



**CEDAR VALLEY  
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

319-266-5640

www.cedarvalleyuu.org



\*\*\*\*\* 2024 \*\*\*\*\*

- AUGUST 4 10:00 A.M. THE PRACTICE OF REALLY SEEING – Mollie Wallstead, Karen Impola \***
- AUGUST 11 10:00 A.M. SPIRITUALITY IN A NON-DOCTRINAL RELIGION – Rob Boody, Lynn Brant \***
- AUGUST 18 10:00 A.M. ON THE JOURNEY: REFLECTIONS FROM SABBATICAL  
– Pastor Emma Peterson, Dick Warhol \***
- AUGUST 25 10:00 A.M. DO THEY DIVIDE US? – Deb Kyler, Kathi Bower \***

\* ~ 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

At the time of the July deadline for the August newsletter, *Pastor Emma* was still on sabbatical. We will welcome her back in the CVUU community as of August 1<sup>st</sup> and her words will once again fill this space in the September newsletter!



### CUUPS DRUM CIRCLE

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



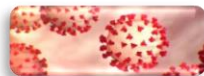
If you have questions, direct them to *Nate Callahan*.

[Editor's Note: this is the same evening as the First Friday Dinner—see article in this newsletter—so you may want to mark your calendar for both events.]



### 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, after August 1<sup>st</sup>, *Pastor Emma Peterson* at <pastor@cedarvalleyuu.org>.

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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.



## GREETINGS FROM THE PRESIDENT

Hello everybody! How are you enjoying your summer?

As I write this it's mid-July, and I just arrived home full of gratitude for our beloved CVUU Community. Over the last nine weeks I've been in various parts of England, the Netherlands, and Oregon. It was all quite exciting and wonderful, but in the end, there really is *no place like home*.

As many of you know, *Thos Sumner*, my ex-husband and father of my two daughters, *Bryn* and *Linnea*, passed away in late June. I can't thank the members of our church community enough for their help and support during that difficult time. *Jane Allen* and *Dick Warhol*, what would I have done without you? Special thanks, also, to *Karen Impola* for leading the July Board meeting, and to *Heather Flory* and *Dennis Harbaugh* for keeping me up to date on all things CVUU.

If you are reading this in late July, *Pastor Emma* will have almost completed her much-deserved three-month sabbatical, and we will have given her the time and space to do it! Thanks again to the Sabbatical Team headed by Dennis Harbaugh and the leaders of our church committees.

We have also completed the revised *Handbook of Policies and Procedures* and you should have received a special congregational email about that; if not, contact Kat in the office. (Also related, please see Heather's article about the Handbook in this newsletter).

Whenever I travel, I have numerous opportunities to explain what it means to be a Unitarian Universalist. What strikes people the most is our ability to work together, regardless of our various religious backgrounds and beliefs. People say, "What? You have church members from Christian, Jewish, Buddhist, Pagan, Atheist, and Agnostic backgrounds? How do you all get along?"

The answer lies in our commitment to our UU Principles and our ability to love and support each other through thick and thin. Our commitment starts with our friends at church and extends to the church as a whole. It then extends to our community, our state, our nation, and the world.

These have been tough times for people locally, nationally, and internationally. In Oregon I was doing volunteer work for an international film cast and crew. During that time, I had many opportunities to discuss current affairs from multiple perspectives. I think especially of our cinematographer, a native of Ukraine, who lives with his wife and son in L.A., but cannot return to his home country without being swept up into the draft. He yearns to hug his family in Ukraine, especially his grandmother, whom he fears he might not be able to see before she dies.

I also think about three of the Italian cast members, all of whom have serious concerns about the future of civil rights in their home country. What will become of women's rights and the rights of LGBTQ people in a country that is dominated by fascist politics?

As we head into the beginning of the new church year, I hope that we can keep each other in our hearts and support each other through thick and thin. Let's hold onto our UU Principles, and onto each other, with the faith that our efforts will make the world a better place to live.

*Carolyn Hildebrandt*  
CVUU President





## AUGUST SERVICES

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

**August 4<sup>th</sup>**

### The Practice of Really Seeing

~~ Mollie Wallsteadt, Karen Impola (WA)

Seeing deeply involves removing distractions and being fully present to what or who is in front of us as well as to ourselves. It is a practice that can lead to compassion, healing, and joy.

