](#).

**Usher:** Greet, pass out bulletins, oversee donation collection, take attendance. See Mike Greenwood or Avi Freund.

**Safety Volunteer:** Watch doors & walkways; oversee COVID protocols and emergency drills and procedures. See Alan Moore.

**Flower Co-op:** Bedeck our sanctuary with seasonal arrangements. See Dinah Smith.

**Hospitality:** Make or serve beverages and treats for social hour. Help clean up. See Alan Moore.

**Tech Team:** Run camera, host zoom, gather media, project media. See Margy Young.

What Are Your Pronouns?
Celebrating 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 [CVUUS Our Whole Lives (OWL)](#) which helps youth explore their sexual identity.

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." See [cvuus.org/news/honoring-indigenous-people](#).
Much of the work on VT dairy farms is done by people from Latin America. Over a thousand migrant laborers from Mexico and other countries milk cows, fix tractors, shovel manure, and take care of calves in our state.

The Vermont Reads 2022 choice, *The Most Costly Journey (El Viaje Más Caro)*, tells the stories of 19 of these workers in their own words. Illustrated by New England cartoonists in a variety of styles, each short chapter describes aspects of life as an immigrant farm worker in VT: crossing the southern border, struggling with English, adapting to winter, growing gardens, raising children, dealing with health crises, and working long hours.

Mike Greenwood invites us to take part in Vermont Reads 2022 by planning projects centered around *The Most Costly Journey* and its themes of migration, farming, mental health, cartooning, family, labor movements, and the Latinx experience, among others. See him about your ideas.

Addison County’s Open Door Clinic supported this project and displays the book at Mexican Consulate Visits hosted by CVUUS. Stay posted for how you can help with the next one (earlier this year on Sat Oct 29 just before the Day of the Dead—an important holiday) and other migrant worker support.
RECOMMENDED IDEAS FOR 2022-2023!

NURSERY  Infant-3 years  We will re-open the supervised Sanctuary Nursery in the Fall!  We are looking for staff.  Unstructured play in a safe and nurturing environment.  Changing table and chair for nursing.  Children move up to the PreK group by the time they are four years old.

Our groups for PreK through Grade 8 will depend on our ACTUAL volunteer and child numbers this Fall.  Here are some IDEAS for what we could do...

SPIRIT PLAY  PreK-?  Starts with a story told with basket of miniature figures/props, followed by wondering questions and responses, freedom to use room materials as kids wish.  Based on Montessori philosophy.

UNDERCOVER KINDNESS AGENTS  In a Secret Agent setting (codes, disguises, and missions), we will do anonymous acts of kindness reflecting our UU Principles for people in our congregation, community and the world.  Make, do, write, create – while building community, doing social justice, and having fun.

OWL (Our Whole Lives) for Grades 4-6  half-year program  So much more than Sex Ed!  Sessions include Sexuality & Values, Body Image, Changes During Puberty, Decisions & Actions, Reproduction & Staying Healthy, and Consent & Peer Pressure.

NEIGHBORING FAITHS  Younger and Middle School groups?  Field trips!  Explore the faith traditions of Unitarian Universalism, Judaism, Buddhism, Hinduism, Islam, Christianity and more.  Discussions, videos, and games explore the values that the faiths share but with an emphasis on their uniqueness.  Most field trips are on Sundays (some aren’t).

HIGH SCHOOL YOUTH GROUP  The youth, with guidance from Advisors, determines the focus of meetings & activities.  We aim to include multiple aspects of Youth Ministry including leadership development and empowerment, social action and justice, community, and fun.  Possible trip to June 2023 UU General Assembly in Pittsburgh?  Day/time TBA (weekend sometime), 2x/month.

