

Conejo Valley
Unitarian Universalist

Fellowship
April 19, 2015



News and Notes

What's Happening This Week?

Sunday, April 19

9:15 & 11am Worship Service
10:25am Children's Choir Reh.
10:30am Writing to Prisoners / Solitary
12:20 LCC Meeting
12:30pm Board Meets with Nancy Edmundson
5pm Movie Group 3
5pm Newcomer AA meeting
6pm Newsletter deadline

Monday, April 20

7pm Chalice Circle 3M

Tuesday, April 21

7pm Music Ministry
7pm Chalice Circle 3Tu

Wednesday April 22

6pm OverEaters Anon
7pm Facilitator Chalice Circ
7:30pm Meditation Group

Thursday, April 23

7:30pm Choir Rehearsal

Friday, April 24

7:30 Movie Group 1

Saturday, April 25

Sunday, April 26

8am Chalice Players Rehearsal
9:15 & 11am Worship Service
10:25am Children's Choir Reh
12:20pm LCC Meeting
12:15pm Dharma Workshop
5pm Newcomer AA meeting

Chalice Players Presents:

"Perspectives on Mental Health:

A Comedy of Fears" Sunday April 26th

Written and Directed by LeAnn Walters, Ph.D., the new UU member hopes her montage of scenes and music will entertain as well as educate the congregation about mental illness confronting people in all walks of life. A free certification program, Mental Health First Aid, will be offered at the Fellowship in early May.



Time is running out!

The Leadership cultivation Team needs your input by TODAY! for the Ministerial Search Team, Board and Conflict Resolution Committee. We will vote on these important positions at the annual meeting.



Read the book and join us for a lively discussion the 2nd Monday of the month at 7:30pm @ Youth Lounge. For more info contact

Candy Gantka 805 492 4401 or Arlene Bloom 805 300 -9173

May -Case Histories by Kate Atkinson

June- Dead Wake by Eric Larson

July- All the Light We Cannot See by Tony Doerr

Conejo Valley

Unitarian Universalist Fellowship

3331 Old Conejo Road, Newbury Park
805-492-8751

cvuuf.org on the web

www.facebook.com/CVUUF

Sunday Service is held at 9:15 and 11:00, with Coffee Hour in-between.

Children's Religious Education is held during the 9:15 am service.

Childcare is provided during the 11:00 am service. Visitors are always welcome!

Office Hours: Wed, Fri 9:00-1:00



Thinking About

Becoming a

Member?

Whether you've been attending Conejo Valley

Unitarian Universalist Fellowship for a few weeks or a few years, if you're ready to deepen your experience by becoming a member, we're ready to welcome you. We welcome people of all beliefs, ethnic backgrounds, sexual orientations, and physical abilities.

We encourage you to attend our New UU Class Wednesday April 29, 7-9:30pm. In a small group setting you will spend time with our minister covering the historical roots of our denomination, our beliefs and principles, and personal spiritual journeys. Contact Annie Barker 805.415.4918 or Annie@barker.nu

Calling all Artists!



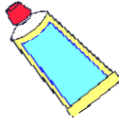
Do you have some art to show, share and display? We have space; we've enjoyed the art of Michael Pittas and Betty Simons and are looking for more. Contact Annie Barker at anniezbarker@gmail.com, or pick up an agreement from Jessica in the office. Space is available beginning April 12th.

If you'd like to have your announcement included in *News and Notes*, send info to: NewsandNotes@cvuuf.org The deadline is Tuesday evening. **News and Notes is now available on-line.**

Upcoming Events

Manna Needs:

Pancake Mix Boxed Potatoes
Toothpaste Deodorant Small Drinks
Mac & Cheese
Crackers and Cookies
Pasta Sauce
Canned Stew
Canned Chili
Your help is greatly appreciated!



Hospitality Team

Lynne Herron, Claudia Borgeois,
Marcy Wingard, Daune Hess,
Thelma Williams

Sound & Lighting Team

Casey Dake, Dana Ryon

Ushers

Don and Nancy Cooper, Hilary Rosen,
Barry Blades, Ellen Learned

Mark your calendar:

**General Fun! Pan-
cake Breakfast Fund-
raiser.**



Between Services May 3, 2015.

Looking for a way to get involved?

Neighborhood Networks needs a coordinator, someone to convene

quarterly meetings of the 6 neighborhood leaders, coordinate Dot-Neighborhood Sundays, and correspond between meetings as needs arise in our beloved community. Contact Annie Barker at anniezbarker@gmail.com to get more information. Thanks!



Ventura County Behavioral Health is providing free Mental Health First Aid certification training at the CVUUF.

- Learn risk factors and warning signs for mental health problems
- Learn a 5-step action plan to assess a crisis situation
- Learn the realities and prevalence of various mental health disorders in the U.S.
- Learn how to access appropriate professional, peer, social, and self-help resources for someone with a mental health problem.

The training will be in the Sanctuary on May 4, 6 and May 11 from 7 to 9:30 p.m. Please reserve your spot by e-mailing LeAnn Walters at mhfacvuuf@gmail.com

NOTE: You must attend all three sessions to become certified. The training is brought to us via VCBH through proposition 63 funding. It is free to us as a church based organization as long as we have a minimum of 15 registered attendees. The instructors are certified to train on Mental Health First Aid and those who pass the certification training will be certified in MHFA

Caring Community



Our grateful, caring thoughts are with these:

*The family of Janna Melsness, who died suddenly following a cancer diagnosis;
The Fernald family on the recent passing of Chuck's father, Olaf;*

June Hoffstadt facing surgery and a lengthy recovery;

Shoshannah Lanlois Ingersol provided surrogacy and gave birth to a healthy baby boy.

If you are in need of pastoral care, a listening ear, a ride to church or care while you're ill our pastoral care team and neighborhood networks are here to help. Call the office for more information. E-mail: pastoralcare@cvuuf.org or Neighborhood@cvuuf.org to reach your neighborhood leaders.

Staff Office Hours

Rev. Anne Felton Hines

Consulting Minister
minister@cvuuf.org

Justine Fischer

Director of Religious Education
805-492-8751 Dre@cvuuf.org
by appointment

Jessica Lesko

Office Administrator
805-492-8751 admin@cvuuf.org
2nd & 4th Sun 10-2, Wed & Fri 9-1

Gregory Whitmore

Music Director
805-492-8751 choirdirector@cvuuf.org
by appointment

New and Gently used Books..

For ages birth to 6th grade are being collected for our Mixteco children. The books will be collected through April 19th. Flash cards, children's puzzles and other learning items welcomed too. Please bring to the RE office or contact Justine at dre@cvuuf.org for more info



Unitarian Universalist Justice Arizona (UUJAZ) is seeking a Justice Coordinator to join our staff team! UUJAZ focuses its relationship-based justice work on nurturing congregational justice ministries, connecting congregations and activists across the state, and building bridges at the state legislature that allow our progressive values to be heard and have impact over the long haul. If you feel passionate about a variety of justice issues, if you have technological skills, if you enjoy working collaboratively, we encourage you to contact us!

Visit our website www.uujaz.org to see the job description and to discover how to apply.

Want More? Visit cvuuf.org and click on the link for monthly newsletter.