**August 11<sup>th</sup>**

### Spirituality in a Non-Doctrinal Religion

~~ Rob Boody, Lynn Brant (WA)

Rob states, "When I was a member of one of the 'high demand' religions, we were told all the time to develop spirituality, and we were also told a number of things to do that were supposed to produce it. Ultimately, I found it unsatisfying which is why I'm here. But I continue to ponder what spirituality means in this context."

**August 18<sup>th</sup>**

### On the Journey: Reflections from Sabbatical

~~ Pastor Emma Peterson, Dick Warhol (WA)

We'll hear what *Pastor Emma* was doing and thinking about while she was away from us.

**August 25<sup>th</sup>**

### Do They Divide Us? ~~ Deb Kyler, Kathi Bower (WA)

One perspective on how labels separate us in today's society.



## RELIGIOUS SERVICES COUNCIL LONG-TERM PLANNING MEETING

On Tuesday, August 6<sup>th</sup> at 5:15 p.m., the RSC will be holding one of its twice-a-year long range planning meetings. We will be laying out general plans for services through the end of the calendar year. All are welcome to attend!

The meeting will be in the Fellowship Hall, with a Zoom option also available. If you would like the Zoom link, please contact *Karen Impola* or *Kathi Bower*. You can also contact us with comments or service topics you would like to see, whether you plan to attend the meeting or not.



## 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.

## ADULT RELIGIOUS EDUCATION

After the summer break, Forums will resume in September! Watch for the *Kickoff/Welcome Back Party* during Second Hour on Sunday, September 8<sup>th</sup> and then on Sunday, September 15<sup>th</sup>, a *CVUU 101* Forum.

To keep abreast of interesting forums coming up in the future, watch this space. A reminder—forums run from 11:30 a.m. to 12:15 p.m. on Sunday mornings. Thanks to everyone who supports the Forums with their presence!

*Al and Pam Hays* for Adult RE



## CHILDREN'S RE!!

On July 13<sup>th</sup> we did *Family Fun Crafter-noon* (see photos below) where we decorated bags with *Jill Miller's* help (thank you, Jill!) and cigar boxes (who doesn't love decorating a little box to hold little things?!). Everyone had a wonderful time, and I love how hard we laugh when we're all together around a table using glue and scissors and gems to make pretty things together.

This summer we've been making magic with free, unfettered and child-led play. We've made stores, houses, played catch, drawn with chalk, learned about each other, cooperated, dealt with conflict, and generally had a wonderful time. For August that plan continues apace, slowly but surely incorporating bits of more formal RE lessons (likely me sprinkling in some core Bible stories here and there) before we hit *Soul Matters* again in September. The structure of *Soul Matters* for RE is introduction (almost always a definition of words), a story, and an activity (either a craft or a game). The kids love it! Sometimes, depending on the energy of the group, I'll toss the entire lesson and we'll go outside to get our sillies out. I think a crucial part of facilitating RE is having a very loose grip on one's "plan" and a willingness to let it go for the betterment of the group.

Tentative plans for Kickoff Sunday are in the works, so watch this space for more details next time.

There will be RE on September 1<sup>st</sup>! Parents are encouraged to register their children at any time for the fall. Find fillable forms at: <<https://cedarvalleyuu.org/wp-content/uploads/2023/09/RE-Registration-2023-fillable.pdf>>. There will be physical copies to fill out at Kickoff Sunday!

That's all for now. We're building a wonderful thing here, truly, full of magical children and excellent parents, and I'm enormously proud of the culture we've built so far. As always, we want RE at the CVUU to be a warm, nurturing, friendly place for your children.

DCRE-ly yours, *Kate*





## BOARD BRIEFS

There have been two CVUU Board meetings since the last newsletter. These brief reports are from *Dennis Harbaugh* (June) and *Karen Impola* (July) who presided at the meetings.

On **June 13<sup>th</sup>** the Board held its last monthly meeting of FY24. Some highlights from that meeting:

- Received a report that \$900 in profit was made from the Peter Mayer concert on May 25<sup>th</sup>.
- Heard that everything went smoothly when the CVUU building on June 4<sup>th</sup> served as a precinct polling location for the first time.
- Approved major modifications to the CVUU Conflict Resolution Policy, including detailed language outlining the process to be followed when handling situations involving disruptive behavior.
- Approved additional funding for the CVUU's booth at Pridefest, as the cost to have a booth has gone up.
- Approved extensive updates to the *CVUU Congregational Handbook*. The Handbook, which includes CVUU policies and procedures, has now been completely updated, and copies of the new version are expected to be available in early July. This was a huge task that has been going on all year.

