



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

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ADDRESS SERVICE REQUESTED

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***** 2023 *****

- NOVEMBER 5 10:00 A.M. DEMOCRACY: WHO SHALL WE BE? – Callie Amiday and Al Hays; Kathi Bower *
11:30 A.M. Adult Forum
- NOVEMBER 12 10:00 A.M. WHY HONOR OUR VETERANS? – Lynn Brant, Pastor Emma Peterson *
11:30 A.M. Dedication of the new Little Food Pantry
- NOVEMBER 19 10:00 A.M. JUSTICE: WHAT WE THINK IT IS; WHAT OTHERS THINK IT IS;
WHAT IT ACTUALLY IS – Pastor Emma Peterson, Dick Warhol *
11:30 A.M. Adult Forum
- NOVEMBER 26 10:00 A.M. THANKSGIVING AND THANKS-RECEIVING – Karen Impola, Mandy Boody *
Due to the Thanksgiving holiday, there is no Forum on this day.

* ~ 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

A few days ago, I was holed up in my office at CVUU, diligently preparing for the coming Sunday. My phone pinged, and it was a message from my partner. They'd heard from the channels of "BeeTok" (that's beekeeper TikTok, for those who don't partake) signals of a brutal winter ahead. Beekeepers across the Midwest were reporting their bees were kicking the drones out of the hive seven weeks early. Rather than storing up honey in the channels of their hive, bees were only packing honey around the Queen—an indication that it would be too cold for bees to move up the channels to get to their food stores in the dead of winter. Further, anecdotal reports of all black wooly caterpillars were everywhere. Nature seems to know what's coming, far better than modern day humans, at least.

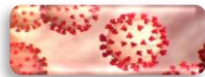
So, with this news, we've set our focus on preparing for winter. We have some considerable winterizing to do. We've needed new windows forever, but the likelihood of completing that project by snowfall seems less likely by the day. But there are other things that we can do. Making batches of soup to portion out in our deep freeze, winterizing the cars, and updating our winter walking gear are currently on the list. Perhaps most importantly, we're making plans to keep our hearts, souls, and minds warm during the bleak winter months. For us, this means lots of time in fellowship with our Beloved Community at CVUU. Cozy tea dates, weeknight game gatherings, and of course coffee hour on Sunday mornings will get us through till spring. How are you preparing for winter? Where does the CVUU factor into your seasonal plans? I hope, like us, you'll lean on this community as the weather gets colder and our spirits get a bit damp. Iowans are hearty folks, certainly. I think it's our community spirit and good neighborliness that makes us that way—that and the windchill. Let me know how you're preparing for the season; and please, join me for tea, or lunch, or a chilly midwinter walk!

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

There's definitely a positive buzz in and around the CVUU these days! It was a blessing for our congregation to honor *Pastor Emma* on Pastor Appreciation Sunday, and as she begins her sixth year of ministry with us, we hope she can feel just a little bit of the deep appreciation we have for her all year long! Our *Burning Heretics* band livens up any Sunday service, and their inspired musicianship made the day even more special.

Another exciting development this fall has been the addition of nine new members to our congregation. Each new member signed our Membership Book, received a permanent nametag, a homemade chalice from Pastor Emma, and a variety of materials to help them acclimate and integrate into the life of our congregation. These new members will be recognized during our November 5th Sunday morning service, so please try to attend in-person or on Zoom on that special day. We look forward to supporting and learning from these wonderful folks and are so grateful they've decided to make the CVUU their church community!

Your CVUU Board has been busy, and has prioritized three Goals for our congregation in the coming year. They also developed specific Action Steps to help achieve each of these Goals. (The Goals and Action Steps are published elsewhere in this November newsletter.) These goals are not just Board goals, they are CVUU goals, and to achieve them will take involvement from the entire congregation.

Working together in the coming months we can make a positive difference inside our building's walls, and out in our community! Let's make it so.

Until next month...

