



**CEDAR VALLEY  
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

319-266-5640

WWW.CEDARVALLEYUU.ORG



\*\*\*\*\* 2023 \*\*\*\*\*

- JUNE 4 10:00 A.M. WHAT DELIGHTS US – Pastor Emma, Karen Impola \***
- JUNE 11 10:00 A.M. ARTICLE II: FROM THEORY TO PRACTICE – Pastor Emma, Lynn Brant \***
- JUNE 18 10:00 A.M. EXPLORING WHO WE ARE: STAR TREK SUNDAY – Various speakers, Mandy Boody \***
- JUNE 25 10:00 A.M. GETTING TO KNOW YOU – Various speakers, Karen Impola \***  
**11:30 A.M. Friendship Game (getting to know you)**
- 
- JULY 2 10:00 A.M. SOUL MATTERS: GRATITUDE – Various speakers, Mandy Boody \***
- JULY 9 10:00 A.M. IS THIS A FREE COUNTRY? – Pastor Emma, Kathi Bower \***
- JULY 16 10:00 A.M. HOMAGE TO THE FLYING SPAGHETTI MONSTER – Pastor Emma, Lynn Brant \***  
**11:00 A.M. Spaghetti Lunch immediately following the service**
- JULY 23 10:00 A.M. SUMMER READING SERIES – Pastor Emma, Dick Warhol \***
- JULY 30 10:00 A.M. TBA – TBA, Karen Impola \***

\* ~ denotes *Worship Associate*



For complete CVUU COVID-19 information, go to Guidelines on the website at <<http://cedarvalleyuu.org/covid-19>>.

*The mission of this organization is to be an accepting and supportive community that nurtures spiritual, emotional, and intellectual explorations, articulates ethical values, and encourages actions based on personal beliefs. This community is a voice for religious diversity, human tolerance, improvement of the human condition, and preservation of our environment.*

## NOTES FROM THE PASTOR

Hello, CVUU Beloveds!

This is the summer issue of the CVUU Newsletter. We're all ready for some warm weather and, if we're lucky, a more relaxed rhythm of life for the next few months.

On May 21<sup>st</sup> we gathered for our Annual Meeting, where we ushered in new leadership and voted on the upcoming year's budget. Thank you to *Sheri Huber-Otting* for your year as our Board President! I've enjoyed getting to know you more and have been moved by your love and care for this community. This past year, the CVUU Board determined our year theme (New Growth from Deep Roots!); considered options for building security following a break-in and addressed ways to help staff feel safer working in the building; and negotiated changes in staff titles and wages. In January, the Board promoted *Kate Flynn* from Coordinator of Children's Religious Education to Director of Children's Religious Education to better reflect her responsibilities and the CVUU's expectations of the position. I'm grateful for Sheri and the Board's engagement. In the upcoming year, *Dennis Harbaugh* will be our Board President. I am so excited to work with Dennis, and can't wait to see what the year ahead will hold.

The 2023 General Assembly is scheduled from June 21<sup>st</sup> - 25<sup>th</sup> in Pittsburg, PA. This year's GA will include a vote on proposed amendments to Article II. UUs are deeply engaged in this conversation, and so we're sending three delegates to GA for the vote. *Al Hays*, *Mary Kay Madsen*, and *Mandy Boody* will all lend their voices and their vote to the process. We've engaged in some great conversations regarding these changes, and invited the congregation to chime in. I've loved witnessing the fourth and fifth UU Principles in action ("Acceptance of one another and encouragement to spiritual growth in our congregations," and "A free and responsible search for truth and meaning"). I've enjoyed this unfolding conversation. I'm excited to spend time on the delegate floor with Mandy and Al (Mary Kay will join GA virtually) and continue to engage in the unfolding polity of our shared faith. A reminder—proposed changes to Article II include transforming our 7 Principles to 7 Values. The 7 proposed Values put Love at the center,

with petals surrounding that core Value with Interdependence, Equity, Transformation, Pluralism, Generosity, and Justice. I've heard it explained that the 7 Principles describe *why* we are Unitarian Universalists, and the 7 Values describe *how* we are Unitarian Universalists. I'm so looking forward to this year's General Assembly, where we will continue to deepen our conversation.

This July will hopefully include a bit of summer vacation. I'm hoping to visit my dear friends Lucy in Nashville, and Clare in Colorado. I encourage folks at the CVUU to all indulge in the slower pace of the summer. We'll continue to hold Sunday services in person and on Zoom, but some committees are taking the month off. The volunteers and staff who dedicate their time and energy to this Beloved Community work remarkably hard. I hope we can all find ways to wind down and recharge during Iowa's arguably "best" season. In August, staff, Councils and Committees will get together to plan for the year ahead. I'm looking forward to this time of planning, and our Kick-Off Celebration in September! Quick shout-outs to *Gerry Chamberlin* for continuing to document and track the details of the life of our congregation; to our Stewardship Committee—*Heather Flory*, *Micaela Rich*, *Karen Impola*, and *Mandy Boody*—for a truly historic, tremendously successful campaign that brought equitable pay to our staff and minister(!); to *Mike Knapp* and the Finance Council who have balanced our budgets, had challenging conversations as well as celebrations, and ensured the health and longevity of this Beloved Community; to all those who participated in my ordination this spring—the events of that day will always be a highlight of my life and I am so grateful; and to *Sheri Huber-Otting* and all the members of the CVUU board as well as all chairs, liaisons, and members of the Councils and Committees who keep this place running. I continue to be deeply moved by the way this congregation has nurtured my ministry, loved me, and granted me the privilege of companionship in this community as we make our way as a strongly connected, deeply engaged, justice centered, progressive and radically welcoming, shared faith. Thank you all for the past year. Looking forward to looking forward, collectively, in the fall.

