



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

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ADDRESS SERVICE REQUESTED

319-266-5640

WWW.CEDARVALLEYUU.ORG



***** 2024 *****

- FEBRUARY 4** 10:00 A.M. PLURALISM: IT MEANS MORE THAN ONE – Pastor Emma Peterson, Kathi Bower *
11:30 A.M. Adult Forum
- FEBRUARY 11** 10:00 A.M. WE ARE STARDUST: GLITTER BLESSINGS SUNDAY
11:30 A.M. Adult Forum – Pastor Emma Peterson, Callie Amiday *
- FEBRUARY 18** 10:00 A.M. GUEST PREACHER – TBA, Mandy Boody *
11:30 A.M. Adult Forum
- FEBRUARY 25** 10:00 A.M. RESILIENCE: WHAT LIFE CAN TEACH US
11:30 A.M. Adult Forum – Pastor Emma Peterson, Karen Impola *

* ~ denotes *Worship Associate*



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

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

NOTES FROM THE PASTOR

We're ramping up Stewardship Season at the CVUU! Arriving in early February, take a look at the Stewardship packet the Stewardship team has put together. There's lots of good info in there, with extra insight into how we make use of our pledge funds.

We're bringing back Stewardship socials this year! We loved gathering last year and sharing what the CVUU means to each of us. We're gathering in fellowship again this year, with some new twists. A sign-up link to attend a meal can be found within the informative *Building Our Community* article at the end of this newsletter, as well as in the Weekly Update. Of course, you're welcome to attend more than one gathering! I know I'll be at as many as I can.

Stewardship in late winter and early spring is one way to warm up what can sometimes be a gloomy time of year. I know the beloved community at the CVUU means a lot to me, regardless of the season. I hope you'll give this year until it feels good, so we can give back to you in the form of great fellowship and awesome programming! Thank you for your generosity, and your presence.

Pastor Emma



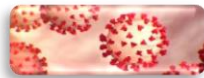
The CVUU will be volunteering at the **Northeast Iowa Food Bank** on Saturday, February 24th from 1:00 – 3:00 p.m. The Food Bank is located at 1605 Lafayette Street, Waterloo.

Please reach out to *Jill Miller* if you plan to attend, as the Food Bank's volunteer coordinator would like to know how many CVUU volunteers to expect.



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

Greetings to all!

First, a quick follow-up to last month's 'Memo'. I mentioned that having lay ministers at the CVUU was a relatively recent phenomenon, and that's true, considering the past forty-three years when we've had paid ministers. But as *Russ Campbell* recently reminded me, like most young and smaller congregations, the CVUU (then the Unitarian Universalist Society of Black Hawk County) relied on laypersons to run the church and fill the pulpit from the time it was organized in 1962 until our first paid minister was called and hired in 1981. So, laypersons actually laid the foundation, and all of us are simply continuing that tradition by providing various volunteer ministries within the CVUU today!



As we pass the halfway point in our church year, I find myself thinking about this year's CVUU theme: '*Growing in Purpose, Rooted in Values*'. I have a sense of our values—for me, and I think for many of our members, our values are reflected in the 7 Principles hanging on our sanctuary wall. *Pastor Emma* is continuing her sermon series on the values which will likely be adopted by UU delegates during the national General Assembly this summer.

But I still find myself wondering: what is our purpose as a congregation? This is a question I'm hoping we can explore together during an upcoming Second Hour Forum in March. I'd like to hear from our elders about what purpose the 'UU Society of Black Hawk County' served in its early years. I'd like to hear from all our current members—old, middle-aged, and young—what purpose or purposes do you feel we are serving now? How have we changed as a congregation over the decades? And importantly, what do we want our purpose and focus to be in the coming years? Who do we see ourselves being in the future?

We plan to schedule this Second Hour Forum on a Sunday when there are no other meetings or events, so everyone can attend this open discussion. I'm also hoping to recruit a couple folks to serve in the Nursery during Second Hour that day, so that our members with little ones can attend and participate.

Many churches hold quarterly business meetings, which gives them a chance to discuss topics as a congregation in addition to conducting business. At the CVUU we typically hold only one Congregational Business Meeting each year. Hopefully the Second Hour Forum in March will give us a chance to listen, learn, and share with each other about our past, our present, and our future together.

I can't wait. We'll publicize the date of this Forum in the March newsletter, and I invite you to circle that date on your calendar and make plans to be there!

Until next month...

Dennis Harbaugh



Frances Ellen Watkins Harper was the first African-American woman to publish a short story. An abolitionist, suffragist, feminist, writer, and Unitarian, she died on February 22, 1911 at age eighty-five.

