



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

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***** 2023 *****

- AUGUST 6 10:00 A.M. LOVING ELVIS PRESLEY: POP CULTURE AND OUR PROBLEMATIC FAVORITES**
– Pastor Emma, Kathi Bower *
- AUGUST 13 10:00 A.M. A CONVERSATION WITH THIS YEAR'S CVUU GENERAL ASSEMBLY DELEGATES**
11:30 A.M. Dog Days of Summer Turkey Fest (details inside) – Pastor Emma, Karen Impola *
- AUGUST 20 10:00 A.M. SOUL MATTERS: DEEP LISTENING** – Various speakers, Mandy Boody *
- AUGUST 27 10:00 A.M. GOLDEN DAYS: SUMMER IN THE MIDWEST** – Pastor Emma, Dick Warhol *

* ~ 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

In June, UUs from across the country gathered in Pittsburgh for our yearly conference. There were big items on the agenda—including the vote to preliminarily approve changes to our Article II, the portion of our UU Bylaws that include our shared covenant. I've preached a lot on Article II over the last year, so I'll spare you the details. Those gathered voted, with over eighty percent in favor, to preliminarily accept the changes proposed by the Article II Study Commission. This means that we have one year to deeply consider these changes—to preach them, to teach them, to march with them, to do our best to integrate this new set of values into our congregational daily living. With Love at the center, Unitarian Universalists covenant to (preliminarily) affirm Values of Interdependence, Justice, Plurality, Transformation, Generosity, and Equity.

For me personally, these are exciting changes. These values more accurately reflect what drew me to Unitarian Universalism when I was a seminary student, searching for a religious home. Values of communalism, justice-seeking, and a diversity of theologies captured my heart. It is my firm belief that the direction of these proposed changes bodes well for the future of our faith. I recognize the grief and discomfort many feel considering these changes. It is my hope that we can hold our history while orienting towards our future with a revised shared Covenant. I can't wait to see how this year transforms us!

Other business at GA included a vote proposed by our Unitarian Universalist YoUUth Caucus to fully divest from the fossil fuel industry. There was impassioned debate during this business item, concluding at the end of the discussion in a protest from the youth who developed the proposal. Emotions were running high in the room. I was deeply moved by the spirit of our UU young people. Especially so, after realizing that someone I loved, who had died several months prior, was one of the original authors of the proposal. Still, I recognized the wisdom of others in the room who, while equally passionate about environmental responsibility, recognized that complete divestment at this time would devastate the UUA—without any real impact to the fossil fuel industry. We also elected a new UUA president, Sophia Betancourt. Sophia is inspiring, prophetic, and pragmatic. I am so excited about her term with the UUA.

We'll have a service on August 13th where we'll hear more from this year's CVUU delegates. I encourage you to come with your questions about their experiences and thoughts regarding Article II, and other GA business. Please also take the time to read elsewhere in this newsletter about the experiences of our other delegates who attended this year's GA; and continue to engage in the business of the wider Association, especially during this critical time.

Pastor Emma



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.



MEMO FROM THE PREZ

Greetings to all!

I'm thrilled to report that following the CVUU Annual Meeting, twenty-six folks signed up to volunteer in our nursery on Sunday mornings! It was an incredible response, and thanks to each of you for stepping up. Background checks and training will begin soon, and hopefully in the not-too-distant future we'll have some little ones making a joyful noise in our nursery!

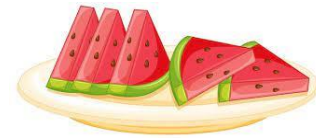
In addition to getting our nursery up and running, I want to make sure that this year, we do a good job keeping everyone informed about CVUU Board actions taken at our monthly meetings. It's not that the Board hasn't been transparent in the past, because the minutes from each meeting are always posted in the Fellowship Hall. But honestly, over the past two decades I never once read those minutes on the wall. On the other hand, I read the newsletter and Weekly Updates religiously, and I know many of you do as well.

So, beginning with this August newsletter you'll find a short list of bullet points highlighting recent Board actions from the previous month, under the title of *Board Briefs*. I encourage you to check out this new section of the newsletter each month, and to keep up on Board activities.