Dennis Harbaugh



Iowa UU Witness
Advocacy Network

The Iowa Unitarian Universalist Witness Advocacy Network forms connections and fosters collaboration among Iowa's UUs to amplify social justice work—because together we'll have a bigger impact. *Al Hays* was one of the founders of this group and recently *Byron Plumley* and *Shirley Whiteside* agreed to fill his CVUU spot on the Board.

IUUWAN has recently granted \$500 to the local Allen Hospital Foundation for the LGBTQ clinic at Unity Point, to provide binders for trans males. IUUWAN is seeking more board members or people who are interested in the environmental justice and LGBTQ+ action teams. Reach out to Shirley or Byron with any interest or questions.



Daylight Saving Time Ends
Sunday, November 5th !!

Samuel Hoar died on November 2, 1856 at age seventy-eight in Concord, Massachusetts. He was a Unitarian religious educator and vehement abolitionist.



NOVEMBER SERVICES

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

November 5th

Democracy: Who Shall We Be?

~~ Callie Amiday and Al Hays, Kathi Bower (WA)

There will be a New Member Welcome during this service.

November 12th

Why Honor Our Veterans?

~~ Lynn Brant; Pastor Emma (WA)

November 19th

Justice: What We Think It Is; What Others Think It Is; What It Actually Is ~~ Pastor Emma, Dick Warhol (WA)

November 26th

Thanksgiving and Thanks-receiving

~~ Karen Impola, Mandy Boody (WA)



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.



CHILDREN'S RE!!

Fall has certainly been in the air, and we are continuing to enjoy the rich materials from the *Soul Matters* curriculum. If you are reading this newsletter prior to Sunday, October 29th, don't forget we'll have the *Haunted House* that day due to the help of *Jeff Chapin*, and children are welcome to come in costume!

November has four Sundays and the first three will be classes as usual, so be sure to bring your children. Note that the Sunday after Thanksgiving (the 26th) there will be no RE classes, but Nursery care will be available.

Watch for news in the coming weeks regarding the December pageant. Again, I want to thank all of our wonderful RE and nursery volunteers—we couldn't do what we do without them!



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.

November 5th

Understanding Christian Nationalism ~~ *Mike Waggoner*

Newer member *Mike Waggoner* will lead us in a discussion of a potent reactionary ideology known as Christian Nationalism, which enjoys wide support in Iowa.

November 12th

Formal Dedication of the new Little Food Pantry

We will formally dedicate our new Little Food Pantry on this day, which was rebuilt by *Andrew Hughes* as his Eagle Scout Project. *Pastor Emma* will preside. There will be a review of the history of how the food pantry came to be, thanks to those who have worked and contributed, and a ribbon cutting.

November 19th

Transgender Laws and Politics

This forum will review current issues affecting transgender youth and adults, including recent restrictive legislation.

November 26th

Due to the Thanksgiving holiday, there is no forum this day.

Al and Pam Hays for Adult RE



REPRODUCTIVE JUSTICE SMALL GROUP NEWS

On Sunday November 12th the Canterbury Forum will host the third and final program in its fall 2023 series: "Abortion Rights: The Road from *Roe* and *Casey* to *Dobbs*", presented by Prof. Francis Degnin of the University of Northern Iowa's Department of Philosophy and World Religions. In his description of the program Francis writes:

"The Supreme Court's *Dobbs* decision radically changed the abortion landscape in the US. But it didn't change everything. For example, it didn't change the position, asserted in *Roe*, that the US Constitution is silent on the question of whether an unborn fetus is a person. It also didn't challenge the notion that a right to privacy is inherent (implied, but not named) in the Constitution.

What are the key points, and rationale, of the *Dobbs* decision? Of the dissent? This talk will focus on explicating those key points as well as providing a limited assessment of some of the strengths and weaknesses of the arguments on both sides of the decision."

In his October 2018 talk to the Forum, "Exploring Personhood", Francis offered a nuanced analysis of the perspectives on that issue in the debate over reproductive rights. We look forward to hearing his analysis of the judicial path that led to *Dobbs*, the decision itself, and where the debate on this crucial political, social, and moral issue stands today.

