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.

Trust ing Change: Lenses October Worship Services
Sundays at 10 am in our Sanctuary (masking optional) and on Zoom https://zoom.us/my/cvuusservice/
Stay for Social Hour in Ann Ross Fellowship Hall

Oct 2—Re-Creating Our Lives through “Radical Amazement”--Pam Berenbaum leads us in recognizing Jewish high holy days. Followed by Addison County CROP Walk for Hunger. See inside.

Oct 9—What's New in Indigenous Wisdom—Rev. Barnaby reflects on what "we're still here" means in a nation where white supremacist ways of seeing the world are so embedded that undoing the harm they cause is work that will outlive us. In recognition of Indigenous People’s Day, Oct 10. See cvuus.org for more.

Oct 16—The Slippery Slopes—Rev. Barnaby reflects on projecting our perspectives and fears onto others. Followed by a rally on reproductive rights spotlighting our Oct donee The Brigid Alliance.

Oct 23—Religion versus Science—Rev. Barnaby shares highlights of what's new in the long-running conflicts that have been so central to the development of our faith. Followed by preparations for hosting the Mexican Consulate Visit on Oct 29. More inside.

Oct 30—Samhain--Inspired by the ancient Celtic celebration of the end of harvest and beginning of "dark half of the year", a threshold moment when the barriers between our world and the Otherworld of spirits are felt to be thin, Karl Lindholm helps us remember people who have passed on.
Minister’s Letter

I've been looking back over what I've preached to this congregation over the past decade.

One thing I've said is that it's more important to have a God you can talk to than a God you believe in. More than once. I realize now that I was preaching more about a feeling than a thought.

Now seems like a moment to try again. Partly it's because October seems like a good month to try to bring in the harvest. And partly it's because this feeling of needing a God to talk to is very strong in me at the moment.

Let me try to explain. There is a vast amount of mystery surrounding our lives. My instinct is to imagine myself talking to some sort of vital force that contains the mystery the way our bodies contain whatever each of us experiences as "me." I have no clue what aspect of the total mystery I'm talking to. It's just the face of it that matters most to me. I call that something I talk to the Spirit of Life-giving Love and Love-giving Life, although I recognize others talk to mystery by other names, including God.

I believe this Spirit exists, but not without suspicion that it's entirely imaginary. Maybe I'm just vain about the reach of my imagination.

The best I can say about my faith is that this Spirit seems much more plausible to me than traditional concepts of a creator God that is all-powerful and all-knowing. I believe it's scientifically rational to hypothesize that something like this Spirit actually exists. I believe the known course of evolution suggests that this Spirit emerges from collective intelligence in a way that impacts our perceptions and calls us to loving actions. But I felt it before I thought it.

I mentioned this feeling is strong at the moment. That's because I'm dying to know what the Spirit has to teach me -- and all of us -- about the nature of our congregation this year. The tea leaves are very hard to read. Maybe this is what long Covid looks like on a congregational scale?

It's a unique and potentially amazing time. I'll be talking up a storm with the Spirit and I hope you do too (hint: the way this conversation unfolds, even if you don’t believe at all in spiritual entities, is to engage each other with love in your hearts).

Blessed Be, Rev. Barnaby

Button Up for Winter!

Are you a member of CVUUS who qualifies for state or federal low-income programs, or do you know of a neighbor who does? You might be able to get up to 10 free custom-built window insulation inserts through a program run by a charity called Window Dressers. For more information, go here. You can also email the Rotary Club of Middlebury here or contact John Barstow, our liaison to this program at jbbarstow@gmail.com.

Build kits for others Nov 9-14 at Midd Rec Center.
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.

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 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.

CVUUS Race In America Book Group continues with *Woke Racism*
Get your copy today and join us for our book talks on the 2nd Wed of the month- Oct 12, Nov 9 and Dec 14. We will meet at 7 pm in the Ann Ross Fellowship Hall. Zoom option available.

Acclaimed linguist and award-winning writer John McWhorter argues that an illiberal neoracism, disguised as antiracism, is hurting Black communities and weakening the American social fabric.

Americans of good will on both the left and the right are secretly asking themselves the same question: How has the conversation on race in America gone so crazy? We’re told to read books and listen to music by people of color but that wearing certain clothes is “appropriation”. We hear that being White automatically gives you privilege and that being Black makes you a victim. We want to speak up but fear we’ll be seen as unwoke, or worse, labeled a racist. According to McWhorter, the problem is that a well-meaning but pernicious form of antiracism has become, not a progressive ideology, but a religion - and one that’s illogical, unreachable, and unintentionally neoracist. He shows how this religion that claims to “dismantle racist structures” is actually harming his fellow Black Americans by infantilizing Black people, setting Black students up for failure, and passing policies that disproportionately damage Black communities. Questions? Contact Jean Terwilliger or Mike Greenwood at mike802vt@comcast.net.
RELIGIOUS EXPLORATION OFF TO A GREAT START!