I hope this brief addition to the newsletter—and also to our Weekly Updates via email—will help demystify what the Board does and how it operates. Perhaps it will even get you thinking about joining the Board in the future, which would be wonderful!

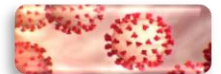
Until next month...

Dennis Harbaugh



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>.



Thomas Bayley Fox was born on August 19, 1808 in Boston, MA. He was a leader in the early Unitarian Sunday School movement and the author of several curricula including, "A Sketch of the Reformation" (1836) and "Allegories and Christian Lesson: For Children" (1845). After graduation from Harvard Divinity School in 1831, Fox ministered to the Newburyport Church until 1845 and then to the Church of the Warren Street Chapel until 1855. He later changed his career to journalism and spent his last fifteen years writing editorials for Boston's *Evening Transcript*, which addressed the city's elite audience.

Caroline Julia Bartlett Crane was born on August 17, 1858 in Hudson, WI. She liked the preaching of Oscar Clute, a Unitarian minister, and decided to become a minister herself in a time when ministry was considered an exclusively male profession. She earned B.A. and M.A. degrees from Carthage College and became a teacher and journalist, then City Editor of the Oshkosh, WI *City Times*. Crane studied theology on her own and was ordained in 1887 as a colleague of Mary Stafford. She became minister in Sioux Falls, SD, then Kalamazoo, MI. Both churches prospered under her ministry. Crane worked for numerous civic causes, including public kindergarten and urban sanitation. In 1903, she became the meat inspector for Michigan slaughterhouses. She died on March 24, 1935.



AUGUST SERVICES

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

August 6th

Loving Elvis Presley: Pop Culture and Our Problematic Favorites ~ ~ Pastor Emma, Kathi Bower (WA)

August 13th

A Conversation with this Year's CVUU General Assembly Delegates ~ ~ Pastor Emma, Karen Impola (WA)

August 20th

Soul Matters: Deep Listening ~ ~ Various Speakers, Mandy Boody (WA)

August 27th

Golden Days: Summer in the Midwest ~ ~ Pastor Emma, Dick Warhol (WA)



NEWS FROM RELIGIOUS SERVICES

On Saturday, August 5th at 1:00 p.m. 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.



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.

CHILDREN'S RE!!

This summer has been wonderful with child-directed play running every Sunday as we have begun staffing the nursery each week. We have a wonderful group of children, parents, and volunteers who make up our RE program, and we are grateful for their participation in our shared life together.

I am looking forward to the fall and training teachers, continuing our nursery care, utilizing *Soul Matters*, and doing all kinds of fun things together. RE will begin after Labor Day, but in the meantime, early registration is encouraged! In fact, *we love early registration!*

Find online forms at: <<https://cedarvalleyuu.org/children-and-youth/childrens-re/>>, which can be filled out and emailed to me at: <dcre@cedarvalleyuu.org>. Alternatively, you are welcome to request and fill out a physical copy at church!

DCRE-ly yours,
Kate



NEW!! BOARD BRIEFS

We had great attendance to kick off our first Board meeting of the new church year. On Thursday, July 13th the CVUU Board:

- * Welcomed new members *Dick Warhol, Richard Henry, and Mike Knapp!*
- * Affirmed the CVUU 'Code of Conduct' to guide Board interactions.
- * Considered reports from the various CVUU working Councils.
- * Discussed plans to conduct background checks and provide information to nursery volunteers.
- * Heard how our CVUU delegates plan to report to the congregation about their experiences at General Assembly.
- * Decided to wait until our August meeting to determine what to do with any FY 2023 budget surplus.
- * *Pastor Emma and President Harbaugh* shared their personal priorities for the coming year.
- * Learned about a Leadership/Board Goal-Setting retreat that will be held in August.

The next Board meeting will be on Thursday, August 10th at 6:30 p.m. Board meetings are open for any CVUU member to attend!



CARING CONNECTIONS

The members of our Caring Connections Committee are devoted to serving this congregation month after month in various ways as the needs arise. Many thanks to each of them! The contact person for **August** is *Carollyn Hartsfield*.