“The interrelated threads making up the tapestry of life on earth are all crucial. The mightiest tree trunk cannot live without the finest of fungal threads at its roots.” ~~Brian Swimme



FEBRUARY SERVICES

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

February 4th

Pluralism: It Means More Than One

~~ Pastor Emma Peterson, Kathi Bower (WA)

February 11th

We Are Stardust: Glitter Blessings Sunday

~~ Pastor Emma Peterson, Callie Amiday (WA)

February 18th

Guest Preacher – TBA, Mandy Boody (WA)

February 25th

Resilience: What Life Can Teach Us

~~ Pastor Emma Peterson, Karen Impola (WA)



CHILDREN'S RE!!

Classes will be held the four Sundays in February and parents may want to note there is no Festival Sunday this month. We have been enjoying our group of children, learning lessons from January's Soul Matters theme, *Liberating Love*, and focusing on building relationships among us. Our focus in February and its Soul Matters theme is *Justice and Equity*.

During this cold time of the year, we are doing our very best to make children's religious education a friendly, warm place for our children to come, learn, and feel safe.

As always, I want to thank all of our wonderful RE and nursery volunteers—we couldn't do what we do without each of you!

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.

February 4th

Imbolc Ritual

Imbolc is the ancient pagan holiday marking the midpoint between the Winter Solstice and the Spring Equinox. It is a time when the days are getting a bit longer, and in ancient Ireland, was a time for lambs to be born. It survives today in the whimsical form of Groundhog Day but also as Candlemas within the Catholic tradition. Join us in celebrating this important marking point in the cycle of the seasons.

February 11th (*Rescheduled from January 14th*)

MLK, Jr. and Nonviolent Opposition to War

CVUU members *Byron Plumley* and *Shirley Whiteside* will lead an Adult Forum on MLK's Vietnam speech and nonviolent call for opposition to that war. They were friends with Dr. Vincent Harding who wrote King's Vietnam speech.

February 18th

What is "critical race theory?"

The political right has turned this into a scare phrase, but it has a much more complex and important history and meaning. It behooves us to become informed about this so we can counter the false images that are often presented. Dr. David Hernandez-Saca, UNI College of Education, will offer a presentation that will give us some guidance. He will particularly look at how it has been used in the study of disabilities.

February 25th

Lies of Omission: Algorithms vs. Democracy

Cathy De Soto, Professor of Psychology at UNI, has written a book with the above title. Our phones are these magic pocket portals that will take us anywhere and give us any kind of information. They are our constant companions. However, they can detect any slight opinion on anything and feed us information that will make it more extreme. They feed us curated content that can push our opinions farther away from others. Dr. De Soto will discuss the effects of this on our neurochemistry, the social psychological literature on the topic, and the dangers of modern social media to democracy.

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.



Lombard College (Universalist) was chartered in Galesburg, Illinois on February 15, 1851. In 1857 it changed its name to Lombard University. It was the second college in the United States to award the B.A. degree to women through the regular curriculum. The class of 1930 was the last to graduate. Later the University merged with Meadville Theological School, which became Meadville Lombard Theological School.



BOARD BRIEFS

On January 11th your CVUU Board held its regular monthly meeting, just a few hours ahead of an approaching blizzard! We again had 100% attendance. Highlights:

- ✦ Discussed the status of the upcoming Stewardship campaign, preliminary development of the FY 2025 budget which begins July 1, and timeline for Board approval of that budget.
- ✦ Established an Ad Hoc Committee on the Supervision of Children & Youth at the CVUU. It will be helpful for parents, staff, and children to have a policy which clearly outlines supervision expectations.
- ✦ Began a detailed review and updating of the 33-page CVUU Congregational Handbook, which includes all policies and procedures which guide CVUU operations.
- ✦ Identified a date in June for Board members to handle hospitality during Coffee Hour.
- ✦ Discussed a couple different possibilities for a fun Board fundraiser in April.

Dennis Harbaugh



The year is moving right along and here we are again in the *month of love!* What can you do for someone this month who's in need of a little love—a neighbor, good friend, family member?

Longtime friend of the CVUU and Buddhist Path follower *Ralph Burr* died in December. Our sympathy goes out to his family. A memorial service was planned in collaboration with the Quakers and held at the CVUU (in person and Zoom) on Thursday, January 25th at 6:30 p.m.

Our sympathy to the family of former longtime member *Janet Parrish*, who died in early December. Her daughter, *Sadie*, and son *Kris*, along with their extended family, had a celebration of life on a favorite beach in California on January 12th.

We have a few members looking at surgery this month and other members recovering from health issues. Good vibes and our best wishes to each of them. 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.



