



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

319-266-5640

WWW.CEDARVALLEYUU.ORG



***** 2023 *****

- OCTOBER 1 10:00 A.M. SWEATER WEATHER: GETTING COZY AND FORTIFYING OURSELVES AGAINST THE COMING COLD – Mandy Boody, Congregational Discussion, Dick Warhol *
- 11:30 A.M. Adult Forum
- OCTOBER 8 10:00 A.M. THIS IS YOUR BRAIN ON DISCONNECTION: HOW CURRENT CULTURE DAMAGES US, AND WHAT WE CAN DO ABOUT IT
- 11:30 A.M. Adult Forum – Mandy Boody and Jess Lieb, Pastor Emma Peterson *
- OCTOBER 15 10:00 A.M. CARING FOR EACH SOUL: EQUITY AS A UU ETHIC
- 11:30 A.M. Concert by the Burning Heretics (no Forum) – Pastor Emma Peterson, Kathi Bower *
- OCTOBER 22 10:00 A.M. WORSHIPPING THE OLD GODS: SLAVIC PAGANISM AND ORAL HISTORY
- 11:30 A.M. Adult Forum – Pastor Emma Peterson, Lynn Brant *
- OCTOBER 29 10:00 A.M. *FESTIVAL SUNDAY!*
WALKING IN THE FOOTSTEPS: SHARING STORIES OF OUR ANCESTORS ON ALL SOULS DAY – Pastor Emma Peterson, Karen Impola *
- 11:30 A.M. Adult Forum / Haunted House for the Children

* ~ 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

“For everything there is a season, and a time for every matter under Heaven.” Ecclesiastes 3:1

As the weather turns undeniably toward autumn, I am thinking about seasons. Preparing for whatever winter, fall, spring and summer might bring is on my mind, certainly. But I’m also thinking about other kinds of seasons. Seasons of joy. Seasons of grief. Seasons in which we gain and grow, and seasons in which we lose and must contend with what we’ve lost. Right now, the CVUU is in a season of grief. We have lost our dear *Del Carpenter*, our friend, our teacher and mentor, our wise elder. On October 14th, at 1:00 p.m. we will gather to celebrate Del’s life. We will sing, share stories, and surely, we will weep.

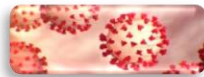
It is in these seasons of loss that Beloved Community matters most. I often say when we gather on Sunday morning, “This is the place where our joys are multiplied, and our sorrows halved.” We share the impact of this loss together, and together we will honor Del’s memory, may it be a blessing. *Seasons, Change, Loss, Growth, Journeys and Arrivals, Stories, Rituals, Hugs, Laughter, and Tears.* All of these are very human experiences and expressions. I am so, so grateful to belong to this community, where we are all welcomed and loved not because we are perfect, but because we are imperfect, fully human beings. Here is the place where we can experience and express the breadth of humanness. Here is the place where our joys are multiplied, and our sorrows halved. Here is the place we all belong. All my love to all of you, today and always. Amen and Blessed Be.

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.



MEMO FROM THE PREZ

Our Kickoff Sunday on September 10th was an inspiring success! I was so touched by the powerful ‘testimonies’ about how the CVUU has impacted, enriched, and brought meaning to so many lives. Music from the *Burning Heretics*, our choir, and Music Director *Jess Lieb*, lifted us all up, and the spirit of life was present in great abundance! The potluck meal after the service provided a wonderful opportunity to welcome new faces as well as reconnect with familiar friends. The entire morning was a joyful celebration of community.

More Good News: our nursery is up and running! It took a while to get the background-check process established, but since late August we’ve had two adult volunteers available to staff our nursery every Sunday morning! Nursery volunteers are already scheduled for each Sunday through October, so special kudos to all who helped create this important service for our younger families. It’s time to invite your friends to bring their little ones on Sunday mornings!

In late August we also held a Leadership/Board Retreat. The first hour focused on ‘Communication’, and during the second hour Board members identified three goals to help focus Board and congregational energy in the coming months.

The first two months of this fiscal year (July and August) saw increased attendance (see the Congregational Life article) at our Sunday morning services compared to the previous year. Our year is off to a great start, and we have significant momentum heading into our mid-fall months. Let’s keep it going!