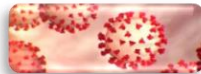
In Faith and Community,

Pastor Emma



### COVID-19 NOTIFICATION PROCEDURE

If we learn that there has been a possible COVID exposure at a CVUU event, we will send out an all-church email. To ensure that you receive these emails, verify that you are signed up on our newsletter and Weekly Update email lists.



Anyone who tests positive for COVID-19 in the days after attending an event at the CVUU should contact the CVUU office at <office@cedarvalleyuu.org>; the Vice President, *Karen Impola* at <vp@cedarvalleyuu.org>; and *Pastor Emma Peterson* at <pastor@cedarvalleyuu.org>.



UU-related historical facts in our newsletters are contributed by *Mica Lorenz* and taken from *This Day in Unitarian Universalist History* by Frank Schulman – Skinner House Books.

Editor's Note: Our June-July newsletter covers two church years (the church year runs from July 1<sup>st</sup> to June 30<sup>th</sup>) so accordingly, we will hear from the outgoing (*Sheri*) and incoming (*Dennis*) Presidents in this issue. Thanks to these members who devote themselves to important work on the CVUU Board!



### FROM THE PRESIDENT

As the outgoing president, I once again would like to thank everyone for all of their hard work this year on behalf of the CVUU. Please see the annual report for my details about what we accomplished this year! The Annual Meeting was a success and all of the items up for vote passed. Thanks to all who attended the meeting! I look forward to being at the CVUU in the coming year, and I know I am leaving the president's position in very capable hands to *Dennis Harbaugh*. (See his message on the next page.) Thanks again and have a great summer!

*Sheri Huber-Otting*  
CVUU Board President

## MEMO FROM THE PREZ

Greetings to all!

This is an exciting time at the CVUU, and beginning July 1<sup>st</sup> I'm looking forward to working with you as CVUU president. It's humbling to receive this vote of confidence from the congregation, and I pledge to do my best in the coming days to live up to whatever expectations you may have.

Our out-going president, *Sheri Huber-Otting*, did a super job during the past year. The congregation tackled some tough and sensitive topics, and through it all her inclusive, open-minded style served us well. Thank you, Sheri!

In the coming months you'll hear and read about some specific priorities I hope we can make progress on together. This will require good communication, and I want to start with a special shout-out to *Gerry Chamberlin* for her tireless work to keep us all informed by editing the CVUU newsletter each month. It's time-consuming, detail-oriented work which many of us lack the skill to do. She delivers the newsletter like clock-work each month, and it's a gift to all of us. If you want to know about everything going on at the CVUU, read the newsletter!

One priority for this coming year will be continuing to build our children and youth programming. In past years our attempts to hire reliable nursery caregivers on Sunday mornings have been unsuccessful, so this year we'll be relying on volunteers from our congregation to provide nursery care each Sunday.

We can do this. We must do this. We've heard there are families who want to attend our Sunday services, but who won't show up if we don't provide nursery care—a reasonable expectation in 2023! Let's remove that barrier. Let's welcome little children into our building. . .and into our hearts.

*Juanita* and I have already signed up to volunteer in the nursery this summer. We need two volunteers each Sunday in the nursery, and if you haven't yet signed up to volunteer sometime during July, August, or September, I urge you to please do so now. Call *Kate Flynn*, our Director of Children's Religious Education, or email her at <dcre@cedarvalleyuu.org>.

See you in the nursery on Sunday mornings!

*Dennis Harbaugh*



## ADULT RELIGIOUS EDUCATION

Forums for the 2022-23 year ended on Sunday, May 28<sup>th</sup>. There may occasionally be a Forum scheduled during this summer, but it will be on a TBA basis. Thanks to everyone who supports the Forums with their presence!

*Al and Pam Hays* for Adult RE



## MINDFULNESS MEDITATION

Sunday morning meditation will continue at 9:00 a.m. Use this link to join us: <meet.google.com/edc-tsvx-fbj>. Look for group posts and updates on the Buddhist Path Facebook page.

*Rodman (Rod) Edward Serling* died on June 28, 1975 at the age of fifty. He was a Unitarian and prolific writer for television, known primarily for his work on "The Twilight Zone".



## JUNE-JULY SERVICES

Sundays at 10:00 a.m. online and in person unless stated otherwise.