"Don't you wish there was a knob on the TV to turn up the intelligence? There's one marked 'brightness' but it doesn't work."

~ ~ *Leo Anthony Gallagher, Jr.*

"Plans to protect air and water, wilderness and wildlife, are in fact plans to protect man."

~ Stewart Udall



THE COMMUNITY PICNIC!

The July 2nd CommUUnity Picnic was once again a huge success. We counted sixty-three people, and just about as many potluck dishes to enjoy. Almost everyone remembered to bring their own washable dinnerware, so this large group generated only one small bag of garbage for the landfill. Thanks for going green, everyone!! Somehow, we dodged Saturday's rain and Monday's extreme heat, to celebrate a perfect Sunday afternoon in the park.

We'd like to thank *Jill Miller* for showing up at 10:00 a.m. for setup and staying until the last guest was gone, around 3:30 p.m. *Betsy Brant* and *Lizzy O'Loughlin* helped with the hard work of cleanup, including stacking all of the chairs back in the corner. Many hands made for light work.

Any lack of recognition is not intentional, but with the focus on cleanup, we may have missed a few thank yous. Know that all efforts were deeply appreciated.

Moria and Bill Brown



COMMUNITY MEALS

August has a fifth Tuesday, so on the 29th we will help serve a free community meal at First United Methodist Church in Cedar Falls (along with several other local small religious organizations).

Thanks to all who have helped in the past, especially for setting up tables and chairs, as that task is solely a CVUU responsibility. Volunteers are needed to set up tables and chairs that morning (usually starting about 8:30 a.m.), donate cupcakes, help prepare food from 1:00 to 4:00 p.m., serve from 4:30 to 6:00 p.m., and clean up from 5:45 p.m. until approximately 6:30 p.m.

Please sign up in the Fellowship Hall or contact *Ruth Walker* if you are willing and able to help.



Henry Nelson Wieman was born on August 19, 1884 in Rich Hill, MO. He began his career as a Presbyterian minister but converted to Unitarianism and participated in churches in Eugene, OR and Carbondale, IL. From 1927 to 1947, Wieman was a professor of philosophy and religion at the University of Chicago Divinity School. An outstanding proponent of process theology, he put forward theses involving the impact of the spirit on each individual and the importance of integrating science and religion. Wieman died on June 19, 1975 in Grinnell, IA.

CEDAR VALLEY PRIDEFEST 2023

Friday, August 25th and Saturday, August 26th

Where: Downtown Waterloo, Iowa

The CVUU always has a robust presence at Pridefest in Waterloo, and we hope this year will be equally awesome! Mark your calendars for Saturday, August 26th when we'll again be hosting a booth; do sign up to volunteer!

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 link to the sign-up sheet to help at the booth or to provide cookies to be served: <<https://bit.ly/CVUUPride22>>. For additional information on Cedar Valley Pridefest, here is the link to the website: <<http://www.cedarvalleypride.com/>>.

Contact *Lizzy O'Loughlin* or *Austin Evens* with questions. If you sign up to volunteer, they will be contacting you with details a week before the event.



AUGUST DEADLINES

FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the September issue. The calendar deadline for this issue will be **Wednesday, August 16th** (send info to the office); the newsletter deadline will be **Friday, August 18th** (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 **August 16th** and **18th**—the calendar and newsletter deadlines for the *September* 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.

Speaking of the paper copies that are left at church—I monitor those weekly to see that there are some in each of the two locations. When I place each month's printing order (and while keeping the CVUU budget in mind), I try to anticipate how many we'll need in relation to that month's church activities. Some months there are several left over when the new issue comes out. The *June-July* issue is a bit more problematic as it covers two months—will attendance be down due to folks being on vacation, or will vacations mean we'll have more visitors?! This year our *June-July* copies ran out about a week prior to this August issue being ready (apologies!). Also, if the copies of the current issue have been depleted, please do not discard the older copies. Thank you.