And Kids for Kids, RE Fundays, the Great Kid Service, Worship, and more!  If you have ideas about RE next year, let me know!  ~ Love, Poppy - your Director of Religious Exploration
Social Action Updates

Summer “Share the Plate” Donees

**New Community Project (July)** Launched in Aug 2003, this small nonprofit has a big goal: to change the world. Locally, the New Community Project in Starksboro seeks to impact rural poverty through outreach programs in the Starksboro area. The program is run out of the home and farm of Pete Antos-Ketcham (pictured). Pete describes his role as community organizing or “effecting solutions.” Combined with food that is gleaned from other organizations including HOPE, Middlebury Natural Foods Co-op, Trader Joe’s and others, it provides weekly food deliveries to families and participates in a COVID food relief program for seniors. It also runs a community garden that in 2021 provided 1300 pounds of food. Other areas of focus are heating assistance through a firewood project and environmental education. More [here](#).

**Campaign Legal Center (Aug)** Given that 2022 is an election year, we picked this nonpartisan advocacy and educational nonprofit which advances democracy through law at the federal, state and local levels, fighting for every American’s rights to responsive government and a fair opportunity to participate in and affect the democratic process. The CLC seeks a future in which the American political process is accessible to all citizens, and works at all levels of government to introduce innovative ideas that will drive significant change or set an important legal precedent. Founded in 2002, CLC is committed to democracy (issues such as ethics and public confidence; campaign finance reform; fair redistricting; and equal access to ballots) not a specific political party, and prioritizes engaging and driving action – whether in the courtroom, newsroom or statehouse. For more, see [here](#).

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Thank you for your continued support of Donations Ministry. Thanks to all who gave to **Addison County Community Trust (ACCT)** last month. Track how much we contributed to them and others at [cvuus.org/justice/sharing-donation-plate/](http://cvuus.org/justice/sharing-donation-plate/)

Donate items to Neat Repeats, Buy Again Alley, JuneBug, WomenSafe, HOPE and Addison Allies! Let them know you are donating on behalf of CVUUS. [Look for the cart in our lobby](#).

**Know You Make a Difference with Your CVUUS Teams**

**Meals on Wheels** provides more than just a meal. Delivery is typically 9:30 to 11:30 am, week days. Volunteer for a day or to be an occasional substitute driver. CVUUS has a longstanding team on **Mondays** coordinated by Mary Conlon. Contact her.

**Charter House Dinner Prep Team** We make dinner for residents (25-35) every **SECOND Monday of month**. In addition, we provide **baked goods** (250 cookies) for Community Dinner on **FOURTH Friday of month**. See Alan Moore. Sign up [here](#).
Promote Democracy: Encourage Voting

**3 Flipping Things:** A local community group, 3 Flipping Things, provides (three) concrete ways to promote democracy each month. You can get involved at home, on your own, but if you want to get out of your home, we will begin meeting monthly on the third Monday of the month at 7 pm on July 18. Join us to **write postcards to encourage folks to vote in upcoming elections.** Bring stamps, pens, pencils, and markers. We will bring postcards, a script, and a mailing list. There’s plenty to do before July 18 (and after). Here’s the link for the mailing list [https://3flippingthings.org/connect/](https://3flippingthings.org/connect/) and Facebook group. Gail Borden is CVUUS’s rep to the group. Please contact her with any questions.

**Campaign Legal Center:** Given that 2022 is an election year, CVUUS Donations Ministry has chosen Campaign Legal Center as our August donee. See more on page 5.

**UU the Vote:** When we organize, we build power in our communities for justice, accountability, and healing. In the last two years, UU the Vote has built new networks of spiritual and political communities to #VoteLove and #DefeatHate. With UU the Vote 2022 we’re organizing on the state and local levels to fight for fair elections, advance voting rights, protect abortion access, and resist the targeting and criminalization of Black, Indigenous, and people of color communities. There is so much at stake in the 2022 midterm elections. Together, our communities can address the current threats to our democracy and human dignity. Download our guide to get started.

- Volunteer with organizations in your area registering new voters, doing early voter drives, or assisting ballot initiatives that advance justice.
- Go door-to-door in your own neighborhood talking to neighbors about what issues matter to them (structure questions to elicit conversation, not just answers).
- Sign up to be an elections monitor in districts with known voter suppression issues
- Send a letter to the editor of your local paper on a ballot question or contested issue you care about. (Use our free guide to make them compelling.)
- Ask your friends if they’re registered and urge them to do so if not: [UUtheVote.org/register](https://UUtheVote.org/register)
- Organize a movie or speaker + discussion night, or a non-partisan issue forum at your church. A documentary on voter suppression, for example (ask us for recommendations).
- Organize a Vote Forward effort to engage voters in states with crucial initiatives like above.
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 (drichtard@keuka.edu or 802-989-9387). They take off for summer. Or join one of our affinity groups.