Francis' program will begin at 7:00 p.m. central time. There will be a Zoom link some time the week prior. For more information, contact the Canterbury Forum Coordinators at <www.canterburyforum.net>.

BOARD BRIEFS

On October 12th your CVUU Board held its regular monthly meeting. After participating in a moment of silence for victims of war in the Middle East and around the world, we had another substantive and productive work session. In addition to receiving reports from all seven CVUU Councils and officers, the Board. . .

- ❖ Received and discussed a proposed Lay Minister Policy.
- ❖ Finalized CVUU Goals and Action Steps for the year, and assigned each Action Step to a Council, committee, or individual to ensure implementation. (Read our Goals & Action Steps elsewhere in this newsletter.)
- ❖ Gave approval for the Building & Grounds Council to identify and work on projects this fall with the local Cub Scout/Boy Scout troops we sponsor.
- ❖ Were informed about the Iowa Safe Churches Network, and how *Pastor Emma* has registered as a 'Safe Clergy person' willing to provide support and advocate for trans youth in Iowa.
- ❖ Established a process and deadline to complete an evaluation form required as part of Pastor Emma's continuing UU 'Fellowshipping' process.

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 **November** is **Jan Anderson** (please use her cell phone number as listed in the directory).



There are so many new members in our congregation. Do reach out and introduce yourself on Sundays (or any other time) and be sure to give them a hearty welcome. One never knows where a conversation might lead; it could be the highlight of your week!

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.



WOMEN OF FAITH OF THE CEDAR VALLEY

Women of Faith of the Cedar Valley has a Zoom gathering on November 14th at 6:30 p.m. Jennifer Christiason (RN, BSN) will be the presenter and her topic will be, "Exploring Safe Zones for LGBTQIA+ in our Faith Communities".

For more information about the program and a link to the Zoom meeting, contact *Ruth Ratliff* at <ratliff@cfu.net>.

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 September charity was for the *CVUU Little Food Pantry* and \$205 was collected. The collection for October was for the *Iowa Abortion Access Fund* and we'll report that total next month. The designated November charity is the *Black Hawk Grundy Mental Health 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



NOVEMBER DEADLINES

FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the **December** issue. The **calendar** deadline for this issue will be **Wednesday, November 15th** (send info to the office); the **newsletter** deadline will be **Friday, November 17th** (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 **November 15th** and **17th**—the calendar and newsletter deadlines for the *December 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.

For your December calendar: the office will be closed from December 20th through the 31st. The normal deadlines for the January calendar and newsletter would occur during that time, therefore those deadlines will be moved up a week to December 13th and 15th (for the January issue). Please make note of this change.

Gerry Chamberlin, Editor
newsletter@cedarvalleyuu.org



CHILD'S GRACE

I give thanks for the lovely-colored year,
For the marigold sun and slanting silver rain,
For feathery snow across the hemlock hills,
For the sailing moon twelve times grown full again.

I give thanks for my family: Father, Mother,
And all the happy things we do together;
For understanding, laughter, and for love
Strong and warm in any kind of weather.

Ginger Luke
Lincoln, Nebraska



Charles Darwin, a Unitarian, published *The Origin of Species* on November 24, 1859, setting forth radical ideas that challenged biblical literalists.



CONGREGATIONAL LIFE

Despite the chilly temps warning us of some “hunkering down” weather to come, there is lots of warmth flowing at the CVUU!

This month we’ll celebrate our new members on Sunday, November 5th. On that day, we will covenant to enter into a mutual relationship of support and growth together. We hope you’ll be there to join in.

How fortunate we are to have so many wonderful and interesting people checking us out and deciding to sink roots into our Beloved Community! (If you weren’t aware, we had nine people join as members in September and eleven people joined in April). We are growing and thriving!

We hope you’ll take the opportunity to reach out to our newcomers and help them build relationships and find meaningful involvement with us. Watch for and read the “*Meet Our New Members*” bios and pics on this page and in the Weekly Updates. It is truly heart-warming to learn about the journeys of our new members and what has led them to seek us out and join our congregation.