Gerry Chamberlin, Editor
newsletter@cedarvalleyuu.org



TURKEY SANDWICH EXTRAORDINAIRE

Please join us for a casual summer potluck at 11:30 a.m. following the Sunday service on August 13th. *Nate Callahan* is “turkey-baker-chef-supreme”. *Priscilla Nieman* is manager and overseer of the clip board.

Bring your favorite BBQ sauce or other marinade in a crock pot (probably a minimum of four to six people doing this). Turkey will be added to each sauce. Vegans/vegetarians please bring your favorite sandwich alternative.



Other categories of food include: bread/buns, veggies, fruits, nuts, pasta salads, greens, light desserts, and beverages.

A setup crew and a cleanup crew will be needed. Contact *Priscilla Nieman* for questions, or check out the clip board in the Fellowship Hall for details about food categories/amounts, and for signing up.

We look forward to treating our palates and enjoying a summer get-together.



LABYRINTH NEWS

While the Labyrinth Small Group has not been meeting for a while, I know there are those who are still interested in seeking out labyrinths. Labyrinths are an ancient tool that has been used for more than 4,000 years to walk for personal meditation, healing, and reflection. I have also enjoyed the adventures that seeking out labyrinths in various locations has provided.

In June I added two new labyrinths to my list of over 200 labyrinths I have visited. One labyrinth in Eau Claire, WI had the unique feature of being built in a stadium-style basin surrounded by hammocks and large stones for sitting. The other was called “Kinstone” near Fountain City, WI. Kinstone was most amazing! It included a 30 acre “Garden” of monolithic granite stones—a trip well worth taking. There’s still plenty of time for a summer adventure!

Looking ahead to October, The Labyrinth Society will be celebrating twenty-five years of Annual Gatherings. I plan to attend and look forward to sharing new learnings when I return. This will be held in the beautiful Blue Ridge mountains of North Carolina. Registration is now open. Go to the Labyrinth Society web page to find out more information.

Contact me if you are interested in learning more about labyrinths and want to be on the Labyrinth Small Group email list.

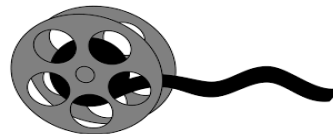
Floralyn Groff



Early on a Friday morning in late June, there were a few folks from the Pollinator Garden Group busy planting grasses in the area of the three new trees northeast of the building. We saw *Sally Browne*, *Elaine Hughes*, and *Dawn Ask Martin*. Besides planting, they were tenderly making sure the new plantings were well watered to give them a good start. Thanks for enhancing the church grounds!

The Church Mouse

On August 5, 1873 the British Parliament passed the *Statute Law Revision Act*, replacing the Trinity Act of 1813 with more tolerant laws. The 1813 act repealed the penalties for denying the Trinity but left it a crime punishable under the common law. The act passed on this day removed all penalties and gave Unitarians equal rights with all dissenters from the Church of England.



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will meet at 6:30 p.m. via Zoom on Monday, August 14th. The movie being discussed is *The Prestige* (2006) which is available to rent on Amazon or for check-out at the Cedar Falls Public Library.

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



CVUU MUSIC

ALL ARE WELCOME !!

Do you feel that special, warm feeling when the music starts? Does singing flood your brain with those sweet, sweet endorphins? Sounds like you belong in the *CVUU Choir*!

Now is a *great* time to give it a try, with our first rehearsal of the season being at 6:00 p.m. on Wednesday, August 16th in the sanctuary. Singers of all ability levels are welcome! This first rehearsal will be a no-pressure, get-to-know-you practice with simple and familiar tunes. Hope to see you there!

🔥 The *Burning Heretics* will meet at 7:00 p.m. in the sanctuary following choir practice. Bring a song or two for jamming!



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 May was the *Northeast Iowa Food Bank* and \$1188 was collected! June’s charity was the *National Alliance on Mental Illness (NAMI)* and \$230 was collected. July’s charity was *Cedar Valley Angels* and we’ll have that report for you in the September newsletter. This month, August, the charity will be the *Cedar Falls Community Meals* and, with that, we complete the Social Action Collections for 2022-23.