Writers Group meets the second Monday of the month at 7 pm on cvuus zoom, except for summer. All welcome. Contact Bobbi Loney at to be added to list.

UU Cingles gathers for those aged 60+ to provide company and conversation. Meets every other Saturday at 1 pm offsite usually at a coffee shop like Little Seed on Merchants Row. They’ll meet at Lost Monarch patio in Stone Mill Building on July 2. Watch the Blast. For more, call or email Monty Montgomery, Revell Allen or Marjorie Carson.

Green Sanctuary Ministry welcomes new members to join in its mission to engage in an ambitious Environmental and Climate Justice movement that seeks to live fully our seventh principle and achieve our vision of a viable and just world for all. Contact Elizabeth Golden (802-598-2388). Track our efforts here.

CVUUS Sangha & Meditation
You’re warmly invited to join us Sunday evenings at 7 pm when Dinah Smith gives guided meditations aimed at those who are new to this or already have a practice. Zoom link here.

Music & Choir While our choir will take off for summer, you’re welcome to come to spirituality & the arts summer worship when there will be plenty of opportunities to hear singing and to sing along. We welcome Chuck Miller and Tim Guiles as our summer pianists.

Our July 3rd service features guest minister Rev. Verdis Robinson on The Gift to Sing. Don’t miss July 31 when Dir. of Religious Exploration Poppy Rees and Music Dir. Ronnie Romano will lead a family friendly one on Brave Is a Decision with LOTS of singing to contemporary songs. Come to the one on Aug 7 that Becky Strum is leading on the spirituality of composer Steven Sondheim featuring singers Cathy Walsh and Steven Rainville.

Choir will reconvene for rehearsal in September on Thursdays at 5:45 pm (not Wednesdays as before). Save Sat. Oct 1 for an all day retreat in Fellowship Hall. Contact Music Director Ronnie Romano at music@cvuus.org or 201-388-4038 to be added to his list. Look for email from choir@cvuus.org. Ask him or Carol Harden about joining Music Ministry to plan wider events or if you have a musical instrument you would like to play for worship.
Thanks to all who attended our CVUUS Annual Meeting Sunday June 5 following our moving choir service. We have a passed balanced budget ($355,366) and had a lively discourse on increasing building use income. See the budget and more on the meeting here.

The Board meets on the second Tuesday of the month at 6:30 pm in the Blue Room & Zoom. They are looking to fill Priscilla Bremser’s vacancy and will be preparing for an interim minister in collaboration with Rev. Barnaby as he returns from Sabbatical in August. They are planning a retreat on Sunday August 21 in Fellowship Hall following worship.

Have You Discovered Our CVUUS LIBRARY?

Need UU summer 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 with Artley Wolfson awolfson@middlebury.edu or Office.

CVUUS Library of Things(LoT)

Library of Things (LoT) is a listing of useful items, owned by congregants, that they are willing to lend to other community members:

- baby equipment
- medical equipment
- furniture
- kitchen equipment
- craft or hobby equipment
- tools

Let Artley know what items you are willing to lend. Visit https://www.cvuus.org/connection/library-of-things/ to view what’s listed so far. We are still working out our loaning process.
Staying Connected

Sunday Morning Social Hour (~11 am): Join exchanges after worship where we check in with each other.

Weekly Blast (Wednesdays): Provides pathways for connection with links to our upcoming worships, past services, events. Not getting these? Email office@cvuus.org.