There is much that our CVUU community offers, and our new members have much to offer *US* with their gifts, ideas, passion, and energy. Let’s give them a warm welcome!!

Juanita Williams
for the Congregational Life Team

See [*Meet Our New Members*](#) – [next column](#) →



CVUU READER’S GROUP

The Reader’s Small Group is being revived by *Mandy Boody* and *Dick Warhol* with a few changes.

The plan is to meet in person at the CVUU in the balcony area **every fourth Tuesday** at 6:30 p.m. For now, the group won’t be using a Zoom component. (Whether they will meet in December will be decided, so watch for that news.)

As in the past, there won’t be an assigned book; instead, attendees will share with each other what they’ve been reading.

If you’d like to be on the email list for the Reader’s Small Group notifications, contact Mandy.



On November 5, 1921, *Antionette Louisa Brown Blackwell*, a women’s rights activist, and Unitarian minister, died at age ninety-six.



Meet Our New Members~

Robert Earle, Jenn Hopkins, Harper, Bell, and Poppy

Robert Earle, Jenn Hopkins and their three children, Harper (9), Bellamy a.k.a. “Bell” (7), and Calliope a.k.a. “Poppy” (4), are thrilled to join the membership at CVUU. Enjoy learning a little about them and why they are excited to be members. Photos are from their summer trip to Southern California.

Robert was born and raised in Iowa prior to leaving for college in Saint Louis, MO and then on to graduate school in Buffalo, NY. He has a PhD in Philosophy and teaches within UNI’s Philosophy and World Religions department. Robert teaches a wide range of ethics courses including environmental ethics (his area of specialization) and courses focusing on ethical issues related to human sexuality, science and technology, and business. He also teaches a class on Ancient Greek philosophy, plus several other introductory courses. Robert enjoys playing cards (especially Pepper), crossword puzzles and other games, watching baseball (go Yankees!), and discussing important issues and theoretical ideas. Identifying as an atheist since 2005 but fondly remembering the community aspects of his childhood churches, Robert is most excited about the fellowship aspects of CVUU as well as the opportunities for him and his family to learn about spiritual traditions and religious frameworks.



Jenn was born in California but raised mostly in Maryland. She grew up in a progressive Catholic family and attended the University of Notre Dame. She then met Rob and moved to New York and continued her studies at Cornell University, where she got her doctorate in Veterinary Medicine. The family moved to Chicago where she practiced small animal general medicine before they returned to Iowa in 2018. She has worked in various parts of veterinary medicine since, including food animal welfare and regulation, and currently as a consultant for emergency management of animal poisoning cases with the ASPCA. She loves the community at CVUU and is looking forward to a place where she can introduce her kids to a culture of acceptance and different perspectives while maintaining the sense of community and traditions that she loved as part of her religious upbringing.

Harper (born 12/30/2013) is a fourth grader at North Cedar Elementary. She loves dogs, likes to play sports, chat with friends via devices, and take walks in her neighborhood. She is also really into science and reading (mostly mystery novels and mythologies). She enjoys going to CVUU to learn about different religions and to meet interesting new friends.



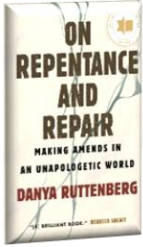
Bellamy (born 09/07/2016) is a second grader at North Cedar Elementary. She has a big heart and is very caring. Bell loves math and also reading (she is starting to get into chapter books). She plays soccer and softball, like her big sister, and hopes to continue studying piano and Spanish. At the CVUU she enjoys getting to know other people throughout our community and about different traditions around the world. She also loves the food after Sunday services at fellowship time.

Poppy (born 07/19/19) is in day care at UNI’s Child Development Center. She loves to dress up, typically making half a dozen wardrobe changes daily. She tries very hard to keep up with her big sisters and typically is the one in charge. She likes to make crafts and play with friends, and to practice gymnastics in her very own way. She, too, is excited to make new friends at the CVUU.

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.

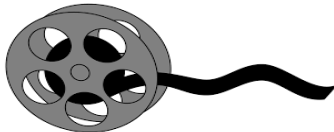
UU Common Read gatherings can be facilitated by a UU lay leader or religious professional. A co-facilitator with tech skills is recommended for online or hybrid groups.