Henry Montfort Cary was born on February 14, 1878. Reared Catholic and ordained a priest, Cary broke with his church and studied at Union Theological Seminary, where he was attracted to Universalism. He was ordained a Universalist minister and went on to serve several churches. The Universalist Board of Foreign Missions asked Cary and his wife, Maud Simonton Cary, also a Universalist minister, to travel to Japan to spread the faith. Cary also started a Universalist group in Korea. Lombard College awarded him a D.D. in 1926. He died on April 30, 1936.

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 designated charity for December was *Cedar Valley Angels* and \$355 was collected.



January's charity was for the UUSC's annual intergenerational program, *Guest at Your Table*, which raises support for and awareness of key human rights issues. If you haven't donated yet and are reading this *prior to January 31st*, there is still a small window of time to get that in! Remember, donations in the amount of at least \$150 will be matched! Check with *Kathi Bower* if you have questions about the GAYT program, or *Bill Brown* our collector, regarding how you can donate.

February's charity is for us, the CVUU! Every year we take a month to support the work of this congregation through our Stewardship Campaign. Read the Stewardship Campaign materials that are coming (or have already arrived) in your Inbox or USPS mailbox. Be a part of the success and the goal set by this year's devoted Stewardship Committee!

Thank you to all who participate in supporting the charities each month in the name of the CVUU.

The Social Action Committee



FEBRUARY DEADLINES

FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the *March* issue. The calendar deadline for this issue will be **Wednesday, February 14th** (send info to the office); the newsletter deadline will be **Friday, February 16th** (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 **February 14th and 16th**—the calendar and newsletter deadlines for the *March issue*. There are paper copies left at the church each month—some in the acrylic wall holder in the front entry and some at the foot of the stairs in the Fellowship Hall.

Gerry Chamberlin, Editor
newsletter@cedarvalleyuu.org



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 **February** is *Stacey Bartz*.