**June 4<sup>th</sup>**

**What Delights Us** ~~ Pastor Emma, Karen Impola (WA)

The Burning Heretics will be bringing on the heat this Sunday, both during the service and during Second Hour! Plan to stick around as they contribute their musical talents featuring some of the music from previous services, some originals, and some all-new songs! Don't leave home without your dancin' shoes and feel free to sing along!

**June 11<sup>th</sup>**

**Article II: From Theory to Practice**

~~ Pastor Emma, Lynn Brant (WA)

**June 18<sup>th</sup>**

**Exploring Who We Are: Star Trek Sunday**

~~ Various Speakers, Mandy Boody (WA)

**June 25<sup>th</sup>**

**Getting to Know You**

~~ Various Speakers, Karen Impola (WA)



**July 2<sup>nd</sup>**

**Soul Matters: Gratitude**

~~ Various Speakers, Mandy Boody (WA)

**July 9<sup>th</sup>**

**Is this a Free Country?** ~~ Pastor Emma, Kathi Bower (WA)

**July 16<sup>th</sup>**

**Homage to the Flying Spaghetti Monster**

~~ Pastor Emma, Lynn Brant (WA)

**July 23<sup>rd</sup>**

**Summer Reading Series**

~~ Pastor Emma, Dick Warhol (WA)

**July 30<sup>th</sup>**

**TBA** ~~ TBA, Karen Impola (WA)



## REMINDER: BURNING HERETICS

The *Burning Heretics* are bringing on the heat Sunday, June 4<sup>th</sup>! You will want to stick around as the Heretics contribute their musical talents both during the Sunday service and during Second Hour, featuring some of the music from previous services, some originals, and some all-new songs! Bring your dancin' shoes and feel free to sing along!

## CHILDREN'S RE!!

The final date for regular RE will be the last Sunday in June; we will provide supervised free play and nursery care over the summer. With this in mind, we would love to have volunteers on-deck for the summer; if you're interested in being on the list, please reach out to me and I will get you on the schedule!

Thank you to the wonderful and dedicated volunteers who make RE at the CVUU possible—I appreciate you.

DCRE-ly yours,  
Kate



## CARING CONNECTIONS

The members of our Caring Connections Committee are devoted to serving this congregation month after month in various ways, and as the needs arise. Many thanks to each of them! The Caring contact members covering **June** are: **Betsy Brant** for the first two and a half weeks, and **Linda Lechty** for the remainder of the month. The contact person for **July** is **Nancie Groszkruger**.



## THE COMMUNITY PICNIC!

Rain or shine, the UU Potluck Picnic will be held on Sunday, July 2<sup>nd</sup> at noon. The location is the George Wyth Lodge at the end of the drive through the park, the same place as last year. There are: modern toilets, electricity, accessibility, and a playground on site. The Browns will provide tablecloths and napkins.

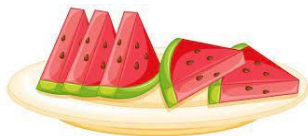
Things to bring:

- Lawn chairs
- Food to share (there are plenty of outlets for crock pots)
- Your own dinnerware and silverware to reduce garbage (there will be a limited number of paper plates for those who forget or drop in unprepared)
- Your own beverages
- Yard or table games

**Bill** and **Moria Brown** are hosting this event and could use help with both set-up and clean-up. If you are planning to attend and could lend a hand, please contact them. Thank you.

There will be no hospitality at the church that morning, to encourage everyone to go to the park after the morning service. **Linda Lechty** has crossed that date off the electronic calendar.

This will be the fourth almost-annual (not during COVID) picnic for our group. Last year we had over sixty people attend. Can we break that record this year? If you have questions regarding this event, please contact either **Moria** or **Bill**. Hope to see you there!



**John Adams**, ninety, and **Thomas Jefferson**, eighty-three, the second and third U.S. Presidents, both died on July 4, 1826 within hours of each other. Exactly fifty years earlier, the thirteen colonies heard the first public reading of the Declaration of Independence, of which Jefferson was the author and Adams a primary editor. Despite intense disagreement during their careers in political office, in later life they reconciled and conducted a famous correspondence, which included discussions of their differing views of Unitarianism.

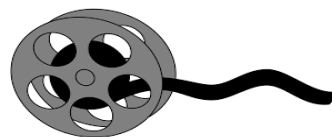


## JULY DEADLINES FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the **August** issue. The calendar deadline for this issue will be **Wednesday, July 19<sup>th</sup>** (send info to the office); the newsletter deadline will be **Friday, July 21<sup>st</sup>** (send articles to me). This information can also be found in bold type on the calendar page of this newsletter.

Mark your calendars now for **July 19<sup>th</sup>** and **21<sup>st</sup>**—the calendar and newsletter deadlines *for the August issue*. There are paper copies left at the church each month—some in the acrylic wall holder in the front entry and some at the foot of the stairs in the Fellowship Hall.

Gerry Chamberlin, Editor  
newsletter@cedarvalleyuu.org



## MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will meet at 6:30 p.m. via Zoom on Monday, June 12<sup>th</sup>. The movie being discussed is *A Man Called Otto* with Tom Hanks, which is available on Netflix, the Waterloo and Cedar Falls Public Libraries, and for rent on Amazon.