Dennis Harbaugh



BRILLIANT BITS: UU VIRTUAL HYMNAL

The UUA is currently developing a virtual hymnal! When completed, this new virtual hymnal will provide congregations digital access to hundreds of hymns that can be used in worship, in social justice events, and during faith formation, online and in-person.

The project is currently developing the online platform necessary for this resource, and working with partners to develop the licensing agreements that will be required. In late 2024, the Virtual Hymnal Task Force will begin considering the hymns for this virtual hymnal.

Learn more about the project, as well as subscribe for regular updates through the WorshipWeb Newsletter on the Virtual Hymnal page at: <https://www.uua.org/worship/lab/virtual-hymnal?mc_cid=8a8ada5623&mc_eid=b526599791>.

As seen in the *MidAmerica Region UUA online newsletter*



“To slow down is to be taken into the soul of things.”
~~ Terry Tempest Williams



OCTOBER SERVICES

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

October 1st

Sweater weather: Getting cozy and fortifying ourselves against the coming cold ~ Mandy Boody, Congregational Discussion; Dick Warhol (WA)

October 8th

This is your brain on disconnection: How current culture damages us, and what we can do about it
~~ Mandy Boody and Jess Lieb; Pastor Emma (WA)

October 15th

Caring for each Soul: Equity as a UU ethic
~~ Pastor Emma, Kathi Bower (WA)

October 22nd

Worshipping the old gods: Slavic Paganism and oral history
~~ Pastor Emma, Lynn Brant (WA)

October 29th - Festival Sunday

Walking in the footsteps: Sharing stories of our ancestors on All Souls Day ~ Pastor Emma, Karen Impola (WA)



CHILDREN'S RE!!

As we move into the fall months, October will be full of the *Soul Matters* curriculum, and preparing for the **Haunted House** on Sunday, the 29th at 11:30 a.m. under *Jeff Chapin*'s direction. That day is also a *Festival Sunday*, which means the children will stay in the service the entire time. For anyone wondering what else might be in store in the coming months, yes, there will be a pageant in December but at this time it's in the planning stages. We'll keep you posted!

Thank you to all of our wonderful RE and nursery volunteers, and an extra *big* thank you for their willingness to fill out (and return!) the background check forms so we can make sure our kids are safe at the CVUU.



DCRE-ly yours,
Kate

ADULT RELIGIOUS EDUCATION

Forums take place following the Sunday services at 11:30 a.m. unless publicized otherwise. Most, if not all, are available on Zoom and in person at the church.

October 1st

Follow-up discussion of the Sunday service theme: “*Sweater Weather: Getting Cozy and Fortifying Ourselves Against the Coming Cold*”

October 8th

Can You Speak Cherokee? Kristine can.

To commemorate Indigenous People's Day on October 9th, the forum speaker on October 8th will be CVUU and Cherokee Nation member, *Kristine Nemeč*. For the last couple of years, she has been learning the Cherokee language, using the “Syllabari” created by Chief Sequoyia about a century ago. There is a national movement to bring back the indigenous people's languages that were lost, which happened primarily through removing a generation of children from their families, placing them in “Christian” boarding schools, and forbidding them to speak their native tongue. Kristine says that she has learned more about the Cherokee world view through her language study.

October 15th

Concert by the *Burning Heretics* during the second hour this day; there will be no Forum.

October 22nd

Exploring our UU Heritage ~ Al Hays

The Soul Matters theme for October is “Heritage.” This session will explore our spiritual heritage by discussing the early Unitarians in America. This will *not* be a lecture, although Al will speak a little at first to set the context. The bulk of the session will be a discussion focused on several short readings that he will provide. The discussion will include some “old favorites” like Emerson and Thoreau but also one or two people who are less well-known.

October 29th

Samhain Ritual

Samhain (pronounced sow-en), currently celebrated widely as Halloween, is the pagan holiday marking the midpoint between the fall equinox and the winter solstice. It is a time when the weather often starts to change in a colder direction. Ancient pagans also saw it as a time when the veil between the world of the living and the world of the dead grows thinner. This ritual will be a follow up to the regular Sunday service's focus on a similar theme.

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: <<https://meet.google.com/edc-tsvx-fbj>>. Look for group posts and updates on the Buddhist Path Facebook page.