Note that elsewhere in this newsletter is the new roster of Social Action charities for 2023-24! 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



CUUPS DRUM CIRCLE

The Drum Circle previously scheduled for Friday, August 11th has been cancelled.

Drum circles, in one form or another, have been a part of the human experience in virtually all cultures since time immemorial. Drumming together provides participants with an opportunity to connect with the community in interesting ways. It provides an opportunity for meditation and for spiritual growth. It can literally lower blood pressure and create a relaxing and welcoming atmosphere. No musical skills are required.



If you have questions, direct them to *Nate Callahan*.



CONGREGATIONAL LIFE

What a summer it has been! The Iowa weather has been kind to us and all the garden-life is in full bloom and thriving. Kind of like us at the CVUU!

Many members who have been around a while have noticed how full the sanctuary has been on these summer Sundays—and not just with seasoned members—but also with newcomers, more recent members, and some returning members from days gone by. Wow, that is something to celebrate!

We've enjoyed a few fun (purely social!) CVUU gatherings: a pollinator garden party, a summer picnic, and a spaghetti luncheon, to name just the obvious ones. I hope you've all made some time for rejuvenation with family and friends and have plans for a little more fun before the summer comes to a close.

As the church calendar begins to fill with fall activities, there are a couple of things to keep on your radar and put on your calendar: 1) We will hold our next *New to CVUU* session on **August 27th at 11:30 a.m.** (As a reminder, this is an opportunity for anyone new to us to share what you're looking for in a church home and to learn about Unitarian Universalism and what the CVUU has to offer.) 2) There will be an *I Want to Be a Member* session on **September 17th at 11:30 a.m.** for those folks interested in officially joining the CVUU.

Sunday, September 10th will be our CVUU Fall Kick-off where we will celebrate coming back together and enjoy lots of lively activities for the whole family. More information will come, but for now, mark your calendar and plan to be there for the fun!

One last thing... for those who missed the opportunity to order a blue CVUU T-shirt, there will be one more chance to place your order this fall. Please let *Dan Bower* or me know how many you want and the sizes you need by **September 1st**. Wearing these shirts has been a big positive as we've shown up to advocate for social justice issues in our community. This is a great way to demonstrate your CVUU connection and your values!

I hope you're all looking forward to reconnecting with each other for whatever unfolds this next church year with our Beloved Community.

Juanita Williams
for the Congregational Life Team

See *Meet Our New Members* – next column →

WOMEN OF FAITH OF THE CEDAR VALLEY 2023-24 MEETINGS

The Women of Faith will be starting our new program year with a picnic on Tuesday, August 15th. It will be held at Lookout Park in Cedar Falls at 5:30 p.m.* We are planning six presentations and four evenings of conversation (including picnic) in person or on Zoom. I hope you can join us then, or at one of our other meetings.

Kathy Klink-Zeitz

All meetings begin at 6:30 p.m. unless noted*.

August 15th—*5:30 p.m.—Lookout Park—Evening of conversation

September 19th—St. Luke's—Program: Orthodox Christianity,
Alicja Boruta Sadkowski

October 17th—In person, Location TBA—Evening of conversation,
Topic: sharing objects of spiritual significance

November 14th—Zoom—Exploring Safe Zones for LGBTQIA+
in our Faith Communities: Jennifer Christianson,
RN, BSN (She/Her/Hers)

December 12th—Zoom—Three House—Robin Kime

January 16th (2024)—Zoom—Evening of conversation, Topic: TBA

February 20th—Zoom—Recent Legislation's Challenges for School
Librarians: Joan Taylor

March 19th—Zoom—St. Francis of Assisi Catholic Worker House
in Waterloo, Rose Quirk

April 16th—In person—Location TBA—Evening of conversation:
sharing favorite poems

May 21st—In person—St. Luke's—Labyrinths: Floralyn Groff



“Men and women of every faith, and good people with none at all, sincerely strive to do right and lead a purpose-driven life.”