Yellow Card Milestones & Passages: Submit them before Sunday at https://cvuus.breezechms.com/form/YellowCard

Council of Ministries: Brett Millier convenes reps from our ministry groups on 1st Monday of month at 5 PM to brainstorm and update each other in the Blue Room and on Zoom. Look for the link in our Blast and opportunities galore for you to promote, celebrate and stay connected with CVUUS. We take off for summer. HUGE roses to Lise Anderson for co-convening this past year. Let Brett know if you’d like to co-lead with her.

Roses to Roses to Roses to Roses to…the village that made our Rhubarb Festival so successful

Rhubarb Times!! Historic! Thank You!!
HOPE will receive $2000 in proceeds from our 2022 Rhubarb Festival on Sat June 4

Pies: We sold out by 11:30 am (of the ~140 made) organized so well by Lise Anderson, Mary Hadley and Brett M
Sweets & Savories: We sold out of these in record time, too
Dessert Café: We sold out of crisp and served leftover ice cream during social hour before the annual meeting.
Plant Sale: We donated leftover plants to the very grateful HOPE for their clients.
Book Sale: Elizabeth brought all leftovers to other organizations. So many choices! Kids were so delighted to get free books.
Pottholder & Apron Sale: People loved this new entry imagined by Kathryn Schloff.
Rhubarb: Thanks to Gayle Muenchow for stepping up and Wrangling Wrhubarb! Our fridge and freezer overflowed with bags of neatly cut rhubarb. All gone! Thanks to the newcomers who "leaned in" to pie making, rhubarb chopping, baking, box making, media, and sales, among other festival tasks. It was truly a community event. More here.

Need an update on your pledge or giving status? Contact our bookkeeper Kris Butler at fm@cvuus.org or 802-989-7346 on Tues (10 am–1 pm)
COVID POLICY

- Masking required for CVUUS worship gathering inside (though being evaluated about making this optional—watch the Blast)
- Masking optional in small CVUUS groups (a zoom option should be offered) and for outside larger groups & gatherings
- Vaccinations and boosters strongly encouraged!

VENTILATION: The Sanctuary has a modern HEPA-13 ventilation system. We have 3 excellent HEPA-13 air purifiers for other spaces.
Sanctuary and Fellowship Hall - turn on the ventilation system when windows are closed.
In warm weather, can open windows.
Smaller spaces- In warm weather, open windows; cold weather, use air purifiers and close windows. Ceiling fans in Sanctuary or Fenn House can be used when windows are open. They shouldn’t be used when windows are closed. Standing fans, if used, should be positioned to move inside air to the outside.

SINGING: You may sing during the service, while masked (until we make this optional). Soloists and choir may be unmasked who have a negative rapid test that morning.

CVUUS ZOOM: Ask Laura (388-8080 or 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. Click claim.

We welcomed authors Bill McKibben and Gloria Gonzalez for book talks, VT Adult Learning and ACORN food network for retreats, CSAC for staff training, Middlebury Union High School for IB diploma testing and Middlebury Opera Company for its popular Meet the Singers recital and orchestra rehearsal. Our next door neighbors Mary Johnson Child Care Center staff appreciate use of our parking lot during the week. Watch our online calendar for when we are scheduled and when we are available for your small groups or events.

--Al-Anon meets weekly on Wednesdays 1:30-2:30 pm in Fenn Chapel (or outside when weather permits) and seeks anonymity.

--Viva el Sabor will be with us for ESL classes on Tuesdays at 9 am in Fellowship Hall and the Mexican Consulate Visit on Oct 29.

—Weddings are scheduled for Martha Fulda and Avi Freund on Sat Aug 27 and Esther Charlestin and Jesse Tennien on Sat Sept 24

—Point Counterpoint Concerts are planned for Sat Sept 3 and Fri Sept 9 at 7 pm in our sanctuary. Can you help?

—VSO Choir Rehearsals are scheduled for Sat Sept 10 & 17 from 12 to 3 in our sanctuary.

—Memorial Service (Weinstock) is planned for Sat Oct 22.

—Green Mountain Club returns for a talk on The Lucien Way: A Walk through Mountains & Cultures of Turkey led by our own Morris Earle on Wed Oct 26 at 7 pm.

Let the Office know if you are available to help out with any of these events.
CVUUS Seasons of Life Fund

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 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.