BOARD BRIEFS

On September 14th your CVUU Board lit a chalice in honor of *Del Carpenter's* life among us, shared stories, and had a moment of silence for Del, prior to working through a full agenda at our monthly meeting. A few meeting highlights:

- ❖ Celebrated the success of the September 10th Kick-Off Sunday and the new volunteers who came forward to offer their support to our congregation.
- ❖ Identified specific *Action Steps* to help accomplish each of the three goals the Board has set for the CVUU this year. The goals and Action Steps will be shared with the congregation when they are finalized.
- ❖ Appointed members to a *CVUU Building Security Task Force* and approved its charge.
- ❖ Agreed to be a co-sponsor of the upcoming Iowa Justice Action Network fall conference being held on Thursday, October 26th. The CVUU will also host this conference, titled *The Movement to Reform Youth Justice: Getting Iowa on Board*.
- ❖ Established a process for updating the *Congregational Handbook*.

Dennis Harbaugh



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 **October** is *Margie Miller*.



As we begin to again gather on Sunday mornings and greet our longtime friends, don't forget to introduce yourself to our new members; we have a lot of new faces in our midst!

Dave Schumaker, a member of the Buddhist group, died September 6th. A memorial service was held at the CVUU on Saturday, September 16th. Many of us got to meet and chat with Dave on Zoom during the pandemic when he would join us on Sunday mornings. Our deepest sympathy to his family; he was a gentle soul and will be missed.

Long-time CVUU member and a dear friend to many, *Del Carpenter* passed away on September 14th, the result of a car accident the week prior. Del was kind, thoughtful, and a real gentleman who took on CVUU committee work with love and passion. There will be a memorial service at the church on Saturday, October 14th at 1:00 p.m. Our heartfelt sympathy to *Christine*, their daughter, *Gail*, and their families.

To those in our congregation who have been dealing with health issues or are 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.

SOCIAL ACTION COLLECTIONS

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

The August Social Action Collection charity was for *Cedar Falls Community Meals* and \$300 was collected. The September charity was for the *CVUU Little Food Pantry*; we'll have that total next month. The collection this month, October, is for the *Iowa Abortion Access Fund*. 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



OCTOBER DEADLINES

FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the November issue. The calendar deadline for this issue will be **Wednesday, October 18th** (send info to the office); the newsletter deadline will be **Friday, October 20th** (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 **October 18th** and **20th**—the calendar and newsletter deadlines *for the November 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 do place each issue's printing order with, 1) the budget in mind, 2) how many Sundays are in the month and, 3) how busy the church calendar is with activities. That said, if you've ever worked in retail, you know predicting the public's needs/wants can be tricky! I do monitor the copies weekly. (If the copies of the current issue have been depleted, please do not discard the older copies behind them.) Thank you.

Gerry Chamberlin, Editor
newsletter@cedarvalleyuu.org



Back by popular demand, *LeChristopher's* Southern Cuisine will be offered *every second Sunday of the month* at 12:00 p.m. This means the October meal will be Sunday, the 8th.

Prior to the pandemic, several of us enjoyed the socializing and hospitality over the noon meal served once a month at the Jubilee United Methodist Church, 1621 East 4th Street, Waterloo. Gather up your CVUU friends and let's plan to do it again!!

Adult plates are \$20 cash donation (\$15 cash donation for children twelve and under). Check out their website at: <http://jubileumc.com/>.

Hosea Ballou 2d was born on October 18, 1796 in Guilford, Vermont. A grandnephew of Hosea Ballou, he wrote *Ancient History of Universalism* (1829). Before becoming a minister, Ballou was a schoolteacher, first in Stafford, Connecticut, and then in Roxbury and Medford, Massachusetts. He worked with Horace Mann as a major advocate for public education. Ballou also edited and wrote for several Universalist periodicals and was president of Tufts College from 1854 to 1861. He died on May 27, 1861.

[Editor's Note: Ballou was named after his uncle and went by the name Hosea Ballou 2d.]



CONGREGATIONAL LIFE

Fall is fully upon us as October unfolds. The world outside is changing daily and reminding us, every morning with the nip in the air, and every evening with the earlier sunset, that we have to do some letting go, like the beautiful fall leaves.

As I write this in September, just this week we've had to do some hard letting go, as a dear member of our Beloved Community passed away. It will take a long time to adjust to the huge loss of our friend, *Del Carpenter*.