~~ *Mitt Romney*

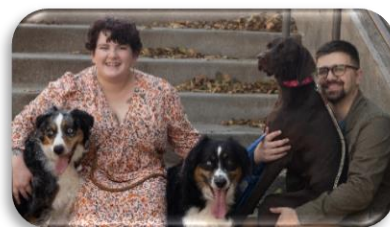


Meet Our New Members~ Maegan and Jared Blaylock

Jared and Maegan met on Bumble in August of 2018 and were married September of 2021. They are not your average young couple as they tend to enjoy hobbies typical of more “seasoned” individuals—playing board games, grocery shopping, and bird watching.

They have three fur babies, Sadie, Hugh, and Katara, and don't know what they would do without them!

The Blaylocks moved back to Cedar Falls in December and joined the CVUU this spring. They feel like this is a religious community where they could bring future children, and grow in their own spirituality. They can't wait to share many more wonderful Sundays together.



SOCIAL ACTION COLLECTION CALENDAR FOR THE 2023-24 YEAR

2023

September 24th – CVUU Little Food Pantry. Snacks and easy-to-prepare food for those neighbors who are food insecure.

October 29th – 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>

November 26th – Black Hawk Grundy Mental Health Fund. Some clients need additional basic support—clothing, bus fare, food, or housing—not covered by Medicaid or private insurance. <www.unitypoint.org/waterloo/black-hawk-grundy-mental-health-center.aspx/>

December 24th – Cedar Valley Angels. Fifty percent of foster homes close within the first year. This group provides 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>

2024

January 28th – Guest at Your Table. A collection for the Unitarian Universalist Service Committee, which advances human rights in the U.S. and internationally through grassroots collaborations. <www.uusc.org>

February – CVUU Stewardship Campaign month

March 31st – 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.1619freedomsschool.org>>

April 28th – Planned Parenthood of the North Central States. Providing sexual and reproductive health care at 29 centers throughout the region; a visible advocate for policies that promote women's health and access to affordable contraception. <www.plannedparenthood.org/planned-parenthood-north-central-states>

May 26th – Northeast Iowa Food Bank. In 2022, NEIFB provided 6 million meals in a 16-county area; demand has increased by 15% in 2023. New state asset tests for SNAP recipients are likely to increase need even more. <www.northeastiowafoodbank.org>

June 30th – 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>

July 28th – 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>>

August 25th – Cedar Falls Community Meals. A program operated collaboratively with five other Cedar Falls churches to provide a free community meal each Tuesday. CVUU takes its turn each month with five Tuesdays.

(Editor's Note: you may want to keep a printed copy of the above roster handy for the coming year so you know which collections will take place when.)

SHARED MINISTRY KEEPS THE CVUU RUNNING

The day-to-day operations of the CVUU rely on a concept known as “shared ministry.” Shared ministry is the mutual responsibility that the congregation, the minister, and the professional staff share, committing them to work together to support and promote the growth and well-being of the CVUU congregation in all aspects of its community life. Shared ministry means that we each play our part to help keep the CVUU running by putting our own skills, experience, energy, and passion into playing the role that is best suited for each of us.

In addition to the CVUU Board, the CVUU is run by seven Councils and their corresponding committees, which all work separately, yet together, as part of an interdependent web to help keep the CVUU alive and thriving. These councils are: Building and Grounds, Congregational Life, Finance, Religious Education and Programs (REAP), Religious Services, Shared Ministry, and Social Action.

There are many ways to get involved and help out at the CVUU!

- Help is regularly needed with hospitality, greeting, building and grounds, religious education for the children, Sunday service tech team and worship associates, and singing in the choir. To sign up to help at the CVUU, see the “Links and Forms” section towards the end of the Weekly Update.
- For information about who to contact on the Board and each of the councils, see the CVUU Leadership List, which is available on the Leadership and Operations page of the CVUU website: <www.cedarvalleyuu.org> About > Leadership and Operations.

Whether you are new to the CVUU or have been around for a while and are ready for a change, if you'd like some help discovering your personal shared ministry at the CVUU, we're here to help! Please feel free to reach out to anyone on the Shared Ministry Council.

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.