“Why is it that the destruction of something created by humans is called vandalism, yet the destruction of something created by God is called development?”
 ~~~Edward Abbey



## CEDAR FALLS WEEKLY COMMUNITY MEAL

If you are reading this prior to Tuesday, January 30<sup>th</sup>, here’s a reminder that the CVUU is helping to serve a free community meal that day 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 on the 30<sup>th</sup>. The next time there are five Tuesdays (the CVUU helps on every fifth Tuesday) will be April 30<sup>th</sup>, so mark your calendars.



In all kinds of weather, your Building & Grounds folks take care of this spiritual home for the benefit of all. With the January snow and resulting slippery walkways, we see *Bill Brown* who is always attentive to making those paths safe for everyone.  
 Thanks, Bill! *The Church Mouse*



The Suffragist and pacifist *Anna Carpenter Garlin Spencer* died in New York City at the age of seventy-nine on February 12, 1931. She was a Unitarian and the first woman ordained in Rhode Island.



## ANNUAL MEETING

The Annual Meeting of the Cedar Valley Unitarian Universalists is scheduled for Sunday, May 19<sup>th</sup>. A regular Sunday service will precede this meeting. Watch this space for more information as it becomes available.



## NEWS OF LAST YEAR’S SUCCESSFUL CVUU STEWARDSHIP CAMPAIGN TRAVELS FAR AND WIDE

As UU congregations around the U.S. plan their next stewardship campaign, some of them may be looking to the CVUU for guidance. CVUU leadership recently wrote a 700-word article highlighting last year's stewardship campaign and distributed it to the national publication *UU World* (for possible inclusion in their ‘Congregations & Communities’ section), to the UU Office of Church Finances (where the new pay equity standards originated), to the UU MidAmerica Region office, and to the national UU ‘Congregational Interconnections Series’, which highlights successful ideas or best practices from local congregations.

The article describes the blueprint our congregation followed to achieve our record-breaking pledge campaign: an aggressive ‘ask’, hosting of small-group lunches and dinners, production of videos about each staff member, and visual tracking of our progress each week in the Sanctuary. Also included in the article are quotes from four CVUU leaders directly involved in the stewardship drive effort. Since the campaign resulted in a nearly 20% increase in pledges, and employees being moved onto the new UUA wage/salary continuum, CVUU leaders see it as a positive story which has the potential to inspire others.

[Editor’s Note: This is terrific news and many thanks to our CVUU leadership for alerting the UUA through various means of communication of our achievement during last year’s Stewardship Campaign. It took determination on the part of our members to reach that goal, which was a very proud moment for all of us.]



## LOBBY DAY RETURNS FEBRUARY 29<sup>TH</sup>

*Planned Parenthood Lobby Day* is February 29<sup>th</sup>! Join us on this leap day to directly advocate with legislators at the Iowa State Capitol on behalf of the growing majority of Iowans who support reproductive freedom for all!

People are encouraged to register now which can be done online at: <https://www.weareplannedparenthoodaction.org>. Registrants will receive location and other important information prior to the event.



*William Wallace Fenn* was born on February 12, 1862 in Boston, Massachusetts. The product of a small family with a strong spirit of inquiry, he set to studying the classics early, particularly biblical studies, and decided on the ministry. He enrolled at Harvard Divinity School and there became Unitarian. He was a preacher of exceptional power who served churches in Pittsfield, Massachusetts and Chicago, Illinois. In 1901 Fenn became Bussey Professor of Theology at Harvard Divinity School, a position he held for the rest of his life. He also served as dean of the school for seventeen years. His son, Dan Huntington Fenn, was also a Unitarian minister and became head of the Department of Ministry of the American Unitarian Association. William Fenn died on March 6, 1932.

## STOP KILLING CHILDREN

by Shirley Whiteside

I'm old enough to know there are two (or fifty) sides to every story, but after the October 7<sup>th</sup> Hamas attack on Israeli citizens, watching the ongoing unrelenting bombing of civilians trapped in Gaza, and my own nation's inability to clearly identify this as wrong, broke me open. I felt so heartened when I saw an announcement in the CVUU Weekly Update that someone (didn't say who) was inviting people to register for a "Gaza teach-in". Mostly I was interested to just be with other Iowans who shared my concern about the escalating U.S. support of murdering children.

