



CEDAR VALLEY UNITARIAN UNIVERSALISTS

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ADDRESS SERVICE REQUESTED

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***** 2024 *****

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|--------|------------|--|--------------------------------|
| MAY 5 | 10:00 A.M. | <u>A GREAT CLOUD OF WITNESSES: THEMES FROM CVUU HISTORY</u> | |
| | 11:30 A.M. | <u>Adult Forum</u> (FY25 Budget Preview) | – <u>Al Hays, Lynn Brant</u> * |
| MAY 12 | 10:00 A.M. | <u>MOTHER'S DAY</u> – <u>Callie Amiday, Kathi Bower</u> * | |
| | 11:30 A.M. | <u>Adult Forum</u> | |
| MAY 19 | 10:00 A.M. | <u>FLOWER COMMUNION</u> – <u>Karen Impola, Mandy Boody</u> * | |
| | 11:15 A.M. | <u>Annual Congregational Meeting</u> (see the agenda inside) | |
| MAY 26 | 10:00 A.M. | <u>SERVICE AND MUSIC BY PETER MAYER</u> – <u>Peter Mayer, Dick Warhol</u> * | |
| | 11:30 A.M. | <u>Adult Forum</u> | |

* ~ denotes *Worship Associate*



*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

As has been publicized for months, *Pastor Emma* will be on Sabbatical from May 1st through July 31st. We will welcome her words in this space when she returns and wish her well during her three months away.



FY24 PLEDGE REMINDER

We want to thank each of you for your contribution to the CVUU for the current fiscal year (July 1, 2023 to June 30, 2024). If you have not yet contributed the amount that you pledged for FY24, we encourage you to complete your donation to the CVUU prior to June 30, 2024.



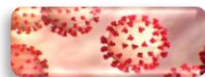
Thank you so much for your continuing support of the CVUU, a sacred community to so many of us. A community of memory and hope, for we are now the keepers of the dream.

The Finance Council



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> and the Vice President, *Karen Impola* at <vp@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!

May 19th is our CVUU Annual Meeting, and I want to invite you to attend! Held at 11:15 a.m. following our regular Sunday service, this is typically the only time each year we gather together to do business. It's important work: we'll approve our budget for the next year, vote on new officers and Board members, and unveil this year's 'CVUU Unsung Hero' recipient. During the May 19th Sunday service, we'll also be recognizing our newest CVUU members. This is shaping up to be a very special Sunday, so make plans now to attend both the regular Sunday service and the Annual Meeting!

May 1st marks the beginning of *Pastor Emma's* three-month sabbatical. At the time of this writing in mid-April, we plan to hold a brief *Sabbatical Send-Off Blessing* for her at the end of our April 28th Sunday service, and we hope she has a wonderful sabbatical experience! The CVUU Sabbatical Team is coordinating the covering of ministerial services during *Pastor Emma's* absence and has planned for various contingencies. Elsewhere in this newsletter you'll see a detailed listing of contact persons in case you have a specific need. We are prepared, we are ready, now let's have some fun and make this sabbatical time a positive experience for ALL of us!

You've probably noticed during the past year we've had numerous task forces and committees working on specific tasks: the Building Security Task Force, the Accessibility Task Force, the Ad Hoc Committee on Supervision of Children & Youth. And over the previous twelve months or so, your Board has also approved a Memorial Policy, an updated Endowment Fund policy, and soon hopes to adopt a Disruptive Behavior policy.

You may be wondering: isn't this a lot of bureaucracy for a small congregation? Isn't this overkill? Do we really need a 'policy' for everything? Sometimes I wonder too. But then I realize that the benefits from consistent policy guidance far outweigh the downsides.

Any experienced church consultant can tell you two things which tear congregations apart: personal conflicts and the development of cliques within congregations. One of our goals is to treat all members equally; but this can be hard to do in a small congregation, where it's natural to be closer friends with some members than others. If conflict or difficult situations occur, it's so important for leaders to be able to rely on an existing policy, rather than treat each situation individually, or 'personally'. Policies remove personal biases from the equation and assure a level playing field for all—whether it involves handling a memorial or endowment fund donation, the supervision of children, or conflicts which may arise.

The CVUU is not stagnant; we're a constantly evolving, shape-shifting body. It's extremely helpful to have stable policies in place which assure equitable treatment of all members, in as many different situations as possible. It's also important to note our policies don't emerge in a vacuum—they're usually created in response to an identified need. And even though major policies must be approved by the Board in order to be implemented, their content is created by lay members.

So, a hearty thanks to all of you who go the extra mile by serving on committees and task forces, which keep the CVUU humming along!

Until next month. . .

Dennis Harbaugh
CVUU Board President

On May 23, 1960, Unitarians and Universalists voted to consolidate, which led to the formation of the *Unitarian Universalist Association*.