The big news at the Little Food Pantry is we have a new super-deluxe cabinet! *Andrew Hughes* (son of members *Stephen and Elizabeth Hughes*) designed the project for his Eagle Scout badge. Troop 44 and parents helped install the cabinet. They also included paving rocks below the Pantry and the Little Lending Library. Please stop by and enjoy the results of their efforts. Supporting our youth with such a project has been an honor. *Roger Hahn* was present to assist with the installation.

In addition, Andrew and his scout troop have *donated twenty First Aid kits* to the Little Food Pantry! We currently have a steady source of food and books. Thanks to everyone who supports these two projects.

Priscilla Nieman

GREEN LIVING CORNER

Saving the Birds, Bees, and Butterflies

Douglas Tallamy, in his book *Nature's Best Hope: a New Approach to Conservation That Starts in Your Yard*, believes that to preserve our wildlife we must begin building corridors of native habitat. Since most land in Iowa is privately owned, the best hope for building a corridor is for homeowners and corporations to dedicate a portion of their yards to native habitat. Bees, birds, and butterflies need plants native to their particular areas for survival.

In Iowa, eighty-six percent of the land is agricultural. Less than two percent is in conservation and recreation lands which are open to the public. Cities, towns, and infrastructure comprise the remaining acreage. Since the state and county parks are small, isolated natural areas, Tallamy believes biological corridors are needed to provide safe travel between the isolated habitat fragments so species can intermingle and increase their populations.

Six years ago, my husband and I moved into a home in a newer subdivision that had nothing but grass planted in the backyard. We wished to attract birds, butterflies, and bees into our yard but we did not want to alienate our neighbors, so we have dedicated just our backyard to a combination of native shrubs, trees, and pollinator plants.

We tried to create a design that could fit into urban landscaping. Our first step was to build a GREEN fence around the perimeter of the backyard with several species of shrubs to provide berries for the birds. Intermingled, are a few native trees. Native pollinator plants were planted between and in front of the shrubs, around the deck, as well as along the garage.

We do not use weed killers in the backyard so the clover and dandelions attract butterflies and bees. You cannot dig anywhere without running into an earthworm!

I have documented twenty-eight species of birds, several species of bees and wasps, many species of butterflies. The butterflies include: monarchs, three different types of swallowtails, red admirals, mourning cloaks, sulphurs, painted ladies, buckeyes, hummingbird moths, coppers, and others. During the winter and early spring, we do feed the birds.

If you are unable to undertake a project as large as ours, just dedicating a portion of your yard to native pollinator plants and a few native shrubs would be a great help.

Elaine Hughes



Year one of creating a native habitat.



Year five of creating a native habitat.



Have you seen the awesome new stairs on the east side of the building? This sturdy creation is the work of a few members this summer. While scurrying around the grounds, we think we saw *Bill Brown* and *Byron Plumley*, led by *Roger Hahn*. Thanks for your dedication to everyone's safety with a stairway that should last a very long time. What a team!



The Church Mouse



Moving right along this summer, here we are in August! Hope everyone is staying healthy and safe.

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.

LINKING WOMEN IN THE U.S. AND AFGHANISTAN

Hasina Jalal, a young woman from Afghanistan, who has given programs to *Women of Faith* is working on a new project that I thought might interest some of the CVUU women.



Hasina is working on organizing (virtual) meetings between volunteers here in the U.S. and Afghan girls to help them practice their English. As you can imagine, life has become very hard for Afghan women and girls after the Taliban restricted their access to education, employment, and recreational activities. So she believes these meetings will be a source of hope for them. Each meeting can be one hour long, and once per month for three months. There can be five to seven Afghan girls connected with one volunteer and they will meet online using the Whatsapp*.

*Whatsapp is a program that can be used for video calls on phones and computers. Whatsapp's website <www.whatsapp.com> states that its transmissions are end-to-end encrypted for security. If you would like to know more about this project, please contact me.

Kathy Klink-Zeit

CVUU DELEGATES REFLECT ON GA 2023

This year's General Assembly was held June 21-25 virtually and in person in Pittsburgh, PA. The CVUU had four voting delegates—three attended in person (*Pastor Emma, Al Hays, and Mandy Boody*); one attended virtually (*Mary Kay Madsen*). They have shared thoughts and reflections here about their experiences. If you have questions for any of our delegates, you will have the opportunity to ask them at the August 13th Sunday service.