The UUA calls on Unitarian Universalists to "continue to witness against anti-Semitism and Islamophobia, and to side with love in this moment by urging their elected officials to leverage the considerable power of the U.S. government to push for an immediate and humane resolution to the crisis in Gaza, including total ceasefire, humanitarian aid access, and rescinding the evacuation order." Since that statement was written October 17<sup>th</sup>, over 20,000 Palestinians are confirmed dead, around two million people have been rendered homeless, and a public health crisis was triggered by blockades of food, water, and bombing of hospitals (at this writing thirty out of thirty-five hospitals are not operating). According to the latest data from the UN's Office for the Coordination of Humanitarian Affairs (OCHA), the World Health Organization (WHO) and the Palestinian government as of January 15<sup>th</sup>, Israeli attacks have damaged more than half of Gaza's homes along with 374 educational facilities, 121 ambulances, and 221 places of worship.

The threat of a larger regional conflict has grown. The International Federation of Journalists says sixty-eight journalists have been killed covering the Israel-Gaza war, more than in any other conflict in over thirty years. Globally non-governmental human rights groups, such as Doctors Without Borders, have begged for mercy on all those affected by this siege.

There's a ton of history that cannot be unpacked in this space. War breeds more war. Anyone who believes that bombing a captive densely populated civilian refugee population lacking basic human rights is going to bring a solution, forgets that more killing only breeds more killing. That, plus more profits for arms dealers.

Why are we whispering about this? The U.S. FY2023 contribution to Israel for military aid was \$3.8 billion, and President Biden and Congress are scrambling for more to feed this current destruction. *Just Say No* to bombing children. Is it any wonder those children will not, have not, grown up to love their attackers?

- 1<sup>st</sup> Principle: The inherent worth and dignity of every person;
- 2<sup>nd</sup> Principle: Justice, equity, and compassion in human relations;
- 3<sup>rd</sup> Principle: Acceptance of one another and encouragement to spiritual growth in our congregations;
- 4<sup>th</sup> Principle: A free and responsible search for truth and meaning;
- 5<sup>th</sup> Principle: The right of conscience and the use of the democratic process within our congregations and in society at large;
- 6<sup>th</sup> Principle: The goal of world community with peace, liberty, and justice for all;
- 7<sup>th</sup> Principle: Respect for the interdependent web of all existence of which we are a part.

[*Editor's Note:* On October 17, 2023 the UUA posted on their website a press release titled, *Statement on the Humanitarian Catastrophe in Gaza and Israel*. To learn more about the UUA's position on this topic, you can find it in its entirety at this link: <<https://www.uua.org/pressroom/press-releases/catastrophe-gaza-and-israel>>.]



### SOME OBSERVANCES FOR THE MONTH OF FEBRUARY INCLUDE:

- National **Bird Feeding** month
- National **Cherry** month National **Women Inventors** month
- National **Self Check** month National **Snack Food** month
- National **Haiku Writing** month National **Embroidery** month
- National **Mend a Broken Heart** month
- National **Children's Dental Health** month



### WOMEN OF FAITH

Women of Faith will have a Zoom Gathering on Tuesday, February 20<sup>th</sup> at 6:30 p.m. CVUU's member, **Dr. Joan Bessman Taylor**, will be the presenter. The topic is "The Challenge of Book Bans for Iowa's School Librarians".

If you are interested in attending, please contact <[ratliff@cfu.net](mailto:ratliff@cfu.net)> for the Zoom link.

### MidAmerica Region



### MIDAMERICA REGIONAL ASSEMBLY

The MidAmerica Region is coming together both online and at the First Unitarian Society of Madison, WI on Friday, April 19<sup>th</sup> and Saturday, April 20<sup>th</sup> for a multi-platform Regional Assembly!

This year's theme is **Threads That Connect: Stories That Inspire**. The Keynote address will be given by the Rev. Dr. Sofia Betancourt, President of the Unitarian Universalist Association of Congregations, and Rev. Dr. Karen Georgia A. Thompson, General Minister and President of the United Church of Christ.

There will be workshops, the Annual Business Meeting of the MidAmerica Region, and opportunities to meet many UU Leaders from across our faith tradition.

For those who are in-person, there will even be opportunities to tour this historic UU church designed by Frank Lloyd Wright.

Most importantly, it is a time to come together as Unitarian Universalists from across the MidAmerica Region. Please join us, online and in-person for our first-ever multi-platform MidAmerica Regional Assembly!

More information and registration can be found at: <<https://www.uua.org/leaderlab/events/threads-connect-stories-inspire>>.

The English Unitarian and geologist *Sir Charles Lyell* died at age seventy-seven on February 22, 1875. He is buried in Westminster Abbey in London.



## CONGREGATIONAL LIFE

I hope this edition of the newsletter finds you all recovered from the holidays and enjoying some “hygge” (cozy contentment according to the Danes) in this mid-wintertime. Maybe you’ve been practicing some of the ideas you brainstormed in the fall to help you not just survive but maybe even *thrive* during these dark, cold times of winter. Hopefully, this involves some connection with your CVUU friends!

There have already been some lovely opportunities for that: the Christmas Potluck, the Soul Matters sessions, Nature Group walks, Treats & Talents events and, of course, the many wonderful times we had together on Sundays in December and January. It’s not too late to participate in some of the open Small Groups in order to connect with CVUU kindred spirits this winter. Speak with *Heather Flory* or *Pastor Emma* if you want to find out what is available, and to discover if anything piques your interest.