So far, in RE, we have...
   Many new families - yay
   Learned about “Pride” Parades
   Made festive flags for the Burlington Pride Parade
   Shared Joys and Concerns with each other
   Started in Worship and were sung out to RE – for the first time since April 2019!
   Did a hunt in Fenn House for ingredients to be used in a future RE cooking session
   Laughed at me because I kept forgetting where I had hidden all the ingredients
   And our first ever RE ICE CREAM SOCIAL! Yum yum

More to come!

Love, Poppy
   - your Director of Religious Exploration
CVUUS MARCHED IN THE PRIDE PARADE!
Sunday, Sept. 18, 12:30 in Burlington
Hope to see you in it next year.

RE kids made over 20 vibrant Pride flags on Sept 11 and they were ALL used at the Burlington Pride Parade. Even the Burlington UU folks used them. We’re saving them all for next year’s Parade!

Check out this 19-SECOND VIDEO that really gives you a sense of being there.
Social Action Updates

October “Share the Plate” Donee: The Brigid Alliance

The Brigid Alliance gets people to abortions whatever it takes. For many Americans, the costs and logistical challenges of getting to an abortion provider are primary barriers to access, and it’s only getting harder. They book, coordinate and pay for travel, travel expenses, and child care, serving as a single, trusted point of contact for every step of the journey. Wherever someone needs to get to abortion care in the U.S., we find a way to get them there – through direct support and in collaboration with our network of partners. They prioritize clients beyond 15 weeks of pregnancy for whom it’s generally more expensive and harder to find a provider near home. For more, visit brigidalliance.org

Thank you for your continued support of Donations Ministry. Thanks to all who gave to Our September donee Campaign Legal Center. Track how much we contributed to them and others at 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.

Volunteer & 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 (300 cookies) for Community Dinner on FOURTH Friday of month. We look for 6 bakers to make 50 items each. See Alan Moore. Sign up here.

Tri-Valley Transit (TVT, formerly ACTR) seeks 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! 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. If you are interested, call 388-2287 or for more info e-mail abuxton@trivalleytransit.org. Tell them “Dorothy Mammen sent me” and she’ll earn a recruitment bonus of $150 she’ll donate to CVUUS! Welcome, Barbara Merz, as a driver!
2022 CROP Hunger Walk is Sunday Oct 2, 1 pm from the Middlebury Green, with group photos at 12:30. The walk supports worldwide hunger, with 25% going to local efforts. CVUUS has supported this Church World Service effort since its start. Our team goal this year is $1000. To donate go to Addison County Crop Hunger Walk 2022 and click on the search icon at the top. Type in Champlain Valley UU to get to our page or bring cash/check to Bobbi Loney. Hope we get a great turnout again. Walking route: S. Pleasant Street to Court Street to Monroe Street to Buttolph Drive to Washington Street and back to the Green. Extended walk goes from there, through downtown, around campus, and back to Green.

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 meet on the third Monday of the month at 7 pm in Fellowship Hall. 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. Here’s the link for the mailing list https://3flippingthings.org/connect/ and Facebook group. Mike Roy is CVUUS’s rep to the group. Contact him with any questions (roymichaeldonald@gmail.com).

Campaign Legal Center: Given that 2022 is an election year, CVUUS Donations Ministry has chosen Campaign Legal Center as our September donee.

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.
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 meets the second Monday of the month at 7 pm on cvuus zoom. 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 often at a coffee shop (Stone Mill Patio near Lost Monarch). 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. Watch the Blast for upcoming events. 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
Choir rehearses on Thursdays at 5:45 pm (and 9 am before worship on Sundays when they are singing). 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.

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.
YOUR CVUUS BOARD 2022-2023

Doug Richards (President)
Kerri Duquette-Hoffman (Vice President)
Ann Webster (Treasurer)
Kas Singh (Clerk)
Mary Hadley (at-large)
Hannah Sessions (at-large)
Alan Moore (at-large)

Your CVUUS Board is using **celebration** as a theme for this fiscal year, our last with Rev. Barnaby as our settled minister. The UUA has guidelines and guidance which the Board is using as relates to the transitions we are planning - from Settled Minister (Rev B), to Interim Minister for 1-2 years, to our next Settled Minister.

Nothing is needed from us as a Board or the Congregation for a while yet. In fact, the UUA Transitions Ministry doesn’t even want to hear from us until February! We encourage everyone to take this time to **Enjoy and Celebrate** – all we are and all we’ve done – since the founding of CVUUS until now (and into the future) and particularly during our remaining time with Rev Barnaby.

Have You Discovered Our CVUUS LIBRARY?


We’re happy to locate books for you. Arrange with Artley Wolfson awolfson@middlebury.edu or Office. We also offer a **Library of Things (LoT)**, 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/](https://www.cvuus.org/connection/library-of-things/) to view what’s listed so far. We’re working out our loaning process.
JOIN A VOLUNTEER TEAM!