The group will also meet on Monday, July 10<sup>th</sup> at 6:30 p.m. via Zoom. The movie being discussed is *The Age of Adaline*, which is available on Netflix, the Waterloo and Cedar Falls Public Libraries, and for rent on Amazon.

A reminder for each of the above dates will be sent out the week prior and include the Zoom link. For questions, contact **Nancie Groszkruger**.



## SOME OBSERVANCES FOR THE MONTHS OF JUNE AND JULY INCLUDE:

### June

National **Camping** month National **Pollinator** month  
National **Oceans** month National **Rum Punch** month  
National **Soul Food** month

### July

National **Culinary Arts** month  
National **Make a Difference to Children** month  
National **Horseradish** month National **Deli Salad** month  
National **Rodeo** month National **Baked Beans** month

## NEWS FROM RELIGIOUS SERVICES

There are *two events coming up this summer* that the Religious Services Committee has planned after services—one in June and one in July.

June 25<sup>th</sup> at 11:30 a.m. we will play a “getting to know you” friendship game, speed dating style.

July 16<sup>th</sup> immediately following the service there will be a Spaghetti Luncheon.



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Looking even further ahead into the summer, on Saturday, August 5<sup>th</sup> the Religious Services Council will be meeting to create a rough draft schedule of the entire year. If your group, board, or council would like to collaborate with RSC to create a calendar that would include services that are of interest to you, please email *Mandy Boody* and consider attending this meeting.



## CONGREGATIONAL LIFE

Summer is upon us. . .the season of thriving, abundant life, and growth. There are many things at the CVUU that indicate we’re in *our* summer season. We are vibrant and growing right now!

First, we continue to welcome lots of new members, as many of you were able to witness at the May 7<sup>th</sup> Sunday service when we introduced these special people to the congregation. (Watch for the bios and pics of these folks in *Meet Our New Members* columns so you can start to get to know them.) We’ve also had hearty attendance at our recent *New to CVUU* sessions for newcomers. As people share what draws them to us as a faith community, it becomes clear that we are filling a needed gap for folks to find support on their unique faith journeys. It’s good that we are a healthy, vibrant place for fellow ‘religious misfits’. 😊 We will have our next *New to CVUU* on **Sunday, June 11<sup>th</sup> at 11:30 a.m.** for anyone interested in learning more about us.

Second, we are showing up and making a difference in our community on behalf of disenfranchised folks. Our new CVUU T-shirts are ‘working their magic’ for us to let the public know that UUs side with love. (If you missed the opportunity to purchase a T-shirt, let *Dan Bower* or me know so we can keep a count for our next order. As always, let *Pastor Emma* know if you would like one but can’t afford it. We want EVERYONE to have a T-shirt regardless of their ability to pay.)

As we enter the season of ‘fun in the sun’, our Membership and Marketing Team will take a little respite to replenish and renew our energy for the opportunities fall will bring. I hope you will all do the same and enjoy summer activities with fellow-CVUUers (i.e.: the July church picnic, Nature Group walks, and whatever else calls you!). We will reconvene in the fall, ready to keep the growth momentum going!

In the meantime, enjoy tons of summer fun!

*Juanita Williams*  
for the Congregational Life Team

See *Meet Our New Members* – next column →



## Meet Our New Members~ Mike and Rita Waggoner

*Mike* was born in Portland, Oregon, grew up in Michigan and Indiana, and lived in Alaska for six years—his spiritual home. He came to Iowa in 1988 spending thirty-two years at UNI and has been mostly retired since 2020. He likes trapshooting (but is not a hunter), golf (an entire industry built on hope), reading (history, biography, detective fiction, and most of whatever their book club of thirty-four years selects), playing the bass (bluegrass, folk, some jazz, and classic rock), and the New York Yankees. Mike enjoys having his daughter, son-in-law, and granddaughter nearby and Joel when he can get back from New York. Having been married fifty-two years, he particularly enjoys having more time with *Rita*. They’ve had good friends at CVUU for years and feel very much at home here.

*Rita* has lived in Iowa for over thirty years. The family moved here when their kids were little for Mike to take a job with the University of Northern Iowa.



She was raised in South Bend, Indiana but her extended family is all originally from Providence, Kentucky—a small town in western Kentucky, a coal mining area. She and Mike met at Wheaton College in Illinois and traveled around while he was in the Army: Texas, Illinois, Oklahoma, and finally Alaska. They returned to Alaska after the military experience and lived out in the woods near Fairbanks for a while. They returned to the Midwest for Mike to attend a PhD program at the University of Michigan and both of their children (Joanna and Joel) were born in Ypsilanti, Michigan. After completing his degree, they moved to Iowa and have stayed ever since.

*Rita*’s main work in Iowa has been with Hawkeye Community College, especially at what was then called the Success Center or Metro Campus. She taught English as a Second (often third or fourth) Language to newcomers to the area. Many of the current Bosnian citizens came through her classes, as well as some Congolese, Burmese, and people from Central and South America. She did some teaching on Hawkeye’s Main Campus as well as serving with the TRIO program there.