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



SOME OBSERVANCES FOR THE MONTH OF NOVEMBER INCLUDE:

- National **Native American Heritage** month
- National **Pomegranate** month National **COPD** month
- National **Adoption** month National **Memoir Writing** month
- National **Family Caregivers** month National **Gratitude** month



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will meet at 6:30 p.m. via Zoom on Monday, November 13th. The movie being discussed this month is *The Pale Blue Eye* (2022) which seems to only be available on Netflix.

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



John Murray Atwood, a Universalist minister and president of the Universalist General Convention, died at age eighty-two on November 4, 1951.



THANKSGIVING POTLUCK

Beginning to think about the holidays??

Where will you be on Thanksgiving? Certainly not alone, as plans are in the works this year for a gathering at the CVUU on Thanksgiving Day which is November 23rd.

Our talented *Chef Nate* will prepare another scrumptious turkey (and gravy), and *Priscilla* (our Hostess with the Mostest), will be the organizer of the clipboard(s) and the “go to” person for more information and questions.

Signup sheets will be available in the Fellowship Hall beginning in early November. Sign up with your name and what dish you plan to bring to share; this will make sure we have a good balance of choices. There will also be places to sign up to help with setup and cleanup; many “worker bees” are needed in this effort!



Folks can begin gathering around noon for some socializing if they wish, and whenever Nate says ‘the turkey is ready’, eating should commence between 12:30 and 1:00 p.m. We will use the church’s plates/silverware, and coffee, tea, and water will be provided. If other beverages are desired, please sign up with what you will bring.

Last year, a good time -- along with much good eating -- was had by those who attended, so consider joining your CVUU friends this holiday!



FROM THE SHARED MINISTRY COUNCIL

“I would like to pass on one little bit of advice I give to everyone. . . Relax. Just relax. Be nice to each other. As you go through your life, simply be kind to people. Try to help them rather than hurt them. Try to get along with them rather than fall out with them. With that, I will leave you, and all my best wishes.”

This quote from Nyoshul Khen Rinpoche, Buddhist Teacher, is shared in honor of Del Carpenter, who served on the Shared Ministry Council since its inception in July 2019 and lived a life that exemplified the sentiments expressed here. May we all strive to do the same.



MUSIC COMMITTEE

Beginning in November, the Music Committee will be making a return! This is a great opportunity to be a part of our music ministry here at the CVUU, no musical talent required!

Meeting the first Thursday of each month at 5:30 p.m. in the Fellowship Hall, the music committee will discuss ideas for potential music, performers, and musical events at the CVUU. If you would like to be a part of this creative and collaborative group, please email *Jess* at <music@cedarvalleyuu.org>!



Having landed in Massachusetts on November 11, 1620 after their failed attempt to reach the English colony at Virginia, *Pilgrim leaders on the ship Mayflower* signed a covenant for self-government known as the Mayflower Compact. They established a church in Plymouth, Massachusetts, now Unitarian Universalist.



BITTERSWEET CHRISTMAS BAND CONCERT

Mark your calendars! The CVUU will be presenting the *Bittersweet Christmas Band* in concert on Saturday, December 9th at 7:00 p.m. in the sanctuary.

The Bittersweet Christmas Band is a group of four talented multi-instrumentalists and singers who draw from folk traditions of America, the British Isles, and beyond, playing “seasonal music from the reverent to the ridiculous”. They have presented Sunday services at CVUU in the past, but this is their first time performing a full-length concert as well.

Admission is by freewill donation, *but* if you would like a reserved seat, the cost is \$25 in advance of the concert. Please contact *Karen Impola* to reserve your seat or for more information.



SOCIAL ACTION

MITTENS, GLOVES, AND SOCKS TREE

The annual Mitten Tree collection will begin after Thanksgiving and will run through Christmas. The donations will be delivered in January, after the start of the new semester, so *no Christmas themed motifs*, if that can be avoided. Benefitting schools are yet to be determined.

