



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

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ADDRESS SERVICE REQUESTED

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***** 2024 *****

- SEPTEMBER 1 10:00 A.M. LABOR ORGANIZING DOES NOT TAKE PLACE IN A VACUUM
– Albert Browne, Callie Amiday *
- SEPTEMBER 8 10:00 A.M. *KICKOFF SUNDAY*
LOVE AT THE CENTER: A THEME FOR A YEAR AND THEME FOR A LIFETIME
– Pastor Emma Peterson, Kathi Bower *
11:00 A.M. ALL-CVUU KICKOFF PARTY! (see details inside)
- SEPTEMBER 15 10:00 A.M. WATER COMMUNION SUNDAY – Pastor Emma Peterson, Dick Warhol *
- SEPTEMBER 22 10:00 A.M. INHERENT VALUE – Lynn Brant, Karen Impola *
- SEPTEMBER 29 10:00 A.M. A FAIRY TALE—MOTHER EARTH WITH LOVE AT THE CENTER
– Byron Plumley, Lynn Brant *

* ~ 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

Hello, CVUU! It is so good to be back! I enjoyed a marvelous three-month sabbatical. During that time, I travelled all over the United States. I spent early May in my favorite place, the Great Smoky Mountains in Tennessee, with my partner, my best friend, and my mom. May marked my third trip to Dollywood and got me close to crossing off a major item on my bucket list, “visit Dollywood in all four seasons!” I’ve yet to visit in the summer, and I can’t decide if I like Dollywood at Christmas or Halloween best. In June, I embarked on a 5,000-mile solo road trip. Beginning in Okoboji, Iowa, I drove all the way to the Redwoods in California and back! I can’t even begin to describe, in this short article, the adventures I experienced! No doubt you’ll hear me preach on those experiences many times over the coming months. In July, I spent two weeks in my hometown in Vermont visiting my mom. Vermont is being hammered by rapid climate change. Yet again, the downtown where I grew up experienced severe flooding in July. I, like many others, am grieving the arrival of this new era, unsure of how The Brave State will meet the future. My brother *Dylan* came to visit during the last week of my sabbatical, and we crammed in as much of Iowa’s summer best as we could. We took in a Waterloo Bucks game, attended a few yoga classes together, and did a few small house projects. He’s off to Europe on his bicycle until November, so I felt very lucky that he spent his last few stateside days with his sister!

I am so grateful to the CVUU Sabbatical Team that kept things running in my absence. We are a Shared Ministry, indeed. I’ve witnessed so much growth within this congregation over the last six years—and I’m not only talking about membership! (Though, truly, our increase in numbers is nothing short of remarkable. In the time I’ve been your minister, we’ve solidly transitioned from a “Pastoral” sized congregation to a “Program” sized congregation. More on that in the coming months.) From filling Sundays, to addressing pastoral care needs, to supervising our staff, the Sabbatical Team attended every need. I hope you’ll join me in extending thanks to *Dennis Harbaugh*, *Carolyn Hildebrandt*, *Karen Impola*, *Heather Flory*, *Betsy Brant*, and *Mike Knapp*. As you already know, Shared Ministry doesn’t stop just because I’ve returned. Let’s continue to work together, toward a common vision in support of a shared mission, for the good of our Beloved Community, the Cedar Valley Community, and the World Community. I’m so glad to be back!

Pastor Emma

COVID-19 NOTIFICATION PROCEDURE

If we learn that there has been a possible COVID exposure at a CVUU event, we will send out an all-church email. To ensure that you receive these emails, verify that you are signed up on our newsletter and Weekly Update email lists.

Anyone who tests positive for COVID-19 in the days after attending an event at the CVUU should contact the CVUU office at <office@cedarvalleyuu.org>; the Vice President, *Karen Impola* at <vp@cedarvalleyuu.org>; and *Pastor Emma Peterson* at <pastor@cedarvalleyuu.org>.

UU-related historical facts in our newsletters are contributed by *Mica Lorenz* and taken from *This Day in Unitarian Universalist History* by Frank Schulman – Skinner House Books.



GREETINGS FROM THE PRESIDENT

As we celebrate *Pastor Emma*’s “homecoming” from her three-month sabbatical, I remember one of the first things she said to us as a congregation: “I love you and I like you.”

This was a welcome message for many of us who were craving a more loving and caring ministry, one that would help us build our beloved community. Since then, we have been telling Pastor Emma, “We love you and we like you, too!”

When I first became a UU, I was drawn to a quote from Francis David (1510-1579), writer, preacher, theologian, founder of the Unitarian Church of Transylvania, and a leading figure of the Nontrinitarian Christian movements during the Protestant Reformation. He said, “We need not think alike to love alike.” This quote helped me understand how such a diverse group of people in our church could get along! It has also helped me in non-church situations as well.

One of my favorite hymns in our gray hymnal is “What Wondrous Love Is This?” It’s based on an old hymn from *The Southern Harmony*. But true to many of our hymns, the lyrics have been changed to better fit our UU theology (in this case by Connie Campbell Hart). In short, the verses are as follows. Verse 1: What wondrous love is this, that brings my heart such bliss, and takes away the pain, oh my soul? Verse 2: When I was sinking down, beneath my sorrows ground, friends to me gathered round, oh my soul. Verse 3: To love and to all friends, who pain and sorrow mend, with thanks unto the end, I will sing.

And finally, one of my favorite verses from the New Testament is, “Three things will last forever—faith, hope, and love—and the greatest of these is love.”