Another great way to make connections and get to know your fellow CVUUers is to volunteer to help with Greeting, Hospitality, or in the nursery. All these opportunities have a dual benefit of helping keep the church running smoothly and cultivating friendship.

Also, I want to remind those who haven’t yet joined the CVUU and would like to become official members, that we have an **I Want to Be a Member** session on **Sunday, February 11<sup>th</sup> at 11:30 a.m.** Ask me if you want to know more about this opportunity.

In the meantime, I hope you are enjoying the special gifts that winter brings us in the Midwest. (Before you know it, it will be spring!)

Warmly,

*Juanita Williams*  
for the Congregational Life Council Team



## Meet Our New Member~

### Mary Chipman

Mary shares, “I’ve somehow reached my golden years while still feeling about age thirty, and those are my more mature days. I moved to Cedar Falls to pursue a Master’s in English/Creative Writing, graduating just as COVID was hitting hard. I had hoped to teach and write, so please send good vibes that I’ll be a happy, wretched adjunct soon. My background is in journalism and mental health with an emphasis on trauma and sexual assault. I also have a master’s degree in Adult Learning, so have enjoyed opportunities to teach at vocational schools, community colleges, and universities. On a more personal note, I was married for twenty-four years. I had completed all the courses for a doctorate in education but was derailed by the need to create a new life. Fast forward to today, when I have a beautiful adult daughter and four fabulous grandkids who live in California. Bridging our distance and planning visits is my current struggle. I share my abode with an outgoing, sweet, orange marmalade cat, Miss Kitty.”

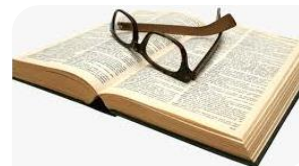


## CHRISTMAS POTLUCK A SUCCESS!

There were twenty-three members and friends who gathered for the Christmas Day potluck where there was much good food—in typical UU style! *Priscilla* was the ‘catalyst-with-clipboard’ for having arranged such a meal! *Russ* was dapper in his green jacket with Santa hat as he arranged all the food and tables. Many hands pitched in to get the various dishes ready for serving, and cleanup was addressed by *Nita, Terry, Steve, Gerry, and Russ*.



Along with all of the other tasty contributions, *Priscilla’s* surprise dish was well-received. Good food, good friends, and plenty of help with setup and cleanup, made it yet another wonderfully memorable holiday potluck.



## CVUU READER’S SMALL GROUP

The next meeting of the Reader’s Small Group will be on Tuesday, February 27<sup>th</sup>, so mark your calendar(s). They meet in the CVUU balcony **every fourth Tuesday** at 6:30 p.m.

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 Boody*.



Support for our *Little Food Pantry* and *Little Lending Library* is ongoing through the snowy, sometimes frigid, winter months. Our neighbors, and the children getting off the bus coming home from school, can use nourishment for minds and bodies during this chilly time of year. Thanks for helping us to help others.



*Joseph Hume*, a member of English Parliament who adopted Universalist views, died on February 20, 1855. He was the leader of the Radical Party for thirty years, taking special interest in financial oversight of both public and private enterprises.

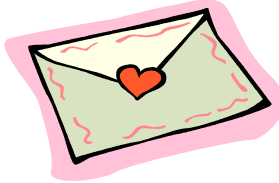


**WATERLOO COMMUNITY PLAYHOUSE PRESENTS  
LAUREN GUNDERSON'S *SILENT SKY***

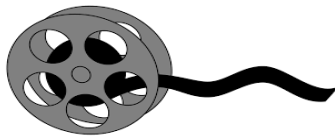
A decade before women gained the right to vote and during a time of immense scientific discoveries, 19<sup>th</sup> century astronomer Henrietta Leavitt wasn't allowed to touch a telescope or express an original idea when she began work at the Harvard Observatory. In her free time, she measured the light and distance of stars and made important discoveries about their fluctuating brightness—ultimately enabling fellow scientists to map the Milky Way and beyond. This inspiring drama explores the determination, passion and sacrifice of the real-life women who transformed the science of astronomy and redefined our understanding of the cosmos.



To be performed in the McElroy Theatre at the Walker Building in Waterloo from February 9-18<sup>th</sup>, the five-actor cast includes CVUU's Office Administrator *Kat Beane Hanson*, who will be appearing as star classification pioneer and Suffragist Annie Cannon. Tickets can be purchased by calling the box office or online at: <<https://www.wcpbhct.org/>>.



We continue to be amazed at the dedication of the *Zoom Hosts* and *Sanctuary Techs* as they make various multi-platform services possible. In January the Zoom Hosts were critical to your having a Sunday service at all when the weather caused a cancellation. Both Zoom Hosts and Sanctuary Techs are needed for memorial services and more, and they volunteer to carry out these duties time and again. Such cooperation is wonderful for our little mice to see!  
*The Church Mouse*



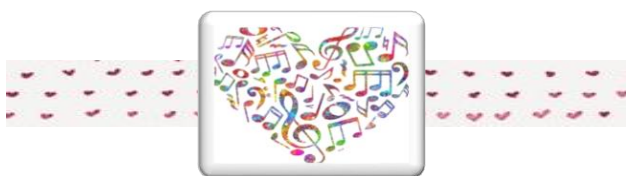