Some highlights from the **July 11<sup>th</sup>** Board meeting:

- Welcomed incoming members and passed out the newly revised *Congregational Handbook*.
- Approved some tweaks to the annual budget from the Finance Council, amounting to less than \$2,000, mostly based on increased costs that had come through since the budget was approved by the congregation in May.
- Gave Building & Grounds approval to proceed with researching and getting estimates for repairs to the sidewalk between the parking lot and the Fellowship Hall door.



Summer has been pretty green this year with all of the rain. We hope everyone has a safe and memorable August whether traveling near, far, or simply enjoying a staycation in familiar surroundings.

At the July 21<sup>st</sup> Sunday service we were saddened to hear that *Jess Lieb's* uncle passed away. He was a special brother to her father, Mike, and will be deeply missed. Our sympathy to the entire Lieb family.

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.



## 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. Watch for the new roster of charities for the 2024-25 year in the September newsletter.

Our May charity was the *Northeast Iowa Food Bank*, and \$188 was collected on their behalf. [In recent months, we have also been helping out at the Food Bank one Saturday a month.]



June's charity was for *Iowa Safe Schools* and \$225.55 was collected. The donations for the July charity, *House of Hope*, will be reported next month.

This month's charity, the final one of the 2023-24 year, will benefit *Cedar Falls Community Meals* of which we are a part, by volunteering help every fifth Tuesday. We support this community event with our dollars and volunteer efforts.

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

*The Social Action Committee*



## WEIGHT WATCHERS MEETINGS AT CVUU

The local chapter of Weight Watchers has contracted to use our Fellowship Hall for their weekly meetings, beginning on July 31<sup>st</sup>. This is exciting news, as it means both regular rental income and increased visibility for our congregation.

Weight Watchers meetings are strictly confidential, so they are asking that no one enters the Fellowship Hall during their meeting times. That includes using the kitchen or bathroom on the lower level, so please plan accordingly.



Meeting times are **Wednesdays at 4:30 p.m. and Fridays at 7:30 a.m. and 9:00 a.m.** Including setup and cleanup times, *note that the Fellowship Hall will be in use Wednesdays from 3:45-5:45 p.m. and Fridays from 6:45-10:45 a.m.* There will be signs on the lower level outside door and at the top of the stairs, reminding all that Weight Watchers meetings are in progress.

Thanks for your cooperation in making our new tenants feel welcome and respected!



## 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 **August** is *Margie Miller*.



## IUUWAN NEWS

IUUWAN (Iowa Unitarian Universalist Witness Advocacy Network, <[www.iuuwan.com](http://www.iuuwan.com)>) is promoting a great opportunity from the UU Climate Justice Coalition <[www.uuclimatejustice.org](http://www.uuclimatejustice.org)> for a “Climate Justice Revival” on September 28<sup>th</sup> and 29<sup>th</sup>.

CVUU joins other congregations across the nation to collectively envision a future for the world we want to create. The Revival builds on decades of faithful and visionary UU climate and environmental leadership and is designed to encourage collaboration amongst congregational teams and break down silos. Together, we can move past systems and cultures of extraction to usher in a new era with love and justice at the center of our climate actions. (See the Green Living article in the next column.)



IUUWAN aspires to **UU the Vote** and is asking us to share the Chat with Charley website. It’s a secure, anonymous platform where people can find **abortion resources** depending on where they live, their age, and stage of pregnancy. <<https://www.chatwithcharley.org/>>

“**What is love calling you to do?**” Side with Love is a public advocacy campaign that seeks to harness love’s power to stop oppression and deepen our prophetic justice work. It is sponsored by the Unitarian Universalist Association, and all are welcome to join. <<https://sidewithlove.org/>>

*Shirley Whiteside*



## CVUU SMALL GROUPS

CVUU Small Groups meet regularly, usually monthly, to reflect on and discuss significant life topics. Small groups are a great way to get to know yourself and others in the congregation on a more personal level. Information about current Small Groups is available in the CVUU newsletter, Weekly Updates, and on the CVUU website: [www.cedarvalleyuu.org](http://www.cedarvalleyuu.org) > Adult Programs > Small Groups.