As a community, we experience the circle of life together: accepting the losses and embracing the new things that emerge. One place where we share those important events of our lives is during Coffee Hour. Thanks to many people committing to keep our Hospitality time alive and well, we have one consistent place to share the ups and downs of life with each other. The truth is, agreeing to serve the CVUU in this way gives a gift **back**, as people get to enjoy the team with whom they serve. Let *Linda Lechty* know if you'd like to participate in helping Coffee Hour to thrive.

Speaking of embracing new things, one of the best things we embrace is our new members! This past month we welcomed nine new members at our September 17th ***I Want to Be a Member*** session. Also, if you haven't noticed, we have a lovely display of our previous group of new members on a bulletin board in the Fellowship Hall. (Thank you, *Kat!*) We have so many interesting and gifted people attending and joining our CVUU. Make sure you visit the display, read the bios, and take time to get to know these special people. We are '*Growing in Purpose, Rooted in Values*', as our current theme purports.

Another way we are embracing our new members is by collaborating with the Shared Ministry Council to hold a ***New Member Mixer on Friday, October 13th***. We plan to create an informal, social opportunity to get to know these new people better. We hope our seasoned members take advantage of the many opportunities to learn how these new members are enriching us!

So, as we grieve the passing of people and times that we've enjoyed, let's also savor the richness of the new additions that the season brings to our CVUU.

Happy fall, y'all!

Juanita Williams
for the Congregational Life Team

See ***Meet Our New Members*** – next column →



"If all mankind were to disappear, the world would regenerate back to the rich state of equilibrium that existed 10,000 years ago. If insects were to vanish, the environment would collapse into chaos."
~ E. O. Wilson, Biologist

[Editor's Note: thanks to *Donna Davis* for sharing this quote.]



COMMUNITY MEALS

October has a fifth Tuesday, so on the 31st the CVUU 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 until approximately 6:30 p.m.

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

[Editor's Note: Most of you know *Ruth Walker* was our volunteer extraordinaire for just over twenty years in corralling others among us to sign up and help with Community Meals each fifth Tuesday. With Ruth's move to Ohio at the end of September, she found the perfect person to fill her shoes. Although rather new to our church community, *Shirley* is a perfect fit for this volunteer commitment. We hope you will give Shirley your support, thanks, and appreciation for stepping forward!]



Meet Our New Members~ *Damien King and Alex Mercer*

My name is Damien, my pronouns are he/him. I'm also okay with they/them. There really isn't one place where I say I grew up, as I bounced around a lot. A home or family wasn't ever really a place I got to know as a kid. Now though, as an adult, I get to choose my own home and family, and I'm glad to choose the CVUU.



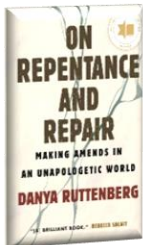
My name is Alex, my pronouns are they/them, and I am twenty-two years old. I'm originally from Texas (unfortunately) and arrived in Iowa January of 2022. I live with Damien, I have a cat named Teeny, and I currently work at Oh My Grill. My birthday is July 3rd, making me a Cancer. I'm a witch and would describe myself as semi-pagan. My hobbies include writing, reading, watching TV, and playing D&D. If someone wants to play *Magic: The Gathering* with me, please let me know. I'm excited to be a part of the CVUU family!!



EXPLORING ACCOUNTABILITY WITH THE UU COMMON READ

On Repentance and Repair

On Repentance and Repair: Making Amends in an Unapologetic World is the 2023-24 UU Common Read. In this 2022 Beacon Press book, Rabbi Danya Ruttenberg offers a fresh perspective on how we make ourselves accountable to others.



This UU Common Read offers a glimpse into Judaism, one of Unitarian Universalism's foundational sources, through the writings of 12th century physician and scholar, Maimonides. The book invites us to explore practices, informed by Jewish tradition, that can lead us toward meaningful atonement in our personal, community, and national lives.

All resources for the UU Common Read can be found, along with Common Read updates, on the UUA website at the UU Common Read page. Look for additional videos and discussion materials in fall 2023.

UU Common Read gatherings can be facilitated by a UU lay leader or religious professional. A co-facilitator with tech skills is recommended for online or hybrid groups.

The inSpirit Book and Gift Shop offers a 10% discount on bulk orders of *On Repentance and Repair*.