MAY SERVICES

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

May 5th

A Great Cloud of Witnesses: Themes from CVUU History

~~ Al Hays, Lynn Brant (WA)

Dorothy Grant, a founding member of the Unitarian Fellowship in 1950, was also a great record keeper and historian for the group. In 1994, she published a history of the group, going back to the founding of the Universalist Church in Waterloo in the 1860s. *Al Hays* has undertaken to update that history, starting with 1990 and going up to the present. His sermon will discuss some major themes that have emerged from this history. There will also be an opportunity for others to share memories from this thirty-four-year period.

May 12th

Mother's Day ~~ Callie Amiday, Kathi Bower (WA)

May 19th

Flower Communion ~~ Karen Impola, Mandy Boody (WA)

Please bring a flower to share as we celebrate this century-old Unitarian tradition.

May 26th

Service and Music by Peter Mayer

~~ Peter Mayer, Dick Warhol (WA)

See the related article with details elsewhere in this newsletter.



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.



BELTANE RITUAL

The Pagan group will be holding a *Beltane Ritual* at the church on Monday, May 6th at 6:30 p.m. If you would like more information contact *Pam* or *Al Hays*.

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.

May 5th

CVUU Budget Preview

An overview of the proposed budget for the FY25 fiscal/program year (July 1, 2024 - June 30, 2025) will be held second hour today.

May 12th

The Cedar Valley Victim Resource Coalition

This group advocates for victims of domestic violence, sexual abuse, and other crimes. This is an opportunity for UUs to learn about their important work. Desiree Holmes will give the presentation.

May 19th (Note: 11:15 a.m.)

Annual Congregational Meeting

Everyone is encouraged to attend this annual meeting. See related articles in this newsletter as well as the meeting's agenda.

May 26th

Iowans for Health Liberty

This organization works to preserve the autonomy of women to make their own health care decisions, including abortion where necessary. Dr. Emily Boevers, an activist OB-GYN specialist, will give the presentation.

Al and Pam Hays for Adult RE



CHILDREN'S RE!!

The Easter Egg hunt was an enormous success, and I am so grateful for everyone's help! All of the kids had a great time (or so it seemed!) and made off like bandits with hordes of candy and toys. Thank you to everyone who donated candy, eggs, time, and energy to help me pull off this important event.

This summer, we are looking at holding special Saturday events once per month. This is still in the formation stage, so if you have any ideas, skills, or talents for what would make for a good time, please don't hesitate to reach out to me; I am very open to your ideas.

Last month we did the "keep the balloon in the air as a group" game/activity suggested by *Soul Matters*, and we learned a lot from it! How to blow up and tie balloons, how to help each other, and how we are all interdependent on one another. As I like to say, "We carry each other."

May's theme is *Pluralism*. There's an activity to put on a puppet show titled *Hide and Seek with God* which looks fascinating and fun, as well as a craft to make, "thank you for nurturing me" cards, which I will absolutely take advantage of if at all possible.

The ad hoc committee to develop a childcare policy continues with vigor!

As always, we want RE at the CVUU to be a warm, nurturing, friendly place for your children.

DCRE-ly yours, *Kate*



BOARD BRIEFS

On April 11th your CVUU Board held its regular monthly meeting. A few highlights:

- ✦ Received final results from this spring's successful Stewardship Campaign.
- ✦ Reviewed and endorsed a proposed FY 2025 CVUU budget, which members will vote on at the May 19th Annual Meeting.
- ✦ Discussed and approved an action plan recommended by the Building Security Task Force, which will enhance staff safety and improve building security.
- ✦ Approved the CVUU Annual Meeting agenda.
- ✦ Learned about the annual ministerial/congregational review which is currently being conducted by the president, *Pastor Emma*, and the Shared Ministry and Religious Services Councils.
- ✦ Approved a 3% increase in salary and housing allowance for Pastor Emma in FY 2025 (pending approval of the FY 2025 budget at the Annual Meeting).
- ✦ Received an update on the Sabbatical Planning Team's work related to Pastor Emma's sabbatical beginning May 1st.
- ✦ Discussed potential CVUU delegates for the national UU General Assembly this summer.

Dennis Harbaugh



May is such a busy month with graduations and open houses to celebrate those academic accomplishments. The wedding season picks up, and travel plans for many for the summer are solidified. The CVUU is still here for you during all that so we hope to see you often even while your calendar may take you away for short periods of time. Happy May!

The Caring Connections Committee is now using a new name—the *Caring Connections Team*. They are members like most of us and, all year round, unselfishly provide volunteer time on behalf of the congregation.

We have a number of members who are dealing with various types of health issues. We wish each of them a speedy recovery to good health. To those who have experienced the loss of a relative or dear friend, we send our deepest sympathy.

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



Soul Matters for May—Pluralism

As we begin to think about Pluralism, our Soul Matters theme for May, I'm going to do something I never do. I am going to refer you, Dear Reader, to a TikTok. I know; just trust me. <<https://www.tiktok.com/@revjo.uu/video/715748043063417579>>

Kat Beane Hanson, Office Administrator

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.