Her interests are quiet ones—she loves reading, writing, and good conversation; practices Tai chi, takes walks around the Green Belt near their home; and hangs out with their granddaughter, Max whenever possible.

They have been a part of several congregations here over the years, gradually moving outward as life and spiritual direction shifted. They have been “UU-adjacent for many years” with so many good friends here. This year their daughter Joanna, her husband Erik, and granddaughter Max, moved to the area and decided to become active in the UU congregation. That pushed them to finally join for real!

*Rita* helped out last year at the UU Pride Booth and had her “elevator speech” ready: “The CVUU congregation is one of the very few fully LGBTQ welcoming congregations in the Cedar Valley. CVUU is a community of shared values, not held together by any system of belief. There is room for me to bring my whole self into this space.” *Rita* says, “Thanks for sustaining this unique place and having a radical welcome for all in the community.”

## SOCIAL ACTION COLLECTIONS

The Social Action Collections are an important activity for us and we have continued to do well in supporting worthy charities.

The Social Action Collection charity for April was for *Planned Parenthood of the North Central States* and \$525 was collected! May's charity was for the *Northeast Iowa Food Bank*. June's charity is for the *National Alliance on Mental Illness (NAMI)*, and July's charity is for *Cedar Valley Angels*. We'll report the May and June totals in the August newsletter.

Thank you to all who participate in this meaningful and worthwhile activity on behalf of Social Action in the name of the CVUU.

*The Social Action Committee*



### *Soul Matters for June—Delight*

The last Soul Matters theme of the current year is *Delight*. In his book *One Long River of Song*, author Brian Doyle wrote, "We're only here for a minute. We're here for a little window. And to use that time to catch and share shards of light and laughter and grace seems to me the great story." Please join us this June in finding and sharing the delights, both great and small, that encircle us.

Adapted from the *Soul Matters Curriculum*

[Editor's Note: Reminder, *Soul Matters* takes a break in July and August; watch for this again in September.]



It's full speed ahead into summer and we hope everyone has a safe and memorable June and July. We'll be back in this space in August with more CVUU news and updates!

Our deepest sympathy to the family of *Debby Johnson* who passed away Sunday, May 21<sup>st</sup> in Juneau, Alaska, after battling cancer for the last year. While she lived in Cedar Falls years ago, Debby was a member here and made many friends. For months during the last year, her family has been dedicated taking shifts to be with her. Her sons, Matt and Noah, were on their way to Juneau when she died, but they take comfort that her brother, Jon, was with her, and that all the way to the end she did not seem to be in any great pain.

A memorial service to celebrate Debby's life was held in Juneau by her UU friends there; a service will be held locally in Cedar Falls at the CVUU with Pastor Emma officiating on Saturday, June 3<sup>rd</sup> at 1:30 p.m. with light refreshments following.

To those in our congregation who are facing health issues or recovering from illness or surgery, we wish you a very speedy recovery; to those who have experienced the loss of a relative or dear friend, we send our deepest sympathy.

Contact the *Caring Committee* with pastoral concerns, or if you are in need of assistance.

## SUMMER AT THE CVUU: TIME OFF OR TIME TO TRY SOMETHING NEW?

The Shared Ministry Council would like to thank everyone who helps keep the CVUU running throughout the year, especially those doing the heavy lifting. For example, the Finance Council, Religious Services worship team, Board, and all those in leadership positions at the CVUU put in extraordinary efforts of time and energy throughout the year. We encourage everyone who has been working hard this year (maybe a little too hard?) to schedule and take a break from church work this summer.

We also encourage anyone who is new to the CVUU, or anyone who is ready for a change (especially if you haven't already been working too hard this year), to step up and try something new this summer that might be fun and interesting to get out of your usual routine. For example, if you normally complete tasks at a desk or in meetings, you might want to try socializing with visitors as one of our greeters, providing treats during coffee hour, mowing the lawn, or caring for our garden as a relaxing way to take time off from your usual paid or church work.

- If you'd be willing to help with lawn mowing or other building and grounds tasks, please contact *Roger Hahn* or *Bill Brown*.
- If you'd like to help with our pollinator garden, contact *Sally Browne* or *Donna Davis*.
- If you'd like to help as a greeter on Sunday mornings, contact *Jill Miller*.
- If you'd like to provide treats and coffee as part of hospitality on Sunday mornings, contact *Linda Lechty*.
- If you'd like to play with the kids and youth on Sunday mornings (aka help with the Religious Education program), contact *Kate Flynn*.
- If you'd like to help with Sunday services, contact *Mandy Boody*.

**Tip:** See the "Links and Forms" section towards the end of each *Weekly Update* for a link to more information about volunteer opportunities/how you can help!

Throughout the summer, if you'd like to connect with other CVUUs as part of your own vacation, see the new CVUU directory (which is now available online) and reach out to those with whom you'd like to spend social time.

We hope you'll all have a fun, relaxing, and meaningful summer as we work and play together at the CVUU.