New Small Groups typically form at the CVUU each fall, and we are looking for people who are interested in leading. If you’re thinking of starting a Small Group, please contact *Heather Flory* by August 9<sup>th</sup> so that she can help promote your group and invite other CVUUs to join.

## GREEN LIVING CORNER

### *Enter a New Era of Climate Action with CVUU*

“Roughly two-thirds of Americans report discussing climate change with family and friends ‘rarely’ or ‘never,’ a survey found last fall,” writes Kate Yoder at *Grist*. “They might be intimidated by the science, nervous about starting an argument, or afraid of being a Debbie Downer. The resulting silence is part of why there’s not more social pressure to reduce fossil emissions: People dramatically underestimate public support for climate policies because that’s the cue they’re getting from those around them. The only way to break this cycle, communication experts have said for many years, is to please, please, start talking about it.” (July 17, 2024)

This September 28<sup>th</sup> and 29<sup>th</sup>, the UUA hands us an opportunity to become part of a larger conversation about climate change. CVUU is registered as one of the groups in forty states that have made a commitment to join in a Climate Justice Revival through our Social Justice and Religious Services Councils.

The UUA is making participation easy for individual congregations by preparing adult sermons and other messaging; developing curricula for K-12 and young adult UUs; commissioning and recording music for services; and training facilitators from each congregation to host dialogs.

Day 1, Saturday, September 28<sup>th</sup>, is designed as a day of conversation, to make connections, vision the future, and chart a course of climate actions with justice at the center.

Day 2, Sunday, September 29<sup>th</sup>, the UU Climate Justice Revival worship services will engage the whole congregation in celebrating the revival of commitment. Following worship services, congregations will join a national advocacy hour.

A truism about the CVUU is that members focus on our own individual social action projects and advocacy to the detriment of collaborative action. However, all our social justice concerns, our hopes for a world where all life flourishes, depend on the response to climate change. Bring your advocacy experience and knowledge to the table this September.

CVUU member *Shirley Whiteside* has taken the lead on this event, but we need a few more volunteers to step up and help her now with planning.

*Sally Browne* for Green Living



*James Russell Lowell*, an American man of letters and a lifelong Unitarian, died on August 12, 1891 at the age of seventy-two in Cambridge, Massachusetts.

## FIRST FRIDAY DINNER: AUGUST 2<sup>nd</sup>

The next CVUU First Friday dinner is scheduled for Friday, August 2<sup>nd</sup>, 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”?

- **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 comfortable enough to play outside, feel free to bring yard games!
  - **Bonus activity:** On August 2<sup>nd</sup>, 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 to 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. The next dinner is tentatively scheduled for:
  - Friday, September 6<sup>th</sup>—Potluck Dinner at 5:30 p.m. and games (indoor/outdoor).
- **Help needed and how to help:** 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* or see the “Links and Forms” section towards the end of each Weekly Update for a link to sign up to help. Those who are reading this newsletter electronically can also [click here](#).

We look forward to seeing everyone at the CVUU for these fun-filled social opportunities!



For several weeks the table in front of the west wall in the Fellowship Hall has had a number of clean dishes, bowls, and a small basket on it left over from Hospitality food donations or another social function. Everyone needs to take a look at that corner to see if they forgot to pick up their container! Eventually these will be moved or given away, so please check them out very soon!

*The Church Mouse*

## BBQ TURKEY POTLUCK, TAKE 2!

Please join us again this year for a casual summer potluck following the Sunday service on August 11<sup>th</sup>. *Nate Callahan* is our “turkey-baker-chef-supreme” and, take note, the turkey is organic! *Priscilla Nieman* is the manager and overseer of the clipboard.

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



Other categories of food that will be needed include: bread/buns (for the sandwiches), veggies, fruits, nuts, pasta salads, greens, light desserts, and beverages.

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

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



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

National **Cowgirl** month National **Water Quality** month  
National **Crayon Collection** month National **Panini** month  
National **Read a Romance Novel** month  
National **Breastfeeding** month National **Catfish** month

## Newsletter

### AUGUST DEADLINES FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the September issue. The calendar deadline for this issue will be **Wednesday, August 14<sup>th</sup>** (send info to the office); the newsletter deadline will be **Friday, August 16<sup>th</sup>** (send articles to me). This information can also be found in **bold type on the calendar page of this newsletter**.