Please give generously but note: **WE WILL BE FOCUSED ON HANDS AND FEET THIS YEAR!!!** Please bring new or gently used mittens, gloves, and socks, as these are what they desperately need. They need elementary sizes for all items, not infants and toddlers. This includes a need for adult sizes, as many children run large.



If you have any questions, contact *Moria Brown*.



CUUPS DRUM CIRCLE

There will be a Drum Circle at the CVUU on Friday, November 3rd at 6:30 p.m.

Drum circles 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 and 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*.

KNOTS OF LOVE

Knots of Love will be meeting temporarily on the first Monday of the month in the Fellowship Hall. The group will meet on Monday, November 6th from 6:30-8:30 p.m. and at the same time on Monday, December 4th. During these next two meetings they will further explore the best time to meet in 2024.



All are welcome. If you have questions or need more information, contact *Jill Miller*.



What a pleasant goodbye gathering you folks held after church on September 24th for *Ruth Walker* as she prepared to move to Ohio that week. We mice looked for some crumbs afterwards, but that kitchen hospitality crew was just too meticulous in cleaning up. Maybe we'll have better luck after your Thanksgiving meal!



The Church Mouse



“Good Vibrations”

2023 Treats & Talents Auction

Mark your calendar for Saturday, December 2nd for a groovy night of good vibrations as we gather at the CVUU for our annual Treats & Talents Auction. This year we're climbing into the Way Back Machine and tripping back to the 60's. While not quite the summer of love, this December date will give you the opportunity to pick up early Christmas gifts for those you love. The Social Hour begins at 6:00 p.m. The Auction starts at 7:00 p.m. so we can finish by 9:00 p.m. Refreshments and beverages are provided to deal with the munchies. Childcare will also be available.



Treats & Talents is our main fundraiser event of the year and brings a variety of items donated by our members to bid on. Dinners, bake goods, road trips, parties, handmade items—you name it, and we've usually got it on the auction block. Even if you don't find anything to bid on, join us for a night of fun, frivolity, and fellowship.



Use the attached Treats & Talents form in this newsletter to submit items for this year's auction. There are three ways to turn it in: 1) fill out the auction item form and put it in the drop box in the Fellowship Hall, 2) email it to *Mike Knapp* at: <lairdknapp@gmail.com>, or 3) send the form to: *Mike Knapp*, c/o Cedar Valley Unitarian Universalists, 3912 Cedar Heights Drive, Cedar Falls, IA 50613 by Sunday, November 19th.



GREEN LIVING CORNER

Urban Mini-Forests Provide Resilience to Climate Change

In the 1970's Japanese botanist and plant ecologist, Akira Miyawaki, developed a technique to create fast growing mini-forests that mimic the interactive community of an ancient forest. The mini-forest can work in a more conventional urban garden or park in an area of at least 12 x 12 feet or a little larger. Layers of native trees, shrubs, and perennials planted close together can be incorporated into small spaces nurturing biodiversity which would support all manner of life above and below ground. He won the Blue Planet Prize, the environmental equivalent of a Nobel award in 2006 for his method of creating fast-growing native forests.

The mini-forests provide resilience to climate change. They hold moisture, cool the air, absorb and store carbon, provide habitat for pollinators and birds, and condition the soil. Cooling the air in urban areas is especially important in places where there are a lot of concrete surfaces that absorb and retain heat. They are faster-growing than just planting trees. Reconnecting people with nature is another benefit. As Dr. Miyawaki puts it, "The forest is the root of all life".

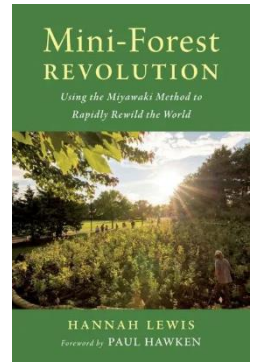
Thousands of mini-forests have already been planted in Japan and India has planted hundreds. They have been planted in Europe, Africa, Asia, South America, Russia, and the Middle East. Now, due to an environmental crisis, they are slowly beginning to appear in the United States. Possible sites could include: city parks, backyards, parking lots, the grounds of colleges and industrial sites, and highway interchanges.

