

**Champlain Valley
Unitarian Universalist Society
Normal Is Different**

Land Acknowledgement Ellen Flight, Worship Associate

Welcome & Pathways to Connection Ellen

Gathering Song *Come, Come, Whoever You Are* (#188)

Call to Worship Ellen

Chalice Lighting Ellen & Lynne Balman

We kindle this flame,

Honoring the doorways in our souls:

The windows through which we gaze at one another

The balconies where we catch glimpses of sky

The thresholds we stand on this morning

Wondering, hoping, fearing, dreaming.

—Florence Caplow

Time For All Ages Rev. Barnaby

Singing the Children Out *Let Us Open Our Eyes*

Offering Jean Terwilliger

Our donee this week is **Homes First VT**
Please write checks to CVUUS. Cash and
checks not otherwise specified will be split
between CVUUS and our donee. Or you can
donate online with the QR code.



Offering Music Tim Guiles

Receiving the Offering *From You I Receive* (#402 Gray)

Song *Nobody Knows the Troubles I've Seen*
Dr. Francois Scarborough Clemmons

Milestones & Passages Rev. Barnaby

Meditation Rev. Barnaby

Hymn *Though I May Speak with Bravest Fire* (Gray # 34)

Reading Ellen

Sermon *So Many Spectrums, So Little Time* Rev. Barnaby

Choir Anthem *Every Time I Feel the Spirit*
(arranged by Dr. Francois Scarborough Clemmons)

Hymn *How Could Anyone Ever Tell You* (Teal # 1053)

Closing Words Rev. Barnaby

Postlude Tim

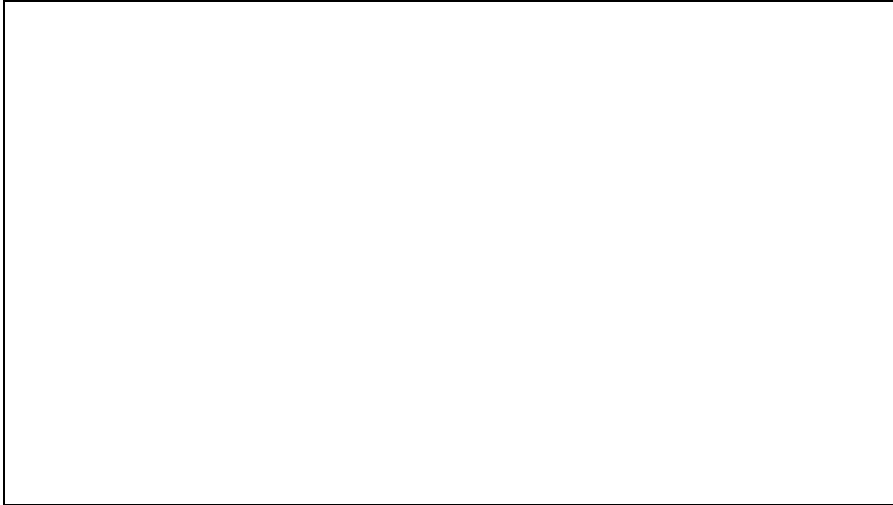
Credits: Thanks to Ellen Flight for assisting worship; Lynne Balman for her testimonial; Francois for singing; gatherer Rich Wolfson; videocaster team Richard Hopkins and Becky Strum; Jess Danyow for seasonal decorations; Dinah Smith and Mike Small for ushering; and all others who stepped up to help today including our social hour treat in honor of March birthdays.

Hearing Assistance: Headsets to amplify sound or for hearing the worship service audio while elsewhere in this building are available in the back of the Sanctuary by the sound system.

Opportunities to Volunteer: Look for the posters on how to express your interests and to sign up.

Standing on the Threshold of Our Future: Thanks so much to those who made a pledge which you can do easily at cvuus.org or ask for a print form. Celebrate! ❤️ April Fool's Potluck!!!
❤️ Sat. April 1, 5:30 pm, Fellowship Hall

FREE THINKER'S SPACE



RELIGIOUS EXPLORATION (RE) FOR CHILDREN AND YOUTH

- ~ Nursery is open and staffed from 9:45-11:15 Sunday mornings
 - ~ Weekly Sunday morning RE programs for preschool to grade 7
 - ~ Youth Group (Gr 8-12) meets twice a month, usually Sundays
- For info, contact Poppy Rees, Director of Religious Exploration

Stay Connected!