SOME OBSERVANCES FOR THE MONTH OF OCTOBER INCLUDE:

National AIDS Awareness month

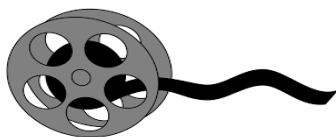
National Arts and Humanities month

National Reading Group month National Caramel month

National Seafood month National Medical Librarians month

National Work and Family month National Field Trip month

National Pescatarian month National Liver Awareness month



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will meet at 6:30 p.m. via Zoom on Monday, October 9th. The movie being discussed this month is *She Said*, the story of the reporters who exposed Harvey Weinstein's history of sexual abuse. It is available at the Cedar Falls and Waterloo libraries, free on Amazon Prime, and for rent on other streaming services.

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



Have you observed the east sanctuary door recently? At the Sunday, September 17th service—a perfectly beautiful sunny day—it was possible to have the door open to enjoy the fresh air. Thanks to *Roger Hahn* for arranging to have the necessary repairs done.



The Church Mouse



NEW SOUL MATTERS SMALL GROUPS THIS FALL

Two new CVUU Soul Matters Small Groups are starting in October, one on Zoom and one in person. Thank you in advance to our new Soul Matters Small Group leaders!

- 1) **Zoom group:** The Zoom group is scheduled for 3rd Mondays at 6:30 p.m. beginning October 16th, then November 20th, etc. This group will be co-hosted by *Carolyn Hildebrant* and *Elizabeth Hughes*.
- 2) **In-person group:** The in-person group is scheduled for 2nd Fridays at 3:00 p.m. beginning October 13th, then November 10th, etc. This group will be co-hosted by *Mandy Boody* and *Al Hays*.

If you are interested in joining a Soul Matters Small Group this year (October 2023 through June 2024), please see the Weekly Update for the signup link, contact the group leaders directly, or contact *Heather Flory*, Shared Ministry Council chair.

What are Soul Matters Small Groups?

Soul Matters offers a distinctive small group curriculum. Like other small group programs, its central goal is to foster circles of trust and deep listening. However, Soul Matters adds several unique components:

1. A Journey that the Whole Church Takes Together
2. Experience the Theme, Don't Just Analyze It.
3. Questions to Walk with, not Talk Through.
4. Soul Matters Adapts to You.

This year's overarching frame is *The Gifts of Our Faith*. The focus will be on ten beloved UU values and exploring their potential to shape us and in turn shape the world. Each month, the groups will discuss questions like these: *How do these values offer us both challenge and comfort? What might it mean to place them at the center of our living and loving? What promise do they hold for us individually as well as collectively?*

2023 – 2024 Soul Matters themes:

September: <i>Welcome</i>	February: <i>Justice and Equity</i>
October: <i>Heritage</i>	March: <i>Transformation</i>
November: <i>Generosity</i>	April: <i>Interdependence</i>
December: <i>Mystery</i>	May: <i>Pluralism</i>
January: <i>Liberating Love</i>	June: <i>Renewal</i>

For more information about Soul Matters Small Groups, visit <www.soulmatterssharingcircle.com> or continue to read the CVUU Weekly Updates each week!



Thomas Lamb Eliot was born on October 13, 1841 in St Louis, Missouri, the son of William Greenleaf Eliot, Jr. As a student at Washington University, he suffered a serious eye injury that often required him to have someone read materials to him. Nevertheless, he graduated from Harvard Divinity School and became minister-at-large and then associate minister in St Louis. Repeating his father's legacy, Eliot headed to a frontier town of 6,000 inhabitants—Portland, Oregon—and entered the ministry of its new Unitarian church. He built up the congregation, founded Reed College, and was a civic leader with great impact on the cultural and political development of Portland. In later years, his eye injury forced him to accept his son-in-law, Earl Morse Wilbur, as an associate minister. He died on April 26, 1936.

YOUTH JUSTICE CONFERENCE

The juvenile (youth) justice system is, unfortunately, a point of entry into the criminal justice system for many young people. The system has traditionally handed out very punitive sentences, including incarceration in youth facilities, for youth who have been convicted of relatively minor offenses. Perhaps not surprisingly, these harsher sentences fall disproportionately on youth of color. Harsh sentences rarely serve to rehabilitate these youth and are correlated with deeper involvement in the adult system. However, there has been a strong movement nationally to reduce youth incarceration, which has succeeded in achieving substantial reductions. Unfortunately, Iowa has been behind the curve in this, as in so many areas of criminal justice reform.