**MOVIE DISCUSSION SMALL GROUP**

The Movie Discussion Small Group will meet at 6:30 p.m. via Zoom on Monday, February 12<sup>th</sup>. The movie being discussed this month is *All the Light We Cannot See* which is a four-episode mini-series only on Netflix.

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



On February 8, 1852 *William Johnson Fox* retired from a twenty-eight-year Unitarian ministry at South Place Chapel, London, which had been built in response to his preaching reputation.



**GREEN LIVING CORNER  
*February Education Opportunities***

February brings great education opportunities for gardeners, conservationists, educators, and local food advocates.

1. Saturday, February 3<sup>rd</sup>, 8:30 a.m. to 4:00 p.m.  
**Iowa Conservation Education Coalition (ICEC) Winter Workshop**  
**“Climate Smart Agriculture:**

**Rethinking Iowa’s Land, Water, and Food Production”**

Tama Hall, Hawkeye Community College. \$60 for nonmembers, plus late fee after 1/20. Registration and conference schedule at <<https://iowae.org/winter-workshop-2024/>>.

Keynote by NRCS District Conservationist Shaffer Ridgeway. Sessions include info on prairie strips, aquaponics, local foods panels, nitrates in water.

2. Saturday, February 17<sup>th</sup>, 8:30 a.m. to 4:30 p.m.

**Linn County Winter Gardening Fair**

Kirkwood Linn County Regional Center, Hiawatha. \$59.00 until February 16<sup>th</sup>. Online registration at <<https://www.extension.iastate.edu/linn/winter-gardening-fair/>>.

Over 80 classes taught by Iowa experts and local Master Gardeners. Big event; excellent sessions on many topics.

3. Saturday, February 24<sup>th</sup>, 8:30 a.m. to 3:30 p.m.

**Buchanan County Annual Gardening Symposium.**

First Presbyterian Church, Independence. \$35 by February 14<sup>th</sup>. To register, contact Kara Vance at <[karav@iastate.edu](mailto:karav@iastate.edu)> or at (319) 334-7161.

Sessions on container gardening, houseplants, conserving water in the garden, wildflowers.

4. Saturday, February 24<sup>th</sup>, 9:45 a.m. to 5:15 p.m.

**Iowa Prairie Network Winter Seminar –  
“Prairies: Growing and Changing”**

Ames High School, Ames. Free and open to the public. Registration link at <<https://iowaprairienetwork.org/events>>.

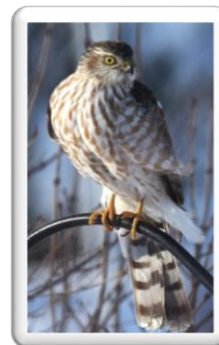
Sessions include: *Creating Habitat with Native Plants*, *Climate Change and Iowa’s Prairies*, and *Invasive Species and Their Allies*.

5. Tuesday, February 27<sup>th</sup> to Thursday the 29<sup>th</sup>, Online daily from 10:00 a.m. to 3:00 p.m.; \$60.

**Tallgrass Prairie Center, “Best Practices for Pollinators 2024.”**

To register, link to event at: <<https://tallgrassprairiecenter.org>>. Three days of master talks on ecologically sound practices including bee habitat, supporting native birds, the importance of forests for pollinators, and much more.

*Sally Browne* for Green Living



Two goshawk photos courtesy of member *Elaine Hughes*. Elaine has previously, on occasion, shared her wonderful photography with us for Green Living. Thanks, Elaine!



## 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: <<https://cedarvalleyuu.org/about-us/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), Debra Kyler, Nancie Groszkruger, and Pastor Emma Peterson.*



Le Christopher’s Southern Cuisine will be offered *every second Sunday of the month* at 12:00 p.m. at the Jubilee United Methodist Church, 1621 East 4<sup>th</sup> Street, Waterloo. This means the February meal will be Sunday, the 11<sup>th</sup> (weather permitting).

It just so happens that the 11<sup>th</sup> is **National Make a Friend Day!!** How fitting that we could enjoy a terrific meal and make new friends at the same time. Rev. Abraham Funchess has graciously and personally welcomed us to join them.

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



### CUUPS DRUM CIRCLE

As previously published, there will be a Drum Circle at the CVUU on Friday, February 2<sup>nd</sup> 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*.



### WhaleCoast Alaska - A More Authentic Travel Experience

For thirty years, WhaleCoast Alaska tours have been the **best** way to visit Alaska. WhaleCoast Alaska is a very popular travel experience with majestic scenery, wildlife, Native culture, glaciers, and UU homestays.



At the time of this writing, the *Alaska National Parks Tour* (June 15-25<sup>th</sup>) has just six spots remaining while the *All-Alaska Tour* (July 19-31<sup>st</sup>) is sold out. If interested, move quickly! Check out the details at: <<https://whalecoastak.org/>>. For questions, email Maya right away at: <[whalecoastak@gmail.com](mailto:whalecoastak@gmail.com)>.

### SOCIAL ACTION: BOOKS FOR CHILDREN

Do you have a friend or family member who lives in Black Hawk County, is under the age of five, and would enjoy a free book a month? You can sign them up for *Dolly Parton’s Imagination Library!*



Dolly Parton’s Imagination Library is a program dedicated to giving books to children for free. This inspires a love of reading from a young age. Go to <<https://imaginationlibrary.com/>> and register the child(ren) or share this information with their parent(s).

As of January 20<sup>th</sup>, 226,964,860 books have been gifted to 2,886,480 children around the world. Another idea closer to home—if you know someone who is the recipient of these books and they are overflowing in their household, keep our *Little Lending Library* in mind as a new home for the gently used books. **Happy Reading!**