March's charity was for the *1619 Freedom School* right here in Waterloo. A truly worthwhile cause, this congregation's donations totaled \$319.

In April our Social Action charity was for *Planned Parenthood of the North Central States* and we'll have that total for you next month.



Our May charity is the *Northeast Iowa Food Bank*. Recently there has been a CVUU volunteer effort to help at the Food Bank on the last Saturday of the month at 1:00 p.m., so now we have two ways to assist them!

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

The Social Action Committee

Newsletter

MAY DEADLINES

FOR THE CALENDAR AND NUUSLETTER

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

REMINDER to Committees and Contributors: submissions for the next issue will be covering two months of information. Please plan ahead accordingly in your May committee meetings for the June-July newsletter. Thank you.

Gerry Chamberlin, Editor
newsletter@cedarvalleyuu.org



CARING CONNECTIONS TEAM

The members of our Caring Connections Team 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 **May** is *Linda Lechty*.



The great American author and Transcendentalist *Nathaniel Hawthorne* died at age fifty-nine on May 19, 1864.



Thanks to the Building & Grounds members—*Bill* especially!—for the new *WELCOME* sign that replaces the damaged/broken one at the entrance of the building. We appreciate his attention to detail in keeping our building in good repair!



The Church Mouse



2024 CVUU ANNUAL MEETING AGENDA

May 19th – 11:15 a.m.

The Annual Meeting will be held following the regular Sunday service, in the sanctuary at the CVUU building. An online attendance option through the Zoom platform will be available.

Call to Order

- * Approval of Agenda.
- * Approval of Minutes from May 21, 2023 Annual Meeting.
- * Election
 - 2024-25 Board
 - 2024-25 Nominating Committee
- * 2024-25 Budget (FY 2025: July 1, 2024 – June 30, 2025).

Selection of Beneficiaries to Receive Monthly Social Action Collections.

President's Report.

CVUU Unsung Hero Award.

Acknowledgements/Thank Yous.

Passing of the Gavel.

[Note: * = Action item.]



MOWING AT THE CVUU

It's that time of year again when the grass around our building will need regular attention. "Regular" will depend on what kind of weather we have in the coming months. There is a small group of volunteers who sign up to mow each year but to lessen the load on those members, we could use more of you!



If you could spare some time to help with this task, please contact me and I will give you the "CVUU Mowing Particulars" to get you started. We appreciate any and all help that comes our way during this mowing season.

Roger Hahn
for the Building & Grounds Council



VOTING FOR SOCIAL ACTION COLLECTIONS BEGINS IN MAY

Following the nomination process in April, a ballot has been prepared and congregation members can vote for eight charities to receive one of our monthly Social Action Collections during the 2024-25 year.

Voting will start the week of May 19th and take place via a Survey Monkey form prepared by *Kat*. She will place a link in the Weekly Update for that week, allowing access to this ballot. Paper ballots can be obtained by contacting me.



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

Thank you to everyone who donates and/or takes the time to participate in nominating and voting! These donations increase public awareness of our faith community and its values.

Sally Browne
for the Social Action Committee



SOME OBSERVANCES FOR THE MONTH OF MAY INCLUDE:

- National **Stroke Awareness** month
- National **Photo** month National **Smile** month
- National **Chamber Music** month National **Foster Care** month
- National **Mental Health** month National **Strawberry** month
- National **Military Appreciation** month
- National **Electrical Safety** month



FOOD SAFETY GUIDELINE

We are asking everyone to *stop* using the sink in the kitchen as a handwashing sink. The lower-level bathroom sink is to be used for that purpose. While you may use your kitchen sink for washing your hands at home, in a food service operation such as our church kitchen, we should have a designated sink for washing our hands prior to working with food. Washing your hands in the kitchen sink creates the potential for cross contamination and the spreading of a food born illness. Signs will be posted as a reminder.



Mary Kay Madsen



HOW LONG DOES CURRENCY LAST?

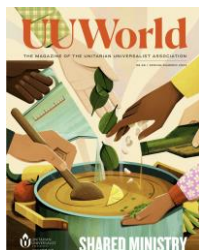
According to the U.S. Bureau of Engraving and Printing, coins stay in circulation for about 25 years whereas bills wear out at different times:

- \$1 bill – 6.6 years
- \$10 bill – 5.3 years
- \$50 bill – 12.2 years
- \$5 bill – 4.7 years
- \$20 bill – 7.8 years
- \$100 bill – 22.9 years.

The *Unitarian Church of the Larger Fellowship* was formed on May 24, 1944 to serve Unitarians who were not located near a Unitarian church. The American Unitarian Association provided it with sermons, literature, newsletter, and devotional material. This continued a ministry that had been carried out for many years by the so-called Post Office mission.



When you become a member of the CVUU, twice a year you will receive the UUA's publication called *UU World*. The most recent issue—the Spring/Summer issue—is filled with articles that you should peruse. With so much going on this time of year it's easy to let this magazine fall to the bottom of the stack of mail (with good intentions to get back to it, of course!).