The CVUU will be co-sponsoring a conference entitled “The Movement to Reform Youth Justice: Getting Iowa on Board.” This conference will take place at our church on Thursday, October 26th from 8:30 a.m. until 4:00 p.m. It will be a hybrid conference on Zoom and in person. The keynote speaker will be Josh Rovner, Youth Justice Director for The Sentencing Project, who will discuss the national picture. There will also be panel discussions of various areas of concern in Iowa.

The main sponsor of this event is the Iowa Justice Action Network, a statewide network of citizens concerned with criminal justice reform.

In person and Zoom registration for this conference is available at <<https://iowajusticeactionnetwork.org/>>. The cost is \$30 for in person (which includes lunch) and \$15 for Zoom.

I hope we can get many CVUU members to attend this important conference. For more information, contact *Al Hays*.



GROW SOLAR CEDAR VALLEY

Solar energy is a great way to gain energy independence, support the local economy, and help create a healthier environment. Invest in your energy future and secure a lower cost solar array with Grown Solar Cedar Valley!

Attend a free Solar Power Hour presentation to learn the basics of solar, its financial benefits and how the group buy program works. After the session, you can schedule a free, no-obligation site assessment to find out if solar is right for you!

Upcoming Presentations

Tuesday, October 3rd at 11:00 a.m. online via Zoom
Register at our website.

Wednesday, October 11th at 5:30 p.m.
SingleSpeed Brewing, Waterloo Taproom, 325 Commercial Street.

Tuesday, October 17th at 6:30 p.m.
Waverly Public Library, 1500 W. Bremer Avenue.

To learn more about Grow Solar Cedar Valley and to sign-up, go to: <<https://www.growsolar.org/cedarvalley/>>.



KNOTS OF LOVE

Starting in October, the Knots of Love knit/crochet group will be experimenting with different meeting times. We hope to catch as many interested folks as we can! Watch the Weekly Update for announcements about different meeting times, and contact *Jill Miller* if you'd like to get onto the email list for this group.



GROWING IN PURPOSE AT THE CVUU

Our theme this year at the CVUU is “Growing in Purpose: Rooted in Values”. At Kickoff Sunday on September 10th, we learned about many of the opportunities to get involved, help out, and **find purpose** right here at the CVUU. We want to thank the many people who signed up on Kickoff Sunday! More help is still needed, which means there are plenty more opportunities to find **purpose**.

See the “Links and Forms” section towards the end of each Weekly Update for more information about how you can help, or contact the folks listed below for each of the areas mentioned.

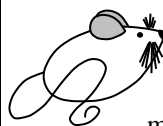
- To help as a **greeter** on Sunday mornings, contact *Jill Miller*.
- To help provide treats and coffee as part of **hospitality** on Sunday mornings, contact *Linda Lechty*.
- To help with **building and grounds** tasks, contact *Roger Hahn* or *Rick Henry*.
- To help by **playing with the kids and youth** on Sunday mornings (aka help with the Religious Education program), contact *Kate Flynn*.
- To help with **Sunday services** by lighting the chalice, serving as a worship associate, or helping with Zoom or in-sanctuary technology, contact *Mandy Boody*.
- If you're interested in being a **future leader** at the CVUU, contact *Heather Flory*.

Whether you are new to the CVUU or have been around for a while, we encourage each of you to think about how you might find some additional **purpose** in your life by helping to keep the CVUU running in any number of ways.

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), Debra Kyler, Nancie Groszkruger, Steve Thom, and Pastor Emma Peterson.



If you are reading this prior to Sunday, September 24th, we've heard that plans are in the works during fellowship time to acknowledge *Ruth Walker's* years of commitment and dedication to Community Meals on behalf of the CVUU. The little mice are asking if this means there will be something sweet. . .with crumbs!! You'll want to be there, and we *really hope* there will be some crumbs left for us, too!