*This article is brought to you by the Shared Ministry Council, whose role at the CVUU includes working together to support and promote the growth and well-being of the CVUU congregation in all aspects of its community life. The Shared Ministry Council consists of Heather Flory (chair), Floralyn Groff (Board liaison), Del Carpenter, Debra Kyler, Nancie Groszkruger, and Pastor Emma Peterson.*



## MOWING SEASON IS HERE!



The Building & Grounds folks could use some volunteers to keep our grass mowed in the coming weeks.

If you're interested and able to help mow this spring/summer/fall season, we'd love to have you join our small but mighty crew. Contact *Roger Hahn* if you're able to help.

# GREEN LIVING CORNER

## *A Green Sanctuary?*

In the late 1990s, the Conscious Living group was formed by UU members *Mildred Pierce*, *Jim Paprocki*, and *Juanita Williams* to strengthen our commitment to the UU 7<sup>th</sup> Principle. We worked to make our building more energy efficient, conserve resources, and learn about pertinent issues. We began recycling, using washable mugs, and hosting information programs.

The Unitarian Universalist Association established the “Green Sanctuary” program in 2004, to encourage congregations. Mildred Pierce was instrumental in beginning that process by obtaining the guide manual and application.

Our board recognized the Green Sanctuary group as a standing committee and committed to support our efforts. Our first activities included an energy audit of the building with the Cedar Falls Utilities and creating a communication plan to involve the congregation.

Our action plan had to include four activities in each category: Worship and Celebration, Religious Education, and Environmental Justice and Sustainability. The application was submitted and we were accepted as a candidate by the UUA in 2006.

Here are some activities planned and carried out.

- We showed videos including *An Inconvenient Truth* and *What Killed the Electric Car*. The public was invited.
- The congregation participated in Earth Day services, including one at Hartman Reserve. Our minister, *Rev. Eva Cameron*, joined with pastors from other denominations.
- A vegetable garden was planted on the church grounds. Produce was sold on Sunday to the congregation and proceeds given to the Northeast Iowa Food Bank. UU member *Julie Fischer* led the effort. Over \$500 was donated to the Food Bank in 2007.
- Children’s religious education included a unit “Keepers of the Earth”. Children and youth joined in to care for the garden.
- Composting was established to enrich the garden and lessen garbage going to the landfill. We recycled plastics, cardboard, glass, and office paper.

- Several of our members helped to educate the public about the proposed coal-fired power plant in Waterloo.
- Members held workshops to make draught stoppers, warm hats, and cloth napkins.
- We worked to conserve energy when buying new appliances, replacing siding, and purchasing a new furnace.
- Our congregation joined Iowa Interfaith Power and Light’s program, *Cool Congregations*, which focused on reducing carbon footprint. We held a workshop with computers available so members could calculate their family’s carbon footprint. A light bulb display compared incandescent, fluorescent, and LED use and cost, in terms of energy use and dollars.
- Each year we held an Alternate Gift Fair so that we and the public could sell and buy gifts for a more sustainable world. *Juanita Williams* and *Donna Davis* were instrumental in its organization.
- We participated in U.S. Highway 20 litter clean-up for a couple of years, led by *Mica Lorenz*.

In the spring of 2009, we made a formal application as a Green Sanctuary Congregation and received our Accreditation in November, 2009. An official presentation was made at the General Assembly of Unitarian Universalists in Minneapolis, MN in June, 2010.



Today, we still strive to honor our 7<sup>th</sup> Principle by recycling, maintaining a pollinator garden, planting native tree and shrub species, and conserving energy. *Donna Davis*, *Sally Browne* and *Mary Kay Madsen* lead the planting efforts.

I’d like to challenge the CVUU to once again prioritize our commitment to the 7<sup>th</sup> Principle. Climate Change looms large over the planet. Let’s make a difference!

*Betsy Brant*

## **CEDAR VALLEY PRIDEFEST 2023**

**Save the Dates: August 25<sup>th</sup> and 26<sup>th</sup>**  
**Where: Downtown Waterloo, Iowa**

*Save the Date!* Cedar Valley Pridefest will take place Friday and Saturday, August 25<sup>th</sup> and 26<sup>th</sup> in downtown Waterloo. The CVUU is excited to once again host a booth on Saturday, the 26<sup>th</sup>!

We are looking for volunteers to staff the booth for a few hours at a time (paint rainbows on people, talk to people about how great the UU is, etc.). We are also looking for volunteers to provide baked goods/cookies, including some gluten-free cookie options.



Here is the sign-up sheet to help at the booth or to provide cookies to be served: <<https://bit.ly/CVUUPride22>>. Here is the link to the Cedar Valley Pridefest website: <<http://www.cedarvalleypride.com/>>. Please contact *Lizzy O’Loughlin* or *Austin Evens* with questions.



We are preparing the Little Food Pantry and the Little Lending Library for the Summer season. The Pantry is well stocked for the beginning of summer through generous donations of the congregation and the Gentle Gym. We continue to receive occasional donations from Gentle Gym members. The shopping *Mica* and I just completed leaves the pantry ready for June.