Articles in this issue worth your time are:

- *Editor's message, page 2, *Bringing Out the Best in One Another*;
- *Suggested books to read, pages 6 and 7;
- **Lifesaving Connections*, page 8 / *Q&A*, page 12;
- **Creating a Circle of Care*, page 14;
- **Shared Ministry Helps UU Communities Thrive*, page 26;
- **Lay Leadership*, pages 28 and 30;
- **Wanted: Banned Books*, page 33;
- **Together in Spirit* (this is about GA), page 42;
- **Worthy Now* connects incarcerated UUs w/spiritual community, page 46; and there is so much more.

This issue's colorful cover, as seen in the image above, is described by the illustrator who, "imagines the shared ministry of Unitarian Universalists as a freshly prepared soup, made with many ingredients and through the loving coordination of multiple hands. Together, they are creating something meant to share—and to nourish."

So, take a break from the busy-ness of the day; your favorite reading chair is waiting for you!



Death Doulas: Your Guides and Companions for Your End-of-Life Journey

Thursday, May 2nd from 5:00 - 6:00 p.m. CDT, via Zoom

Learn about the role death doulas play in helping people prepare and plan for end-of-life choices and care. Two Iowa death doulas will share how they assist patients and their loved ones prepare for death, including planning for the death process, vigil sitting in the final days and hours, and creating their legacy after death.

To find out more about this organization or to register, go to: <https://join.compassionandchoices.org/p/bnwLJ7DHe0u0WOHC8jjzkA2>.

GENERAL ASSEMBLY 2024 *LOVE UNITES, STORIES IGNITE*

General Assembly is the annual gathering of Unitarian Universalists, where attendees conduct business of the Association, explore the theological underpinnings of our faith, and lean fully into our mission and principles. The 63rd General Assembly will take place *virtually* Thursday, June 20th through Sunday, June 23rd.

This will be an especially significant GA because a final vote on Article II changes—which embrace and outline a series of 'values' to guide UUs into the future—will be taken. (Note that this GA will be online only, with no in-person attendance.)



For more information, visit the UUA's General Assembly webpage where you can also find *registration* details which are available now: <https://www.uua.org/ga/registration>. The *CVUU is allotted three delegates* who will be eligible to vote at the national GA. General registration is open to everyone, of course, but if you'd like to be an official CVUU delegate at this summer's General Assembly, please contact *Dennis Harbaugh*.



BAYSIDE UU FAMILY CAMP

Looking for a great summer experience? Join us at Bayside UU Family Camp held at Lutherdale Camp on the shores of Lauderdale Lakes in Elkhorn, WI. This year, the camp will take place from Sunday, June 30th to Saturday, July 6th. This special week includes adult workshops, activities for children, free time for family fun and relaxation, and intergenerational activities.

The website at <https://baysideuu.wixsite.com/baysideuu> covers much information, and has answers to potential questions, but if you need to contact them, the email is baysideuu@gmail.com.



Margaret Fuller was born on May 23, 1810 in Cambridge, Massachusetts. She was a woman of singular genius and a teacher of extraordinary gifts and influence. She established a reputation as a great personality and developed conversation as a teaching tool for young women. She was a strong feminist who criticized several cultures for denying the full participation of women in political, professional, and educational fields. Fuller wrote her pioneering feminist tract, *Women in the Nineteenth Century*, in 1845. She was a friend of Ralph Waldo Emerson and George Ripley; contributed poetry and reviews to, and edited, the Transcendentalist journal, *The Dial*; and became a literary critic for the New York Tribune, edited by Horace Greeley. She crusaded for social causes and scandalized much of anti-Catholic New England, including many Unitarians, by marrying and having a son with Catholic Giovanni Ossoli while she was working with the Italian revolutionary Giuseppe Mazzini. Fuller and her family were killed on July 19, 1850, in a shipwreck on their way to resettle in the United States.

CONGREGATIONAL LIFE

I love spring! There's so much to look forward to—however, weirdly, I always feel some angst about what I didn't get done over the winter that now must go 'on hold' until the weather grows chilly again in the fall.

We at the CVUU also transition and have many things to look forward to as summer approaches. . .



Our First Friday intergenerational potlucks will continue in May and throughout the summer (except in July) with 'a twist', and we could use some help with each of them. This would include publicizing the event in our emails called the Weekly Update, helping arrange the food when it arrives, and clean-up afterward—pretty minimal effort, really. Please let *Heather Flory* or me know if you're willing to help take the lead at one of these fun events.

Another special event to look forward to in May is the introduction of new CVUU members from the past year. We will welcome and honor them during the **regular Sunday service on May 19th**. (If you're a new member, make sure you have this on your calendar!) This includes a mutual covenant between us and our new members that reinforces our commitment to a relationship of growth, and willingness to work together for the good of our Beloved Community. Please plan to be a part of this covenanting opportunity!