The Church Mouse

GREEN LIVING CORNER

Water is Life

My husband, *Byron Plumley*, and I attended a meeting on August 10th at the Floyd County Fossil and Prairie Center, organized by Iowa Citizens for Community Improvement (CCI) members. EPA Region 7 Enforcement and Compliance Assurance Division Director, David Cozad, came from Kansas City to meet with the group. People testified about how their well water is no longer drinkable, how it was no longer safe to swim or even kayak in many bodies of water historically enjoyed. Visual aids for the group's presentation included a map of the week's beach closures, the Iowa DNR (Department of Natural Resources) most recent (2018) map of swine operations which maps the locations of over 7,000 hog farms of over 500 animals at a given time, translating to 26 million total swine units. A graph was presented (using DNR sources) documenting impaired waterways in Iowa tripling in number, from about 250 in 2002 to about 750 impaired waterways in 2022. This data shows the leading cause of pollution in waterways is bacteria, often associated with waste from animals and people.

We learned that "factory farms" act with impunity; that despite stated rules and guidelines, the DNR has not issued even one clean water permit. Corporations are not being held accountable for what is presumed to be manure disposal and use that has impacted our waterways, affecting rural wells where people are forced to buy bottled water, and urban treatment centers where so many chemicals are added to water to make it safe to drink, that it tastes bad. Iowa public health data from 2023 ranks rising cancer rates, second in the nation only to Kentucky.

CCI members are asking factory farm corporations, not Iowa taxpayers, to pay to clean up Iowa's water.

Iowa's own DNR recommends testing wells yearly, yet almost two-thirds of wells were tested just once between 2002 and 2017. (A map illustrating this data by county can be reviewed at https://www.ewg.org/interactive-maps/2019_iowa_wells/map/.) One small farmer at the meeting we attended testified that she requested her well be tested as a baseline when she learned a Concentrated Animal Feeding Operation (CAFO) was expected across the road from her; only to learn her water was already undrinkable, due to the overall unregulated pollutants in her watershed. Present day Iowa sources estimate CAFO operations create 22 billion gallons of unmonitored, untreated manure.

People at the meeting bristled when EPA Director Cozad suggested that people want cheap meat, but he is correct. They do, and they are paying less at the supermarket, but the cost is Iowa streams and lakes become dead zones, and rural America becomes just another population to dump on. Let's support those farmers who are trying to farm their land in sustainable ways that honor creation, but who are not subsidized by the false economies of cheap meat and ethanol production.

What gave me hope at the meeting was one person's testimony about their growing up in the Shell Rock watershed. The Shell Rock River is fed from Lake Albert Lea inside the Minnesota border, and when this person was growing up, at some point the river nearly died. It was discovered that a meat packing plant in Albert Lea was dumping directly into the watershed. When the 1972 Federal Clean Water Act passed, it became illegal to discharge any pollutant from a point source into navigable waters, unless a permit was obtained. The river was saved once, (so it's possible!) but present data shows lack of regulation for CAFO waste disposal has rendered it endangered once again.

Let's work together to clean it up—in Lakota words, *Mní wičhóni*, water is life.

Iowa Citizens for Community Improvement (CCI) is working on this issue. Alone we are easily ignored; united, our voices are more likely to be heard. For more information or to add your voice, go to: <https://www.iowacci.org/>.

Shirley Whiteside for Green Living



This Year's Treats & Talents Auction

Plan to join us for this year's *Annual Treats & Talents Auction* on Saturday, December 2nd. Social time begins at 6:00 p.m. with the auction to start at 7:00 p.m.

This year we'll be going retro—back to the 60s! So, dig out those peace beads and strap on your sandals and join us for a groovy night at the CVUU.



Begin thinking about what treats or talents you can put on the auction block for this annual fundraiser. Plan to attend to bid on the items submitted and get your Christmas shopping done early!



More information to follow in the November newsletter and Weekly Updates. Contact *Mike Knapp* if you have questions about both the live and silent auction item possibilities. Until then, "Peace Everybody!"

Charles Francis Potter, a leader of the religious Humanist movement, died on October 4, 1962 at age seventy-seven.



Soul Matters for October—Heritage

This October, our Soul Matters curriculum asks us to make time to think about our ancestors. Some ancestors may be relatives on our family tree, but there are many different ways to find ancestors. For example, we might consider Unitarianism, Universalism, and other faith traditions that are peopled with the ancestors of Unitarian Universalism. Ancestors remind us that we are part of something larger, that we are part of a sacred chain. This month, we will encounter our ancestors and consider how we acknowledge our heritage and decide where the story of our sacred chain will go next.