*Andrew Hughes* continues his Eagle Scout project of building a new pantry cabinet and providing paving rocks to mitigate the occasional muddy weather. We are all grateful for his efforts.

The Little Lending Library usually is busier during the summer. Watch for garage sales. *Stacey Bartz* tells us the sellers frequently lower the price when she tells them the books are being donated to our library. Preschool and primary school books remain the most popular. Look for high interest easy-to-read books for youth and adult. Watch for books that deal with subjects of diversity and inclusion.

The pantry and library are always ever-evolving projects.

*Priscilla Nieman*

## TIME AT THE CVUU AND AWAY: PART OF THE UU MINISTERIAL AGREEMENT

It's common knowledge that ministers don't work a 9-to-5 job, but did you know that UU ministers typically work a six-day work week and are responsible for monitoring their time to ensure an appropriate balance of work and time off? Ministry is understood as a calling, and the work of ministry is time-intensive and subject to unforeseen events. Sufficient down-time is essential to maintaining personal health and professional sustainability, and our CVUU ministerial agreement is designed to help our minister find that balance. This article provides a few highlights from *Pastor Emma's* ministerial agreement related to her time at the CVUU and away from us, as recommended by the national Unitarian Universalist Association (UUA): <[www.UUA.org](http://www.UUA.org)>.

Ministers are most known for the work they do on Sunday mornings. However, in addition to Sunday services, Pastor Emma provides many other types of ministry to the CVUU, including participation in almost all council, committee, and Board meetings; serving as the head of staff for our three paid staff; providing pastoral care for congregants as needed; helping re-develop our religious education program; and more. In these multi-faceted roles, priorities are constantly shifting. Pastor Emma often works evenings and spends time in ways less tangible such as addressing congregational problems. Pastoral and congregational crises can occur at any time including days off.

It is expected that UU ministers will have, at a minimum, one day per week free of all Congregational responsibilities and one additional day devoted to study and writing wherein they will be available only for emergencies. Therefore, Pastor Emma works a six-day work week. Her day off is Monday; her study and writing day is typically Saturday.

To offset this full work schedule, each CVUU fiscal year, in keeping with UUA recommendations, Pastor Emma receives four weeks of vacation (24 days), four weeks of study leave (24 days), ten days of sick leave, paid holidays, and one month of accrued sabbatical leave. In addition to vacation and study leave, attendance at national UUA General Assembly, regional UUA gatherings, UUMA (Unitarian Universalist Ministers Association) Chapter Meetings, and Ministry Days are considered associational responsibilities for which our minister may be away from the CVUU. Because of these various reasons to be away from the congregation, UU ministers typically lead or co-lead worship services between 30 and 35 Sundays each year.

For those who are interested in doing the math, during this fiscal year, Pastor Emma took 10 days of vacation last fall, 11 days of vacation and 4 days of study leave in late December and January, 6 days of study leave in March, 7 days of study leave in April, and 4 days of study leave and 1 day of vacation in May. In June, Pastor Emma will be away from the CVUU from June 16 – June 30 on a combination of General Assembly time (and travel time), study leave (3 days), and vacation time (2 days). She will return to CVUU work on Saturday, July 1<sup>st</sup> just in time for our new fiscal year!

Note: Sometimes Pastor Emma is called back to CVUU work unexpectedly, which means that days she announced she would take off aren't taken as scheduled and must be rescheduled for later. This year, this phenomenon resulted in a couple of extra days being added to Pastor Emma's time off at the end of June.

Pastor Emma determines the schedule of her time away from the CVUU in consultation with the Religious Services Council, the Shared Ministry Council, and the Board President. If you have questions about Pastor Emma's time at or away from the CVUU, or other aspects of the ministerial agreement, please feel free to contact *Heather Flory*, Shared Ministry Council chair.

*This article was written by Heather Flory on behalf of the Shared Ministry Council: Heather Flory (chair), Floralyn Groff (Board liaison), Del Carpenter, Debra Kyler, Nancie Groszkruger, and Pastor Emma Peterson.*



### BAYSIDE UU FAMILY CAMP

Looking for a great summer experience? Join us at Bayside UU Family Camp held at Lutherdale Camp on the shores of Lauderdale Lakes in Elkhorn, WI. This year, camp will take place July 2<sup>nd</sup> to 8<sup>th</sup>. This special week includes adult workshops, activities for children, free time for family fun and relaxation, and intergenerational activities. For more information visit our website at <[baysideuu.org](http://baysideuu.org)> or contact <[baysideuu@gmail.com](mailto:baysideuu@gmail.com)>.



### SHAKESPEARE IN THE GARDEN

AT THE

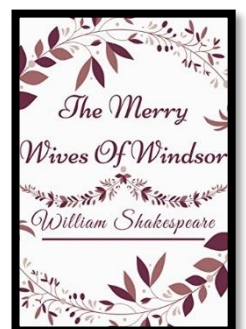
### CEDAR VALLEY ARBORETUM

June 21<sup>st</sup> -24<sup>th</sup> at 6:30 p.m.

June 25<sup>th</sup> at 2:00 p.m.