One other evolving process with our Congregational Life team is a new role called "A Connector". These are regular CVUU attendees who are willing to help visitors find their way and learn the ropes at our church, and help newcomers have a better early experience when they first arrive at the CVUU. We are so grateful for *Rosa Torres*, *Mollie Wallsteadt*, and *Rita Waggoner* for helping develop this idea. If you'd like to learn more about how you can be "A Connector" too, let me know.

We're also beginning to organize summer events, such as Pridefest. This is always one of the most exciting volunteer opportunities of the year! Planning has already begun and if you're interested in helping at Pridefest, let *Austin Evens* know.

So, *Happy May* to each of you. We look forward to enjoying all that's ahead over the next few months of warmth with our CVUU community!

Juanita Williams
for the Congregational Life Team

Meet Our New Member~ Jane Allen

I have a son, Rich, who lives in Ames with his lovely girlfriend, Jessie, and I have a daughter, Katy, in Tucson, whose son, Connor, is in the Army near Seattle. There are many sisters—both of blood and of choice scattered around the country. Our family motto is "Have Fun!"

Until just prior to the pandemic, I was an RN, mostly working with inpatient post-operative people. I enjoy creating—gardens, stained glass, clothing, cozy living spaces, food, and social occasions, to name a few.



For a long time, I've wanted a place, a community or group, where people could talk about spiritual matters. The UU is a welcoming, but not overwhelming, community.

Ideas have a short shelf life. You must act on them before the expiration date."

~~ *John C. Maxwell*



LABYRINTH NEWS

World Labyrinth Day ~ May 4th

On the first Saturday of May at 1:00 p.m. local time, people from all around the globe will be walking labyrinths for world peace. World Labyrinth Day began in 2009 and is sponsored by The Labyrinth Society and Veriditas. It has evolved into a day that is intended to create a global wave of peace passing from one time zone to the next all around the world. Walking the labyrinth is an opportunity to experience mindful meditation by walking a single circuitous path to the center and then back out again. The intention for World Labyrinth Day is to create and send energy around the globe for peace and harmony.

Due to recent health issues, *Floralyn* will not be able to lead a labyrinth walk at the CVUU as previously planned. Instead, she would like to encourage everyone to walk on their own or with family and friends, at 1:00 p.m. or whatever time works that day, at any of our local labyrinths:

Community of Christ, 4616 Cedar Heights Dr.,
Cedar Falls, Iowa 50613

St. Luke's Episcopal Church, 2410 Melrose Dr.,
Cedar Falls, Iowa 50613

Nazareth Lutheran Church, 7401 University Ave.,
Cedar Falls, IA 50613

Cedar Valley Arboretum & Botanic Gardens, 1927 E. Orange Rd.,
Waterloo, IA 50701

If you would like to learn more about labyrinths, check out The Labyrinth Society website <<https://labyrinthociety.org>>, or contact *Floralyn*.

Namaste,
Heather Flory, Floralyn Groff



ACCESSIBILITY PLUS: A FUTURE FOR ALL

At a recent Special Board Meeting, the Accessibility Task Force presented its recommendation for adding an elevator to our building, which will provide access to all floors of the building for those who are disabled. The proposal also envisions related changes that will carry us forward for many years to come. These include an expanded kitchen and improved serving arrangement, more professional office space for our staff, disabled-accessible bathrooms on our upper two levels, greatly expanded Fellowship Hall space, and a new room dedicated to support our music program.

After reviewing the proposal, the Board unanimously endorsed the plan! Therefore, we will be moving ahead with the next step, which is sharing the project with everyone, and getting input to further improve the details. So, [watch for more information coming soon!](#)

Steve Chamberlin, Task Force Chair

The *First American Congress of Liberal Religious Societies* met on May 22, 1894 at Sinai Temple, Chicago, representing Unitarian, Universalist, Reform Jewish, Ethical Culture, and liberal independent congregations. It was controversial because it omitted references to Christianity and God in its statement of purpose.



Le Christopher's Southern Cuisine is offered most second Sundays of each month at 12:00 p.m. at the Jubilee United Methodist Church, 1621 East 4th Street, Waterloo. In May the second Sunday is the 12th, Mother's Day, so to let their mothers rest, they will not serve a meal. Plan for June when it will be offered again. The Rev. Abraham Funchess has graciously and personally welcomed us to join them and is appreciative of our support.

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



Support for the CVUU's *Little Food Pantry* and *Little Lending Library* is ongoing throughout the year. Our neighbors, and the children getting off the bus coming home from school, can use nourishment for minds and bodies no matter if the weather is chilly, rainy, or sunny! The CVUU LFP is one of the Social Action charities we support once a year. If you have questions regarding this ongoing activity, contact me.

Thanks for helping us to help others. *Priscilla Nieman*
for the CVUU's LFP and LLL



This lovely photo of Bloodroot was taken by member *Elaine Hughes*.