Elaine Hughes for Green Living

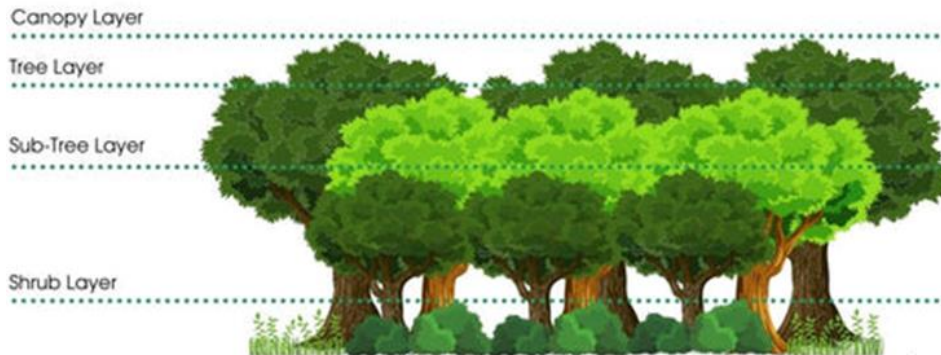
Steps to planting a Mini-Forest:

1. Choose a site at least 12 x 12 feet.
2. Draw up a list of native plants that would work for you. Include a mix of deciduous trees, evergreens, shrubs, and perennials.
3. Prepare a nutritious and moisture-retentive soil.
4. Buy a range of saplings that are 2 to 3 feet high—maximum diversity is important.
5. Lay plants out by separating species for variety and random height. Aim for 3-5 saplings per 3 square feet.
6. Mulch and water once a day for the first few months, weed while the plants are filling out.

For more information on Mini-Forests, Hannah Lewis has received the 2023 Nautilus Book Award as a Gold Winner in the category: Green, Restorative Practices /Sustainability for her book, *Mini-Forest Revolution: Using the Miyawaki Method to Rapidly Rewild the World*.



Miyawaki Forest Layers



<<https://richmond2.ca/qa/index.php/183/what-is-a-miyawaki-pocket-forest>>



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

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://jubileeumc.com/>>.

Last month some windows in the Fellowship Hall were left open after Sunday activities. With the weather about to change, and for security reasons, please remember if you open a window or unlock a door, to retrace your steps before leaving the building! The little mice get chilled easily. Thank you!



The Church Mouse



"World Kindness Day" is November 13th

World Kindness Day began in 1998—let your compassion shine brightly. Get caught showing as much kindness as possible. Whether it's a friend, family member, coworker or stranger, our ability to show our humanity should have no limit.



Robert Collyer, an impoverished English mill worker who came to America and became a Unitarian minister, died in New York City on November 1, 1912 at age eighty-nine.



THE GENERAL ASSEMBLY CHALICE

The General Assembly Chalice was made by sculptor Mordecai Roth and is present at each GA. The CVUU hosted this beautiful chalice in early October 2017 thanks to *Del Carpenter's* organization and leadership.

Soul Matters for November—Generosity

This November, our Soul Matters curriculum asks us to consider the transformative, connective possibilities in the call to generosity. Deep down, we know the difference between giving and giving generously. The former is taken from our “extra”. The latter is taken from what is essential. It’s the difference between giving our loose change and giving of ourselves. And when you hand over a part of you to someone else, you’re tethered. Your vulnerability meets their vulnerability. You haven’t just helped; you’ve shown you care. Join us this month to consider ways we can lean into generosity, and to look for ways to appreciate the generosity of those around us.

CVUU GOALS (WITH ACTION STEPS)

In August your CVUU Board held a retreat and prioritized several goals for our congregation to accomplish during the current fiscal year (July 1, 2023-June 30, 2024). Over the past two months the Board refined these goals, created action steps which will lead to the achievement of each goal, and assigned each action step to a Council, committee or individual to help ensure implementation. Since we’re currently one-third of the way through our year, we’ve already completed a few of the action steps, but much work remains.