## Soul Matters for February—Justice & Equity

It's a question we all wrestle with: How do you hold on to hope in a world so overrun with injustice and inequity? Paul Goodman, a writer and leftist activist in the 1960's, had a recipe for holding onto hope that our Soul Matters curriculum offers us as a leaping-off point for considering this month's theme of *Justice & Equity*. This is Goodman's suggestion: "Suppose you had the revolution you are talking and dreaming about. Suppose your side had won, and you had the kind of society that you wanted. How would you live, you personally, in that society? Start living that way now!" Join us in February, as we consider how we might further the causes of justice and equity in our society, and how we might live the values of justice and equity starting right now.

Adapted from the Soul Matters curriculum.



## CEDAR VALLEY INTERFAITH COUNCIL

On Sunday, February 4<sup>th</sup> from 2:00 – 4:00 p.m. at the Waterloo Center for the Arts in Waterloo, the Cedar Valley Interfaith Council will be presenting *Emotional Sanctuaries: How Faith Communities Can Promote Mental Health*. Admission is free and open to the public.

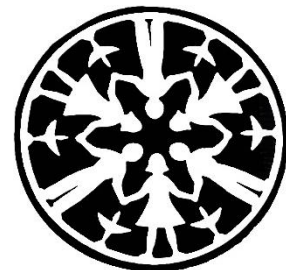
Keynote speaker will be Dr. Sharon Duclos of People's Health Clinic, Waterloo. Other presenters that afternoon will be Dr. Naomi McCormick, Retired Clinical Psychologist; Dr. Rodney Dieser, Licensed Mental Health Counselor and Professor at UNI; and (our own) **Rev. Emma Peterson**, Pastor at Cedar Valley Unitarian Universalists, Cedar Falls.

## CVUU BUILDING OUR COMMUNITY SOCIALS

*Building Our Community* is the theme for our Stewardship campaign for this year. Last year, we took a big leap and increased our goal by 21% in order to fairly compensate our minister and paid staff according to current UUA guidelines while continuing to take care of our building and fund our programming. The wonderful news is that we succeeded! This year, we are aiming for a modest 3% increase.

What better way to celebrate community than by gathering in small groups to share a meal and get to know one another better? We began a series of *Building Our Community* socials in January, and they continue through the first half of February. If you haven't already attended one of the January dates or signed up for a February one, it's not too late! Socials are scheduled for the following times in February:

- February 2<sup>nd</sup> – Friday, 5:30 p.m.; Supper in the CVUU Fellowship Hall
- February 4<sup>th</sup> – Sunday, 12:30 p.m.; Lunch in the CVUU Fellowship Hall
- February 6<sup>th</sup> – Tuesday, 7:00 a.m.; Coffee and Breakfast in the CVUU Fellowship Hall
- February 6<sup>th</sup> – Tuesday, 6:00 p.m.; on Zoom
- February 9<sup>th</sup> – Friday, 6:00 p.m.; Supper in the CVUU Fellowship Hall
- February 11<sup>th</sup> – Sunday, 12:30 p.m.; Lunch in the CVUU Fellowship Hall
- You can sign up at: <<https://bit.ly/3vsYPBr>> or by emailing or phoning *Karen Impola* or *Amanda Boody*.
- **Note:** If all of the socials are full by the time you read this article and you still want to attend one, email *Mandy* or *Karen* so that we can schedule another social or two if needed. We hope everyone at the CVUU will attend!



Stewardship packets are going out in early February. We will be emailing them to most people. If you normally get a paper copy of the newsletter in the mail, we will send your stewardship packet by mail as well. We will also have a few copies available in the Fellowship Hall. If you want to request that your stewardship packet be mailed to you, please call or email our Administrator, *Kat Beane Hanson*, <[office@cedarvalleyuu.org](mailto:office@cedarvalleyuu.org)> or 319-266-5640.

- Look for the packet in your mailbox, real or virtual!
- As you read your packet, consider how generous of a pledge you can make based on the information provided and your own personal budget. We hope that you'll be able to increase your pledge slightly over last year, but we understand that people's circumstances change. If you are a new member and haven't pledged before, pledge what you feel you can afford.
- **Note:** Remember that what you pledge now is the amount you'll contribute to the CVUU for our **2025** fiscal year, from July 1, 2024 to June 30, 2025. So, you don't need to send any money with your pledge. If you DO want to pay part of your pledge upfront, make sure to indicate on your payment that it's for FY25.

### Please submit your pledge by March 17<sup>th</sup> at the latest!

Choose ONE of these three options:

- Use the paper pledge form (provided in your mailed packet or available in the sanctuary) and mail or deliver it to the CVUU.
- Use the online pledge form available at <[www.cedarvalleyuu.org](http://www.cedarvalleyuu.org)>.
- Email *Bill Brown*, Finance Council, directly with your pledge. Include your name, the amount you'd like to pledge, and a note that it's for FY25.

We rely on pledges (and contributions) from members to keep the CVUU running, and we appreciate any amount you can give. Thank you so much for helping build and maintain our community here at the CVUU!

The 2024 Stewardship Team  
*Mandy Boody, Karen Impola, Michaela Rich*