Weekly Blast (Wednesdays) provides links to our upcoming worship service, past services, and events and **Weekend Greeting (Fridays)** offers inspirational thoughts.

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CHAMPLAIN VALLEY UNITARIAN UNIVERSALIST SOCIETY

Normal Is Different

Rev. Barnaby Feder

March 19, 2023

Champlain Valley Unitarian Universalist Society exists to spiritually nourish, challenge, and sustain people of all ages and circumstances, so that they might lead lives of meaning, integrity, and service.

Pathways to *Healthy Connections*

The Worship Team is planning the **March 26th service** as a recognition of the annual March 31 **International Transgender Day of Visibility**. Spread the word so that all who may benefit from this support know about the chance to attend!

Spirit in Nature UU Path Input Sought: Let Mike Greenwood know of your suggestions for new quotes by March 31. See March newsletter and cvuus.org/news for more.

Charter House Thanks: “Alan, please share with great enthusiasm, [Monday’s] meal was another great hit. We have several guests with experience in the restaurant field and they couldn’t say it enough! Best meatloaf!” You can see who signed up to provide part of the meal at [charter house sign up](#) and who is signed up to supply cookies for Community Supper on March 24. We need one more baker!

WomenSafe Donations Thanks from Dottie Nelson: I wanted to say a special thank you to everyone who's been putting self-care items in the Womensafe box recently. I have a really nice box of things to deliver, including what looks like a new hair dryer! There is a nice assortment of self-care items (soap, shampoo, toothbrushes, etc.) that will be welcome and useful to the women seeking help at WomenSafe. Thank you so much! And keep the donations coming!! Unfortunately, there is always a need for them. The box is on the lower level of the shopping cart in the foyer! If you have any questions please ask me.

CVUUS Meditation online Sunday evenings: Led by Dinah Smith from **6-7 pm**. Open to all ages and levels of experience. Each session includes instruction for individuals new to meditation practices. See more about other mediation options including at the new Bread Loaf Mountain Zen Center [Gather Drop-in](#) at Merchants Row at cvuus.org/connection.

Climate “Ask Me...” Networking Social Hour: Thanks to those who participated last Sunday about heat pumps and other carbon-reducing home improvements. See the Blast for the *Electrification One Pager* and *EUI Calculator* that Jean Terwilliger shared. Thanks to Lise Anderson who coordinated this. We hope you’ll attend the next one on April 23 focused on transportation.

Low Carbon Diet: This is not about food dieting. It’s about reducing your household’s carbon footprint by 5,000 pounds of CO2 in 30 days. We meet weekly for a month to mobilize each other in meeting our goals. A round with 6 households started March 6 and finishes March 27. Contact Laura Asermily if you are interested in a future round.

Affordable Housing in Addison County: Thanks to those who came Monday night where we talked about how to encourage homeowners to explore or support [HomeShare](#) or create apartments (also referred to as Accessory Dwelling Units or ADUs with a [VHIP grant of up to \\$50,000](#)). Catch up [here](#).

Cingles for those age 60+ gather every other Saturday at 1 pm at Stone Mill for fellowship including THIS Sat March 25. Join them. See Monty Montgomery, Revell Allen or Marjorie Carsen..

Events are planned in our sanctuary and can be scheduled with the Office. Check our online calendar at cvuus.org for availability —**Al-Anon** for families and friends of alcoholics meets weekly on Wednesdays 1:30-2:30 pm in Fenn Chapel and seeks anonymity.

—**Wellspring Singers** (Hospice) rehearse on Tuesday at 5 pm in our sanctuary. Contact Ronnie at music@cvuus.org to join.

—**Green Mountain Club** for speaker event THIS Thur. March 23 at 7 pm with Drew Clymber on hiking safety.

—**Blood Drives** on THIS Thurs **Mar 23** 10 - 2:30, **Apr 26** 12 – 4.