ADMIN UPDATE

Wartburg's semester ends earlier than many institutions—by the time you read this, my academic year will be over. For me, personally, it cannot come at a better time. I don't know if any of you are experiencing this, but ever since the 2020 year, some things just feel a little bit more difficult or take a little bit more energy than they used to. It's a continual lesson in showing up for myself with equal verve to the way I show up for my students, for the CVUU, and for my relationships. To that end, I am looking forward to my annual May trip to visit my family living in Washington state. I will be out of town May 3-13, and the CVUU office will be closed on my normal working days of May 8-9.

Thanks in advance to those volunteers who make my time away possible.

Kat Beane Hanson,
Office Administrator



PETER MAYER IN CONCERT AT THE CVUU

Saturday, May 25th at 7:00 p.m.

Minnesotan *Peter Mayer* writes songs for a small planet—songs about interconnectedness and the human journey—songs about life on earth and the mysterious and wondrous fact of our existence. He also writes about smaller topics like spending the day in your pajamas and how to make pickles. His song *Blue Boat Home* is in the UU hymnal, and you've probably heard other songs of his sung during CVUU services.

Peter Mayer will be in concert right here at the CVUU on Saturday, May 25th at 7:00 p.m. Tickets are \$50 in advance for a reserved seat, or by freewill donation at the door for an unreserved seat (suggested donation \$15-25, but no one will be turned away). Proceeds will go to the Accessibility Fund, aimed at making our building more accessible to people with disabilities. You can reserve a seat in all the ways you usually donate to CVUU: use the *Tithe.ly* app and select the "Peter Mayer" option; write a check with "Peter Mayer" in the memo line and mail it or drop it in the collection box; or even put cash in the collection box provided that it's in an envelope with your name and a note saying it's for the Peter Mayer concert. For more information, call the CVUU office at 319-266-5640 or contact *Karen Impola*.



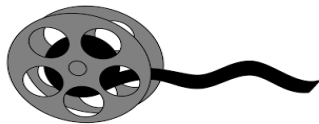
CVUU BUDGET PREVIEW

Join the Finance Council on Sunday, May 5th, Second Hour. We will review the proposed budget for the FY25 fiscal/program year (July 1, 2024 - June 30, 2025) that will be presented for congregational vote and approval at the May 19th Annual Meeting. Come to this Second Hour opportunity to see if the proposed budget for next year makes "cents" to you.

Mike Knapp, Finance Council



On May 27, 1819, *Julia Ward Howe* was born in New York City. In 1843 she married Samuel Gridley Howe and moved to Boston. A poet and lecturer and the first President of the New England Woman Suffrage Association, Howe became famous for writing the poem "Battle Hymn of the Republic", which was set to the tune for "John Brown's Body" and became the theme song of the Union Army during the Civil War. The Howes were members of the Church of the Disciples (Unitarian) in Boston and often preached there.



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will meet at 6:30 p.m. via Zoom on Monday, May 13th. This month's movie is *Uncle Frank* (2020). It's available with a Prime video subscription, or on Freetv (for free but with ads). It is not at the libraries.

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



CRONING CEREMONY

Everyone is invited to *Floralyn Groff's* Croning Ceremony, to be held Friday, June 7th at 4:00 p.m. at the CVUU. All sexes, genders, and ages are welcome to attend.

What is a Crone? It is not an old hag, as pictured in old folktales. Two thousand years ago, very old women were particularly important members of communities. They were leaders, counselors, and healers. They were the fulfillment of female experience and wisdom. As women aged, they used their experiences and memories to benefit the community, and Crones were revered and appreciated.

In recent years, some women have been reclaiming the name and status of Crone and commemorating this valuable stage of female development. Who decides who is a Crone? The woman herself. Usually, they have gone through the Maiden and Mother stages and have completed menopause, but a woman can declare herself a crone at any age.

What is a Croning Ceremony? It is simply a gathering of people who wish to commemorate the occasion of a woman claiming her Crone status. It can include readings, music, and sharing.

Floralyn has chosen her 77th birthday to have her ceremony (she was born on **June 7, 1947**), which will include a seven-circuit labyrinth experience for those who wish to walk it. Any woman who wishes to claim her Crone status is welcome to do so during the June 7th Croning Ceremony. *Marilyn Delange* will be claiming Crone status at this ritual. Contact Floralyn by text or e-mail if you wish to do so.



We have a new neighbor! On the south side of the building near the east Fellowship Hall window, there is a duck's nest. The area outside has been marked off to give them some privacy; inside, the shade is being kept closed at that end of the Fellowship Hall until the ducklings hatch and are safely on their way in the world. We appreciate everyone's help in protecting this family.



The Church Mouse



CARING CONNECTIONS TEAM NEWS

We have a new name, the *Caring Connections Team*! The name better reflects our mission and purpose and how we can best accomplish what we do for the congregation.

We are interested in having a database of folks in the CVUU to help their fellow congregants. You can sign up for various tasks that you feel up to doing. The variety of tasks can be found at the following link: <<http://bit.ly/CVUUconnect>>. You may also find the list in paper form in the Fellowship Hall. After filling it out, give it to *Kat*, or leave it in the "inbox" that is beside the forms.