Volunteer service is part of our mission at Champlain Valley UU and the heartbeat of our spiritual community. Regardless of your gifts or commitment level, we welcome your smiling face, joyful voice, and helping hands.

- Board of Trustees
- Worship Team
- Hospitality
- Religious Exploration (teach and/or assist)
- Community Outreach
- Worship and event tech
- Share the Offering Team
- Green Sanctuary Committee
- Welcome Team/Greeters
- Small Group Ministry
- Special Events
- Caring Network
- Library (of Books and Things)
- Facilities
- Landscaping/Gardening
- Choir
- Music Ministry

SCAN TO LEARN MORE ABOUT ALL OF OUR VOLUNTEER TEAMS

If you want to learn more about our volunteer opportunities, visit cvuus.breezechms.com/form/volunteer or contact us at office@cvuus.org or 802-388-8080
Roses to...

...Pam Berenbaum for sharing reflections on Jewish high holy days.

...Carol Harden for oversite of the Point Counterpoint Concert.

...Kate Gridley and Laura Asermily for oversite of Esther Charlestin and Jesse Tennien Norford’s joyous, well-attended wedding. Officiant Dr. Francois S. Clemmons noted the special nature of those gathered and the couple’s vows of commitment. Boisterous dancing and Haitian inspired food followed in a full Fellowship Hall.

...Dinah Smith and Sue Rasmussen for their work to create a new, sustainable plan for landscaping.

...Brett Millier for compiling a lovely poster and system for signing up volunteers and the many newcomers beginning to do various tasks and “old-timers” stepping into new positions.

...Gordon Gibson, Mary Hadley and Ann Webster for the many hours they’ve put in helping Reverend Barnaby and Kris Butler find Cara Mosier to succeed Kris as our bookkeeper.

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 this weekly email? Contact 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 assisted by Gordon Gibson. Look for the link in our Blast and opportunities galore for you to promote, celebrate and stay connected with CVUUS.

Need an update on your pledge or giving status? Contact our bookkeeper Cara Mosier (pictured left) at fm@cvuus.org or 203-314-3347 on Tues when she works remotely.
COVID POLICY

- Masking optional for CVUUS worship
- Masking optional in small CVUUS groups (try to offer zoom option)
- Outside groups can make their own masking decisions
- Vaccinations and boosters strongly encouraged!
- Take Care! Let in the Air! Follow our ventilation guidelines posted on signs
- Singing—we encourage masking or take a rapid test prior if unmasked

VENTILATION: The Sanctuary has a modern HEPA-13 ventilation system. We have 4 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.

CVUUS Safe Congregation Team: Alan Moore, Will Porter, Mike Greenwood, Poppy Rees, Laura Asermily, Rev. Barnaby, Ronnie

CVUUS Hosts Retreats & Events

We continue to welcome groups. Our next door neighbors Mary Johnson Child Care Center staff appreciate use of our parking lot during the week. Watch our online calendar.

--Al-Anon meets on Wednesdays 1:30-2:30 pm in Fenn Chapel, seeks anonymity.
--Viva el Sabor resumes ESL classes on Tuesdays and/or Thursdays at 9 am in Fellowship.
--Blood Drives in our sanctuary. Sign up to donate on Oct 26 at redcross.org.
--PEO (Philanthropic Education Organization) meets monthly. For more and to join, contact Anne Christie 388-4347.
--350VT welcomes you to their organizing summit Oct 1 in our sanctuary 11:30-5 pm.
--Hawthorne Club returns for speaker events on Oct 13, Nov 10 in our sanctuary at 7:30 pm.
--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.
--Mexican Consulate Visit (Sat Oct 29) planning is underway. Interested in helping? Lise Anderson is coordinating a sign-up list modeled on what we did last year. Sign up to donate food here and to help with greeting, child care and parking coverage here. See cvuus.org/news and Blast for more.
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. Thanks to Marnie Wood for a donation in honor of all the wonderful support she received following her medical event.

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@gmailcom or 349-5264) to make arrangements or to join her, Michele Lowy, Dale Birdsall, Ted Scheu, Marjorie Carsen, Ginny Ashenfelter and Lynne Balman 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.

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
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
Mary Hadley
Hannah Sessions
Alan Moore

CVUUS Leaders
Caring Network – Kathryn Schloff 349-5264
Council of Ministries — Brett Millier 989-8685, Gordon Gibson
Donation Ministry —TBD
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 Queries——Marjorie Carsen 453-8457
Music Ministry — 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 – Cara Mosier (fm@cvuus.org, 203-314-3347)
Music – Ronnie Romano (music@cvuus.org, 201-388-4038)
Religious Exploration – Poppy Rees (re@cvuus.org, 349-8508)
Office Manager – Laura Asenmily (office@cvuus.org, 388-8080)
Custodian—Keith Rickerby (989-6036)

TRUSTING CHANGE: October
Worship Services 10 am
More inside and at cvuus.org
Followed by Social Hour
in our sanctuary (masking optional) 8 zoom