This event is free with admission to the gardens and Arboretum members are free.

Shakespeare's *The Merry Wives of Windsor* is a rollicking comedy of marriage, wealth, jealousy, and lies. These wives are merry but merciless as they take on Sir John Falstaff, who plans on wheedling his way to a comfortable retirement by seducing Mistress Page and Mistress Ford, the wives of two wealthy men. It's the women, however, who pull the strings in this Shakespeare-meets-Real Housewives farce. The cast includes CVUU administrator *Kat Beane Hanson*, and CVUU members, *Kelsi Hansen* and *Callie Amiday*. Don't miss it!





# VOTE FOR YOUR FAVORITE CHARITY

## *Social Action Collection for 2023-24*

Follow the link to the ballot and select eight charities you would like to see receive a social action collection in 2023-24. The slate of organizations on the ballot this year is exceptionally deserving, and it will be difficult to choose among them. The Social Action Committee hopes that all CVUUs take the time to vote this year to help us make that decision. Here is the link: [bit.ly/CVUUSA23](https://bit.ly/CVUUSA23).

Why vote on only eight when there are twelve months in a year? In three of those months, the collection will be taken for a charity designated by the committee: The CVUU Little Food Pantry, Cedar Falls Community Meals, and the Unitarian Universalist Service Committee. The fourth month is CVUU Stewardship Month (February) when we suspend the social action collection.

Voting will close at noon Thursday, June 29<sup>th</sup>. Thank you for voting!

*The Social Action Committee*

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### Social Action Collection Ballot 2023-2024—Vote for 8

**Back to Basics Youth Empowerment Program.** Activities for local at-risk children ages 12-17: the **Plant a Seed Project**, for gardening and financial skills; and the **Teach a Man to Fish** project for nature appreciation and cooperation through weekend camping and fishing; and preventative counseling for at-risk families.

**Black Hawk-Grundy Mental Health Center—UnityPoint Health.** Community mental health center with services touching 72,000 individuals/families locally, including the low-income and underserved. Cash donations go to a fund for essential basic support in the way of clothing, bus fare to therapy, food, and housing. [www.unitypoint.org/waterloo/black-hawk-grundy-mental-health-center.aspx/](http://www.unitypoint.org/waterloo/black-hawk-grundy-mental-health-center.aspx/)

**Boys and Girls Clubs of the Cedar Valley.** After-school programming, such as life skills, art, music, Scouts, basketball and computer science, at public and parochial k-12 centers around the area. Participants get more physical activity and expect to graduate from high school. <https://www.cedarvalleyclubs.org>

**Cedar Valley Angels.** Providing support (clothes and toys for kids, meals, transportation, etc.) for foster care families to increase the stability of caregivers and decrease the number of children moving from home to home. [www.cedarvalleyangels.org](http://www.cedarvalleyangels.org)

**Cedar Valley Victim Resource Coalition.** Representatives from various agencies—e.g.: Dept. of Corrections, CF Police, Riverview, House of Hope—collaborate to find resources for survivors of domestic violence and sexual assault when there is a gap in services and no single agency can fill the need. <https://www.facebook.com/vrccedarvalley/>

**House of Hope.** Individualized support, including trauma-informed care, and transitional housing for single-mother families and women who age out of foster care. <https://houseofhopeccd.org>

**Iowa Abortion Access Fund.** Discreet and private financial assistance, in the form of interest-free loans, to Iowa residents needing abortions but unable to pay. [www.iaafund.org](http://www.iaafund.org)

**Iowa Safe Schools.** The largest group supporting LGBTQ and Allied youth in the Midwest. Their best-known program, the Iowa GSA Network, assists student-run clubs in schools to support victims of harassment, build safe spaces, and create positive change. [www.iowasafeschools.org](http://www.iowasafeschools.org)

**The Iowa UU Witness and Advocacy Network (IUUWAN).** Creating collaborations among Iowa's UUs to amplify social justice work; advocating for policies of equity, fairness and inclusion in Iowa. <https://iuuwan.com>

**National Alliance on Mental Illness (NAMI).** A nonprofit, grassroots mental health organization founded by families affected by mental illness; they fight stigma and create a system of recovery. [www.namiiowa.com](http://www.namiiowa.com)

**Northeast Iowa Food Bank (NEIFB).** In 2022, NEIFB provided 6 million meals in a 16-county area; demand increased 10-15% in 2023. They face rising costs due to inflation and declining donations from food vendors, and new state asset tests for SNAP recipients are likely to increase need even more. [www.neifb.org](http://www.neifb.org).

**Planned Parenthood of the North Central States, Cedar Falls office.** Providing sexual and reproductive health care in our community; a visible advocate for policies that promote women's health and access to affordable contraception. [www.plannedparenthood.org/planned-parenthood-north-central-states](http://www.plannedparenthood.org/planned-parenthood-north-central-states)

**1619 Freedom School.** A five-days-a-week, after-school program dedicated to delivering intensive literacy instruction and a culturally responsive curriculum to bridge the academic opportunity gap among low-income public school students in Waterloo. <https://www.1619freedom-school.org>