The Caring Connections Team would appreciate your help, but if you can't for whatever reason, you will certainly be cared for if you are in need in the future. If you have questions, contact me. On behalf of the Team, thank you very much.

Nancie Groszkruger for the CVUU Caring Connections Team



William Henry Channing was born on May 25, 1810 in Boston, Massachusetts. His father died when he was an infant, and responsibility for his education was assumed by his uncle, *William Ellery Channing* (1780-1842), the pre-eminent Unitarian theologian of the early nineteenth century. An eloquent preacher, William Henry was called to First Unitarian Church in Cincinnati in 1839 and served as a minister there until 1841. He also edited the Unitarian and Transcendentalist journal, *The Western Messenger*, and devoted years to writing the memoir of his uncle. Channing worked as a reformer for abolition, peace, temperance, and women's rights. In 1854 he succeeded James Martineau as minister in Liverpool, England, a position in which he found a great deal of satisfaction. Channing returned to the United States to become minister of All Souls in Washington and chaplain of the U.S. House of Representatives. After the civil war, he settled in England for the remainder of his life. He died on December 23, 1884.



FIRST FRIDAY DINNER: MAY 3rd

The next CVUU First Friday dinner is scheduled for Friday, May 3rd, from 5:30 – 7:00 p.m. in the Fellowship Hall. This will again be a family-friendly beloved community potluck dinner; see below for details. We hope everyone will join us and bring their family and friends. Everyone is welcome!

What is “First Friday”? Here’s how this will work in May.

- **The meal:** Since this is a potluck dinner, we ask everyone to bring some food to share if you can, even if it’s just a loaf of bread, a bag of chips, or something else that’s quick and easy. Since this is a **beloved community** dinner, we hope you’ll come even if you can’t bring anything to share.



- **The drink:** Water is available, or feel free to bring your own preferred beverage.

- **The fun & games:** After eating, people are invited to play games or socialize, hopefully with someone you haven’t had a chance to connect with yet. If you want to play games, please bring your favorite game (for children and/or adults). If the weather is warm enough to play outside, feel free to bring yard games.

- **Bonus activity:** On May 3rd, there is also a family-friendly drum circle in the Sanctuary at 6:30 p.m. All are welcome to join the drum circle (with or without your own drum) or stay in the Fellowship Hall and enjoy friendly drumming sounds while playing games or helping clean up after dinner.

- **The cleanup:** To make cleanup easier going forward, we would like to ask people to bring their own dishes if possible (and take them home to clean up there). For those who don’t bring their own dishes, paper plates will be provided. We will still need help with cleanup, but we hope it will be minimal work: handwashing serving spoons, wiping off tables, putting tables and chairs back in place for Sunday, and vacuuming.

- **The schedule:** We hope to continue first Fridays in the Fellowship Hall at 5:30 p.m. as long as we find help each time. Here’s the tentative schedule for the next few months:

- Friday, May 3rd—Potluck Dinner at 5:30 p.m., Drum Circle at 6:30 p.m. (or games).
- Friday, June 7th—Potluck Dinner at 5:30 p.m., followed by a labyrinth walk on your own (indoor) and/or games (indoor/outdoor).
- Friday, July 5th—No First Friday Dinner this month (we suspect many people will be traveling).
- Friday, August 2nd—Potluck Dinner at 5:30 p.m., Drum Circle at 6:30 p.m. (or indoor/outdoor games).

These dinners will continue as long as people are willing to help, so if you would like to help set up or clean up, please contact *Heather Flory*. We look forward to seeing everyone at the CVUU for these fun-filled social opportunities!

This article was written by Heather Flory on behalf of the Engagement Committee: Heather Flory and Juanita Williams (co-chairs), Rita Waggoner, Mollie Wallsteadt, Rosa Torres, and Michael Jamosky.



GREEN LIVING CORNER

*Environmental Damage
from the 2024 Iowa Legislative Session*

The final days of the session unfolded, revealing policies that will have serious effects on Iowa land, water, and quality of life.

- SF2370 passed both houses. This legislation is part of Governor Reynolds’ effort to reduce the “burden” of rules and regulations across all state agencies. To encourage private sector development, all regulations must be justified with a cost-benefit analysis. One section of this law will have the effect of permanently prohibiting the Iowa DNR from further strengthening rules to oversee factory farms and confinement facilities (CAFOs) for the protection of water quality and public health. A Food & Water Watch analysis of USDA data published on February 14, 2024, found that Iowa’s factory farms produce at least 108 billion pounds of manure every year, all without the oversight necessary to prevent contamination of surface and ground waters.