CEDAR VALLEY PRIDEFEST RECAP

The Social Action Committee would like to give a big *THANK YOU* to all who helped make the CVUU booth at Cedar Valley Pridefest 2023 a success! This event requires a lot of help from many people. Your time, energy, and passion were all appreciated!

Forty-seven (you read that correctly, 47!) attendees gave us their contact information because they were interested in learning more about the CVUU. The CVUU also had sign-up information for the ACLU of Iowa at our booth, and many attendees also provided their contact info on their sign-up to do more social justice work in the state of Iowa.



As always, the CVUU brought joy to the event by painting numerous rainbows on the attendees, handing out CVUU bracelets, and sharing our renowned baked goods with the crowd. A truly wonderful time was had by all. Let the 2024 planning begin!



Late June saw the debut of the UUA's new program, *The Mosaic: Fostering Belonging and Liberation in UU Congregations and Communities*.

The Mosaic is designed to be an "online hub of connection, resources, and support" for UUs who are working to dismantle racism and oppression. Mosaic includes an Anti-Racism Resource Library, Learning and Practice Communities, and a newsletter, as well as providing connections for BIPOC individuals. *The Mosaic* can be found on The Mosaic page of the UUA website.

As seen in the *MidAmerica Region UUA online newsletter*

CVUU INFORMATION UPDATE







In a move to streamline communication and strengthen community ties, the Cedar Valley Unitarian Universalists (CVUU) have transitioned to a secure, online membership directory called Instant Church Directory <<https://members.instantchurchdirectory.com>>. This exciting development is set to bring convenience, accuracy, and a sense of togetherness to the CVUU congregation. Together with this initiative, we are sending out a form to gather essential information for members' CVUU profiles, ensuring that the directory is comprehensive and up to date.

Embracing Digital Connectivity

The decision to adopt Instant Church Directory reflects CVUU's commitment to adapting to the digital age. In an era where online communication plays an increasingly significant role in our lives, it's only natural that places of worship and community organizations follow suit. Digital directories are a powerful tool that can enhance the sense of belonging within a congregation.






The Importance of Updated Information

Updating your information in the CVUU directory is more than just an administrative task. It's an opportunity to ensure that the CVUU community remains tightly knit and well-informed. Here are the key details you'll be asked to review and update:

-  **Full Name:** Ensure that your full name is accurate and reflects any changes, such as a change in your name due to marriage or other personal reasons.
-  **Address:** Your current address is vital for the CVUU directory to facilitate communication effectively. If you've moved recently, make sure to provide your updated address.
-  **Phone Number:** Your phone number is a primary means of contact within the community. Verify that it is correct and accessible.
-  **Email Address:** Keep your email address current and professional. This is crucial for receiving important updates and announcements from CVUU.
-  **Group and Committee Work:** Highlight your involvement in group work and committee activities within the congregation.
-  **Skills and Relevant Information:** Share your skills, interests, and any other pertinent information that you'd like to include in your CVUU profile. This can help fellow members connect with you based on shared interests or expertise.

Why Your Participation Matters

Participating in this directory update is a collective effort to strengthen the bonds within the CVUU community. Here's why it matters:

-  **Effective Communication:** Accurate information ensures that you receive timely updates on events, initiatives, and community news.
-  **Community Engagement:** Highlighting your skills and interests can lead to meaningful connections with other CVUU members who share similar passions.
-  **Inclusivity:** An up-to-date directory promotes inclusivity by making it easier for newcomers and existing members to connect with one another.
-  **Efficiency:** Streamlined communication through the digital directory allows CVUU to operate more efficiently and effectively.
-  **Strengthened Community:** A vibrant, connected community is at the heart of CVUU's mission, and this directory update is a step towards achieving that goal.

In conclusion, the Cedar Valley Unitarian Universalists' transition to the Instant Church Directory marks an exciting chapter in the congregation's journey. By participating in the update process, you contribute to a more connected, informed, and engaged CVUU community. We ask that you take a moment to ensure that your information is accurate and complete by completing the form found at <bit.ly/CVUUinfo>. Together, we can build a stronger and more vibrant CVUU community in the digital age.