These goals are not just **Board** goals, they are **CVUU** goals, and we need active participation from you to accomplish them. Some goals involve internal workings at the CVUU, others are focused on larger community involvement. Please review the goals and action steps below and get involved to help make these modest dreams a reality!

-- Dennis Harbaugh, CVUU President

Goal #1: MAKE OUR CONGREGATION A MORE WELCOMING PLACE FOR YOUNG FAMILIES.

Action Step 1: Beginning in September, provide two vetted adult volunteers to staff the nursery during each Sunday morning service.



Action Step 2: Plan ahead to provide childcare for specific CVUU events (New to CVUU, I Want to be a Member, New Member mixers, Treats & Talents Auction, etc.).

Action Step 3: Beginning in October 2023, provide at least one free potluck meal per quarter following a Sunday service.

Action Step 4: Have CVUU representatives attend training in the Our Whole Lives (OWL) curriculum, in preparation for offering OWL classes to our youth.

Action Step 5: During this program year, provide training which encourages CVUU members to use language that facilitates a sense of belonging.

Goal #2: IDENTIFY AND ENCOURAGE SPECIFIC EFFORTS TO LIVE OUT OUR VALUES OF JUSTICE AND EQUITY, AND OUR PREVIOUSLY ADOPTED 8TH PRINCIPLE.

Action Step 1: Prior to June 30, 2024 have the Religious Services Council devote two Sunday services to practically living out the 8th Principle.



Action Step 2: Publicize and organize in advance to assure we have at least 10 members represent the CVUU at one public social justice event per quarter.

Action Step 3: Invite speakers or representatives of oppressed communities to speak during Sunday services or Second Hour.

Action Step 4: Look for opportunities to engage and/or collaborate with predominantly Black or other minority organizations.

Goal #3: IMPROVE SYSTEMIC COMMUNICATION THROUGHOUT THE CVUU.

Action Step 1: At the beginning of the year, distribute the preferred personal communication method of all CVUU officers, Board members & staff (text, email, phone, other) to all parties to facilitate effective communication.



Action Step 2: By no later than June 30, 2024, establish a working text/email messaging system to alert members about specific events and activities in a timely manner.

Action Step 3: Have each Council chairperson be responsible for contacting other Council chairpersons when there is a possibility of overlapping plans or needs.

"Good Vibrations"

The 2023 Treats & Talents Auction

When: Saturday, December 2nd

Time: 6:00 p.m. to 9:00 p.m.

Where: Fellowship Hall



It's time for our annual Treats & Talents Auction! This year we're journeying back to the 60's! So, dust off those sandals and Birkenstocks. Dig out those tie dye t-shirts, love beads, and peace symbols. Nothing retro to wear? Don't let that stop you from being there. The 60's dress is optional, not required, though you'll miss looking groovy.

New to the "Treats & Talents Auction?" This is our annual fundraising event where members and friends donate items to be auctioned off during the evening. Auction items have ranged from dinners or special parties, handwoven shawls and scarves, weekend and vacation get-aways, to personal services like an evening of babysitting, putting up storm windows, or cleaning house gutters. Auction items are only limited by the creativity of the donor.



The Social Hour begins at 6:00 p.m. The Auction begins at 7:00 p.m. so we can end by 9:00 p.m. Refreshments and beverages are provided to deal with the munchies. Childcare will also be available. Fill out your auction item form and put it in the drop box in the Fellowship Hall, email it to Mike at <lairdknapp@gmail.com>, or send this form to: Mike Knapp, c/o Cedar Valley Unitarian Universalists, 3912 Cedar Heights Drive, Cedar Falls, IA 50613 by Sunday, November 19th.



"Good Vibrations" - 2023 Treats & Talents Auction

I will donate the following auction item: _____

Name: _____ Phone: _____

Email: _____ Suggested bid amount: _____

Return to: Mike Knapp, c/o Cedar Valley Unitarian Universalists, 3912 Cedar Heights Drive, Cedar Falls, IA 50613 or <lairdknapp@gmail.com>.