- Since 1906, Iowa law has given a property tax exemption statewide for owners of forest and fruit tree reservations of at least two acres. HF 2672, already passed by the House and recommended for passage in the Senate Ways and Means Committee at the time of this writing, would let county supervisors of each county decide whether or not to allow the exemption, and an amendment would provide that each acre of forest and fruit-tree reservation that is exempt would be subject to a fee. A farmer from Chickasaw County, quoted on IPR on April 10th, said the tax exemption allowed him to “take sensitive land out of production to plant trees. The bill would penalize farmers who are doing the right thing for the environment.”

- SF455 failed in the House floor in week ten of the session, but House Republicans filed a “Motion to Reconsider” and passed it the following week, followed quickly by the Senate. The bill prohibits cities and counties from imposing stricter stormwater and topsoil regulations than outlined by the Iowa DNR (IEC Legislative News Bulletin, April 15th). So, at a construction site, stormwater runoff regulations cannot be enforced that are more restrictive than the existing flow rate.

Sally Browne for Green Living



CUUPS DRUM CIRCLE

There will be a Drum Circle at the CVUU in the sanctuary on Friday, May 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*.

IMPORTANT INFORMATION ABOUT PASTOR EMMA'S SABBATICAL

The CVUU Sabbatical Planning Team has been working to make sure *Pastor Emma's* upcoming sabbatical time is as smooth and productive as possible—for both her and the congregation. Pastor Emma's sabbatical will be from May 1 – July 31, and the Sabbatical Team has wrapped up the **Planning Phase** of their work, which has involved planning for Pastor Emma's absence, covering ministerial services, assigning responsibilities, preparing for various situations which may occur, and sharing relevant information with the congregation.

Below are some initial 'rules of the road' we all need to follow beginning May 1st, along with contact information to refer to during the sabbatical.

- Congregation members are not to contact Pastor Emma directly during the sabbatical.
- If you or a CVUU member needs pastoral care or a visitation, contact the Caring Connections Team contact person, which rotates each month and is publicized each week in the CVUU Weekly Update and the monthly newsletter.
- If you have ideas, questions, or concerns about anything related to Sunday services, contact *Karen Impola* (Religious Services Council representative on the Sabbatical Team).
- If you have questions or concerns about anything related to the CVUU building, contact either *Roger Hahn* or *Bill Brown* (Building & Grounds Council).
- In case of a personal conflict or the need for conflict resolution within the CVUU, contact *Heather Flory* (Chairperson of the Shared Ministry Council).
- Inquiries about funerals or weddings should be directed to either *Heather Flory*, *President Dennis Harbaugh* (May/June), or *President Carolyn Hildebrandt* (nominated – July).
- If a pressing need arises which doesn't fall into the one of the categories above, or in case of emergency (member death, fire, etc.), contact President Dennis Harbaugh (May/June), or President Carolyn Hildebrandt (nominated – July). If the president is not available, contact Vice-President Karen Impola.



Beginning May 1st, we all move into the **Execution Phase** together. With Pastor Emma absent, our emphasis during the past year on improving internal communication will be put to the test! In some ways she serves as the 'communication glue' of our congregation by sharing her knowledge among the various Councils about what the other Councils are doing. During this sabbatical time, we encourage Council chairpersons to be especially aware of how any of their decisions may impact other Councils—excellent communication between Councils is critical! If in doubt, reach out, make contact, and inform others.

Due to our existing, strong 'shared ministry' structure, we don't anticipate major glitches during the sabbatical. Most of our established communication processes (Weekly Updates via email, newsletters, calendar information), as well as Board, Council, committee and task force meetings, will continue as scheduled.

The Sabbatical Team will continue to meet monthly during the sabbatical, to make sure things are running smoothly, check in with staff, and to 'react & respond' quickly to unanticipated events if necessary. In addition to the contact information listed above, there are many additional internal protocols which have been established. There's no need for most of these measures to be widely publicized, but rest assured they are in place.

If you have any questions or concerns about the upcoming sabbatical, don't hesitate to contact one of your Sabbatical Team members. We're on track to have an excellent sabbatical experience. . .let's make the most of it!

Dennis Harbaugh, Heather Flory (Shared Ministry), *Carolyn Hildebrandt, Karen Impola* (Religious Services), *Mike Knapp* (Personnel), *Betsy Brant* (Caring Connection Team)

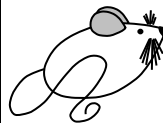
Elizabeth Blackwell, a Unitarian and the first woman doctor in the United States, died at age eighty-nine on May 31, 1910.



Online shopping is easy at the UU Book and Gift Shop called *inSpirit*. Browse for items such as adult and children's books for your spring reading, clothing including *Side with Love* T-shirts, ball caps, and sweatshirts (also mugs, decals, totes, rally signs and bumper stickers with that logo), jewelry, and so much more at: <https://www.uuabookstore.org/>.



Thanks to the hard-working CVUU Pollinator Garden crew who have been busy lately cleaning up the garden area and preparing it for another year—of celebrating, welcoming, and encouraging those pollinators that visit our garden.



The Church Mouse



"I would imagine that if you could understand Morse code, a tap dancer would drive you crazy."
~~*Mitch Hedberg*