GA Experience – *Mary Kay Madsen*

“For a number of years, I have thought about attending General Assembly (GA), the annual meeting of our Unitarian Universalist Association (UUA). This is a meeting where participants worship, witness, learn, connect, make policy, and discuss those words that govern our denomination.

This year, I finally was able to participate virtually when I asked to be one of the three CVUU delegates, based on the size of our congregation. Our minister is a delegate as well, giving CVUU four delegates who participate in business meetings. I was interested in voting on Article II, one of the policies being discussed at this year's GA. Once registered as a delegate, I started receiving lots of emails discussing what our responsibilities as a delegate were, information about what would happen, advice to not get overwhelmed, and what the schedule was for assorted virtual meetings prior to GA. I attended most of those pre-GA meetings.

Virtual participation was done on Zoom, You Tube, or WHOVA, all platforms for experiencing GA. I tried all of them over the four days and each had its pluses and minuses. The experience was much like many of the virtual meetings I have attended over the years.

By being a virtual participant, I could participate in the business meetings, worship services, and workshop sessions. I could stay focused on listening to the discussions about the final fifteen amendments to the Article II proposal. Each day we had several amendments that were discussed alternating between pros and cons and, at the end of each day, everyone voted virtually with results being reported the next day. The amended Article II passed and will continue to be studied over the next year; a final vote will be taken at an all-virtual GA next summer. We also voted on a business proposal regarding divestment of various investments in the UUA Common Endowment Fund, and using those funds for reparations—that vote did not pass. We elected Rev. Dr. Sofia Betancourt as our next president.

I am happy to answer any questions regarding my first-time experience.”

GA Experience – *Al Hays*

“This was the fifth GA I have attended, but it was the first at which I was a delegate. The programming outside of the business meetings was considerably scaled back compared to earlier ones—many fewer workshops. The worship experiences were still very positive.

In some of our forums, I have expressed my strong reservations about the proposed changes to Article II. I had some expectation of a healthy debate of the merits of the new vs. the old, but I was greatly disappointed. The whole discussion centered around a limited set of amendments, with most amendments that had been offered by individuals having been filtered out in advance. The basic assumption was that the new version is the only one being seriously considered, and there was no room for discussion of why these changes might not be the best way to go.

I suppose this should give me empathy for marginalized people, because I felt totally marginalized by the way the meeting was conducted. The final vote was to move the discussion forward, not to finally approve the changes, but it made me feel like I was voting against further discussion if I wanted to dissent from the new language. I cast a negative vote, in part to protest the whole GA process.

I feel the need to move on from this discussion—to grieve the loss of the old language and learn to live with the new. After all, it is our actions, not our words, that are a true expression of our values. If UUs spend many hours arguing over words, perhaps it takes energy away from being out there in the world, trying to move the arc towards justice.”

GA Experience – *Mandy Boody*

“This was my first GA! I helped carry our banner in the opening session, went to almost every service, several group discussions, learned how other congregations function, made new friends, and went to every business session.

I expected dry, boring meetings. Instead, I felt hope and joy taking part in a democratic process that was all about the practical realities of growing a beloved community—a community that lives, changes, and grows greater in understanding and love.”

Remember, on Sunday, August 13th you will have a chance to converse with these delegates. In the meantime, their writings may help you prepare questions.



SOME OBSERVANCES FOR THE MONTH OF AUGUST INCLUDE:

National **Cowgirl** month National **Dog** month
National **Panini** month National **Wellness** month
National **Crayon Collection** month
National **Traffic Awareness** month
National **Goat Cheese** month National **Water Quality** month

Aaron Bancroft, a Unitarian Christian minister and the first president of the American Unitarian Association, died at age eighty-four on August 19, 1839.



IT'S STILL MOWING SEASON!



The Building & Grounds folks can always use more volunteers to keep our grass mowed in the coming weeks. If you're interested and able to help mow this summer/fall season, they'd love to have you join their small but mighty crew. Contact *Roger Hahn* for more information.