Mark your calendars now for **August 14<sup>th</sup> and 16<sup>th</sup>**—the calendar and newsletter deadlines for the *September* issue. There are paper copies left at the church each month—some in the acrylic wall holder in the front entry and some at the foot of the stairs in the Fellowship Hall.

*Note:* since the office will be closed during normal hours that week, please do think ahead and get your dates/events to *Kat* **earlier than the calendar deadline**.

*Gerry Chamberlin*, Editor  
newsletter@cedarvalleyuu.org





## CONGREGATIONAL LIFE

Summer—the season of abundance—long-light days, garden bounty, colorful flowers, and also more play with, hopefully, less work. At the CVUU, we try to take it a little easier in the summer in order to rejuvenate and refresh for the next season.



While that is mostly true, there are still activities and events needing our attention and energy that continue steadily all year long. Ongoing activities include Sunday services, Greeting, Hospitality, Caring Connections, Outreach, and maintaining the grounds—which probably takes more work in the summer!

As you can see, there's no lack of opportunity to play and work side-by-side with your CVUU friends this summer! So, enjoy the warmth and abundance of the season. See you around for all the summer pleasures!

Juanita Williams  
for the Congregational Life Council Team

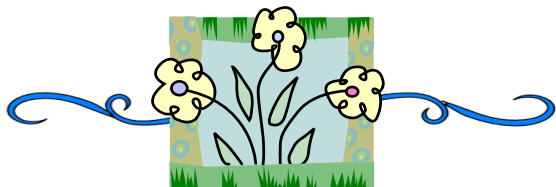
## Meet Our New Members~

### Nicholas and Ellie Reans

New is probably not quite the correct word to use for these two members as, at the time of this writing, they have been with us for several months. *Nick* has eagerly pitched in with Sunday hospitality and more, and *Ellie's* lovely smile and pretty dresses have graced us in RE and at fellowship time on Sunday mornings. Here is what Nick has to say:

"I finished reading a book titled *Good Without God: What a Billion Nonreligious People Do Believe* by Greg Epstein which led me to the UU Sanctuary. I consider myself a Humanist. I came looking for a community, and after four consecutive Sundays decided it was time for Ellie and me to become members. I moved to the Cedar Valley in 2012 after graduating from Western Illinois University-Quad Cities with a bachelor's in liberal arts and sciences (majored in English, minored in Communications).

I live in Cedar Falls with my two daughters Klara Hornung, Ellie, and our cats, Kitty and Scout. We lost their mother, Sherry Hornung, two years ago this past January due to COVID and pneumonia. I lost my mother, Sherry Norman, when I was nineteen due to a house fire. Tragedies aside, I consider myself damn lucky to be here and my perspective makes it easier to keep moving forward. I love being a 'girl dad', reading books, listening to music and podcasts, and spending time with my family. Ellie and I are usually out at the local playgrounds and parks—the Cedar Falls Aquatic Center is our favorite place to be in the summertime. Ellie and I are very happy to have found such a caring community here and we look forward to getting to know you all better!"



## SAVE THE DATE

### CVUU KICKOFF AND WELCOME BACK PARTY! SUNDAY, SEPTEMBER 8<sup>th</sup>

To begin our new church year, September 8<sup>th</sup> will be the CVUU's Kickoff Sunday. Following the kickoff service, we will have a party for *Pastor Emma*, to welcome her back from her Sabbatical Leave (after giving her a month to re-acclimate to CVUU work/life). We hope everyone can join us on September 8<sup>th</sup> for both the service and the party!



### Soul Matters in September

The Soul Matters curriculum is taking a break in the summer months so watch for news in our September newsletter.



*Le Christopher's* Southern Cuisine is offered the second Sunday of most months at 12:00 p.m. at the Jubilee United Methodist Church, 1621 East 4<sup>th</sup> Street, Waterloo. In August the second Sunday is the 11<sup>th</sup>. 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 this summer, 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.



On August 21, 1553 *Michael Servetus* petitioned the court in Geneva, Switzerland, to dismiss charges against him on the grounds that religious beliefs should not be subject to criminal jurisdiction.



# CEDAR VALLEY PRIDEFEST 2024

Mark your calendar: August 23<sup>rd</sup> and 24<sup>th</sup>

Where: Downtown Waterloo, Iowa

Cedar Valley Pridefest will take place Friday and Saturday, August 23<sup>rd</sup> and 24<sup>th</sup> in downtown Waterloo. CVUU is excited to host a booth once again on Saturday, the 24<sup>th</sup> beginning at 12:00 p.m. and running until 8:00 p.m. (Note that set-up begins at 10:00 a.m. and from 8:00 to 9:00 p.m. we need to teardown/clean-up.)