Our Caring Network provides support, such as calls, visits, meals, and rides, to those in need and well as access to KN95 masks or rapid test kits. Please contact Kathryn Schloff (kathrynschloff@gmail.com or 349-5264) to make arrangements or to join her, Michele Lowy, Dale Birdsall, Ted Scheu, Marjorie Carsen, & Ginny Ashenfelter in this meaningful work. Stay posted on efforts they are making to support us in life passages such as end of life planning and dealing with health conditions like long term COVID and dementia.

Online Giving https://cvuus.breezechms.com/give/online. See how to choose options here or by code to right. Pledge for 2022-23 here.

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

Wheel of Life CVUUS commemorates births and deaths. Milestones and Passages are shared each Sunday. Also see Seasons of Life Fund below.

Did we miss you? Contact us.

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.

Sue Rasmussen 7/24
Abi Sessions 7/25
Mary Conlon 7/27
Virginia Douglas 7/28
Viviana Hammond 7/28
Paul Vaczy 7/31
Dorothy Mammen 8/1
Meredith Anderson 8/2
Frankie Sylvia 8/4
Neil Chippendale 8/5
Rosalie Cryan 8/5
Joyce Ross 8/9
Allison Cutler 8/12
Julia Tarbell 8/14
Jordan Young 8/14
Judy (Sperry) Gibbs 8/14
Elaine Orozco-Hammond 8/15
Did we miss you? Contact us.

Kiki Singh 8/16
Kimberly Waferman 8/16
Callie Rees 8/17
Colleen Smith 8/18
Marty Kulczyk 8/19
Lawrence Thomas 8/23
Heidi Sulis 8/24
Naomi Brightman 8/25
Richard O’Donohue 8/25
Johanna Vaczy 8/25
Valerie Lebensohn 8/25
Theodora Porter 8/27
Scott Smith 8/28
P‘Nina Stein 8/29
Paul Stone 8/31
Micah Stewart 8/31

Rory Timmons 7/2
John Barstow 7/4
Jean Terwilliger 7/4
Asa Baker-Rouse 7/7
Mary Hadley 7/15
Laura Asermily 7/15
Gail Lyall 7/16
Dottie Nelson 7/20

Callie Rees 8/17
Colleen Smith 8/18
Marty Kulczyk 8/19
Lawrence Thomas 8/23
Heidi Sulis 8/24
Naomi Brightman 8/25
Richard O’Donohue 8/25
Johanna Vaczy 8/25
Valerie Lebensohn 8/25
Theodora Porter 8/27
Scott Smith 8/28
P‘Nina Stein 8/29
Paul Stone 8/31
Micah Stewart 8/31

Rory Timmons 7/2
John Barstow 7/4
Jean Terwilliger 7/4
Asa Baker-Rouse 7/7
Mary Hadley 7/15
Laura Asermily 7/15
Gail Lyall 7/16
Dottie Nelson 7/20

Pastoral Care

CVUUS is blessed with wise and well-trained individuals providing support to members and friends in various kinds of distress. See Jordan Young or Marjorie Carsen.
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
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
Doug Richards – President
Kerri Duquette-Hoffman – Vice-President
Ann Webster – Treasurer
Kas Singh — Clerk

CVUUS Leaders
Caring Network – Kathryn Schloff 349-5264
Council of Ministries — Brett Millier 989-8685
Donation Ministry — Allison Cutler 989-7792
Facilities – Bob House 989-5050
Fellowship—Mike Greenwood 349-5653
Finance—Ann Webster 388-7506
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
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Music — Ronnie Romano (music@cvuus.org, 201-388-4038)
Religious Exploration – Poppy Rees (re@cvuus.org, 349-8508)
Office Manager – Laura Asermily (office@cvuus.org, 388-8080)
Custodian— Keith Rickerby (989-6036)

More inside and at cvuus.org
Gather Your Summer Waters!
Followed by Social Hour
In or our sanctuary (no Zoom)
Summer Worship Services 10 am
Spirituality & the Arts

Reunite Service Requested
2 Duane Court, Middlebury, VT 05753