We are looking for volunteers to staff the booth for a few hours at a time (paint rainbows on people, speak with people about how great the UU is, etc.). We are also looking for volunteers to provide baked goods/cookies, including some gluten free cookie options.

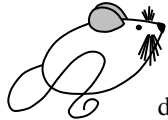


Here is the link to the sign-up sheet to help at the booth or to provide cookies that will be served: <[https://docs.google.com/document/d/11ljznuUK2\\_PRaARtAXTqbLM5hTn79-5QEHRN43GMbU/edit?usp=sharing](https://docs.google.com/document/d/11ljznuUK2_PRaARtAXTqbLM5hTn79-5QEHRN43GMbU/edit?usp=sharing)>. Here is the link to the Cedar Valley Pridefest webpage: <<http://www.cedarvalleypride.com>>.

Please contact *Lizzy O'Loughlin* or *Austin Evens* with questions or for more information.



Our relatives in Waterloo at the Jubilee United Methodist Church recently mentioned that on Sunday, July 14<sup>th</sup> they saw a table of UUs at the Le Christopher's meal! Conversation flowed easily among them—*Dick, Lynn, Betsy, Steve, Gerry,* and *Priscilla*—with no lack of topics. We understand that Rev. Funchess is always at the door with a warm, welcoming smile, the table settings are lovely (complete with charger plates!), the service is friendly and cordial, and the food is delectable!



*The Church Mouse*



**Robert Green Ingersoll** was born in Dresden, New York on August 11, 1833. Known as the “great agnostic”, he was a successful lawyer who encouraged the liberal spirit in religion through his writings and public speeches. Though not affiliated with a Unitarian or Universalist church, his liberal religious sentiments did much to encourage the movement. Ingersoll died on July 21, 1899.



*Ebenezer Davis* died on August 12, 1816 at the age of seventy-eight. He was a wealthy Universalist and patriot who supported the ministry of Hosea Ballou.



## NEW SOUL MATTERS SMALL GROUPS THIS FALL

For several years, Soul Matters Small Groups <[www.soulmatterssharingcircle.com](http://www.soulmatterssharingcircle.com)> have been available online and/or in person at the CVUU, and they've been very popular! We are currently looking for new Soul Matters Small Group leaders to determine our availability for this year's groups.

**If you are interested in helping lead or co-lead a Soul Matters Small Group this year** (September 2024 through June 2025), please contact *Heather Flory*, Shared Ministry Council chair, by August 9<sup>th</sup>. If you'd like to **participate** in a Soul Matters small group, please check the Weekly Updates and/or newsletter in September—we hope to have new groups available once new group leaders are found.

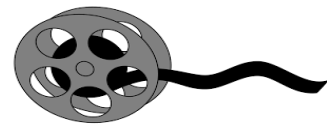
### What are Soul Matters Small Groups?

Soul Matters offers a distinctive small group curriculum. Like other small group programs, its central goal is to foster circles of trust and deep listening. This year's overarching frame is *The Practices of Our Faith*. This frame will be used to focus on how Unitarian Universalism is a lived faith that inspires us to act, live, and love our values out in the world. Or to put it another way, we're diving into our long-loved commitment to “deeds not creeds.” The overarching frame is also a way for us to connect to our new UU core value of Liberating Love, with each of our monthly themes framed as a practice that helps us embody liberating love in our daily lives.

### 2024–2025 Soul Matters themes:

September: <i>Invitation</i>	February: <i>Inclusion</i>
October: <i>Deep Listening</i>	March: <i>Trust</i>
November: <i>Repair</i>	April: <i>Joy</i>
December: <i>Presence</i>	May: <i>Imagination</i>
January: <i>Story</i>	June: <i>Freedom</i>

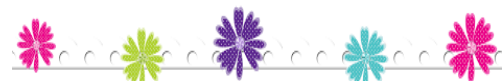
For more information about Soul Matters Small Groups, visit <[www.soulmatterssharingcircle.com](http://www.soulmatterssharingcircle.com)> or continue to read the CVUU Weekly Updates each week!



## MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group has been taking a break over the summer. Watch the newsletters and Weekly Updates for information on when they will start up again in the fall.

If this Small Group sounds interesting to you and you'd like to be added to the email list, or you have questions, contact *Nancie Groszkruger*.





## PASTOR EMMA RETURNS FROM SABBATICAL LEAVE IN AUGUST!

As *Pastor Emma* returns from her three-month Sabbatical Leave (May – July) on August 1<sup>st</sup>, we ask everyone to give our beloved minister some time to settle in and reacclimate to CVUU work and life. She will have lots of catching up to do!

Ministers are most known for the work they do on Sunday mornings. However, in addition to Sunday services, Pastor Emma provides many other types of ministry to the CVUU, including participation in almost all council, committee, and Board meetings; serving as the head of staff for our three paid staff; providing pastoral care for congregants as needed; helping re-develop our religious education program; and more. In these multi-faceted roles, priorities are constantly shifting. Pastor Emma often works evenings and spends time in ways less tangible such as addressing congregational problems. Of course, pastoral and congregational crises can occur at any time including days off.

As you review the Sunday service schedule for August, you may notice that Pastor Emma is scheduled to be “in the pulpit” on August 18<sup>th</sup>, but not on any other Sundays in August. This is both to help ease Pastor Emma back into CVUU work/life following her Sabbatical Leave, and also to ensure she’s working a balanced schedule throughout the year.

Did you know that UU ministers typically lead or co-lead worship services between 30 and 35 Sundays each year? However, last year (July 2023 – April 2024), Pastor Emma had already completed 30 – 35 services before she went on Sabbatical Leave, which means...she was working too many Sundays (completing the usual number of services within 10 months instead of 12)! To ensure that Pastor Emma isn’t working **more** Sundays than she should, she is going to preach one service in August, and then keep a balanced schedule going forward. This means that most months she will typically preach two – three Sundays (since  $2 \times 12 = 24$  and  $3 \times 12 = 36$ , aka “too many”).

Another thing to keep in mind as Pastor Emma returns to CVUU work/life, is that UU ministers work a six-day week, and Pastor Emma’s day off each week is on Monday.

Pastor Emma determines the schedule of her time away from the CVUU in consultation with the Religious Services Council, the Shared Ministry Council, and the Board President. If you have questions about Pastor Emma’s time at or away from the CVUU, or other aspects of the ministerial agreement, please feel free to contact *Heather Flory*, Shared Ministry Council chair.



## NEW CVUU CONGREGATIONAL HANDBOOK

The *CVUU Congregational Handbook* provides guidelines about how the congregation operates throughout the church year. During the 2024 CVUU fiscal year (July 1, 2023 – June 30, 2024), the CVUU Board spent **many** hours working together diligently to update the handbook, with input from the CVUU councils and committees and our Office Administrator, *Kat Beane Hanson*. The new version of the handbook is based on the bylaws adopted by the congregation in May 2023, and has been overhauled to reflect current CVUU policies and procedures.

**All CVUU members are strongly encouraged to review the new *CVUU Congregational Handbook*, to ensure that everyone is familiar with current CVUU policies and procedures.**

The *CVUU Congregational Handbook* includes:

- **Procedures:** Basic information about the day-to-day operations of each area of the CVUU as determined by the relevant council, committee, etc. and/or the Board. Procedures are provided for general operations and for each council in the main part of the handbook.
- **Policies:** Official guidance adopted by the Board, or in some cases, by both the Board and the Congregation. Policies are described in the Appendix.

Updates to the new handbook were completed at the end of June, and it is now available on the CVUU website ([www.cedarvalleyuu.org](http://www.cedarvalleyuu.org) > About > About Us > Leadership and Operations) together with the CVUU bylaws and related documents. Printed copies are available by request from the CVUU’s Office Administrator: [office@cedarvalleyuu.org](mailto:office@cedarvalleyuu.org) or (319) 266-5640.

Thank you to the FY24 CVUU Board members for their dedication in working to update this important document! *Dennis Harbaugh, Karen Impola, Rob Boody, Mike Knapp, Desiree Cunningham, Richard Henry, Lizzy O’Loughlin, Stacey Bartz, Dick Warhol, and Floralyn Groff*. A special thank you to Dennis Harbaugh, Board President, and Rob Boody, Board Secretary, for their intense work reviewing and updating this document to ensure all edits were incorporated appropriately.

Stay tuned for additional articles in the coming months to spotlight key information from the handbook!