With this said, I am happy to report that the CVUU Board agreed to adopt *LOVE AT THE CENTER* as our theme for the coming year. As Pastor Emma pointed out, this coincides with the new UU Statement of Shared Values that passed at the 2024 General Assembly this June. According to this statement, Love is at the center of seven values, including Equity, Generosity, Interdependence, Justice, Pluralism, and Transformation.

You can reference Article II at this UUA website: <<https://www.uuworld.org/articles/uua-article-ii-passes-general-assembly-unitarian-universalism-bylaws-vote-values-statement>>.

So . . . mark your calendars for *Kickoff Sunday on September 8th*, when we will begin our new church year with *LOVE AT THE CENTER!*

Carolyn Hildebrandt
CVUU President



Chandler Robbins, the successor to Ralph Waldo Emerson at Second Church in Boston (Unitarian), died at age seventy-two on September 11, 1882.



SEPTEMBER SERVICES

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

September 1st

Labor Organizing Does Not Take Place in a Vacuum

~~ Albert Browne, Callie Amiday (WA)

September 8th

Love at the Center: A Theme for a Year and Theme for a Lifetime

~~ Pastor Emma Peterson, Kathi Bower (WA)

September 15th

Water Communion Sunday

~~ Pastor Emma Peterson, Dick Warhol (WA)

Congregants are invited to bring a small portion of water from a place that is sacred to them. This water can truly come from the sacred space or be metaphorical in nature. Congregants who are unable to bring their own water are welcome to share from our common pitcher. The CVUU has saved a portion of water from our Water Communion rituals since 2005.

September 22nd

Inherent Value

~~ Lynn Brant, Karen Impola (WA)

Exploring the boundaries of our first principle—the inherent worth and dignity of every person. What do we mean by inherent value or worth and from where does it come?

September 29th

A Fairy Tale—Mother Earth With Love at the Center

~~ Byron Plumley, Lynn Brant (WA)

Bring your imagination and we'll tell ourselves a story of love for the Earth. Then we'll try to live inside that story as we support climate justice.

“The stories we tell ourselves are at the core of everything we believe and do.” *Thomas Berry*



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.



Thanks to some of you for listening to my plea in the August issue.



A few of the dishes on the table in front of the Fellowship Hall west wall have been claimed!

Continue to take a look at that table to see if anything still remaining is yours from a previous social time. Eventually these will be moved or given

away, so please check them out very soon! *The Church Mouse*

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.

September 1st

With this being a holiday weekend, there will be no Forum.

September 8th 11:00 a.m.

All-CVUU Kickoff Party

While we welcome back everyone—especially *Pastor Emma* from her three-month sabbatical—we will also acknowledge our departing staff who have diligently served us well. Join us after the service for food, conversation, and more, during this day's extended social time. (See the *Kickoff Party* article.)

September 15th

CVUU 101

This forum is being offered based on new member requests and input. It will provide an overview of how things work at the CVUU. It is focused on new members, but anyone can participate! This session will answer questions like: *Which small groups are available, how do I sign up, and are there any new small groups? *How do things work at the CVUU? *How do I stay connected with what's happening? *How can I learn more about the new UU values? *How can I help and who do I contact if I want to help?

September 22nd

CVUU Worship Associates

Ever wondered what it would be like to be a Worship Associate at the CVUU? Well, here is your chance! Come hear testimonials and learn how *you* too could possibly become a worship associate!

September 29th

Climate Justice Revival

A continuation of Saturday's event and the Sunday morning service, this forum will be focused on advocacy. See the related article in this issue.

Al and Pam Hays for Adult RE



POSTPONING SEPTEMBER'S FIRST FRIDAY DINNER

A “First Friday Dinner” was previously announced for September 6th. However, due to *Kickoff Sunday* and the *All-CVUU Party* on September 8th (see details elsewhere in this newsletter), we are postponing the First Friday Dinner in September. We hope this will allow everyone to focus their CVUU energy that weekend on participating in Kickoff Sunday! These family-friendly First Friday potluck dinners will likely continue on a “less-than-monthly” schedule... possibly quarterly, as long as we know in advance that we have help with setup and cleanup.



The next CVUU First Friday dinner is tentatively scheduled for Friday, October 4th, from 5:30 – 7:00 p.m. in the Fellowship Hall. If you know you'll be around on October 4th and are willing to help, please let *Heather Flory* know, or see the “Links and Forms” section towards the end of each Weekly Update for a link to sign up. 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!

BOARD BRIEFS

On August 8th your CVUU Board held its regular monthly meeting. Although the full Board minutes are posted in the Fellowship Hall, here are a few highlights:

- ✦ **Personnel:** *Kat* (Office Administrator), *Jess* (Music Director), and *Kate* (Director of Religious Education) have resigned for personal reasons rather than employment issues. Personnel is working with Finance and *Pastor Emma* to restructure the positions and advertise for replacements.
- ✦ **Buildings and Grounds:** The remaining two “dumb” thermostats will be replaced by “smart” thermostats; our HVAC system has been cleaned, serviced, and found to be in good condition; and contractors are being sought to rebuild the east Fellowship Hall entrance area.
- ✦ **Finance:** A surplus from the end of the last fiscal year of \$32,579 is projected, due to greater than projected revenues and decreased expenditures. A recommendation was made regarding the disposition of the surplus, which will be acted on next month.
- ✦ **Social Action:** Two upcoming events were reviewed – PrideFest on the weekend of August 24th, and a Climate Revival Workshop on September 28-29th.
- ✦ **CVUU theme for FY25:** Discussion took place regarding an over-arching theme for FY25. “*Love at the Center*” was chosen.



At the time of this deadline in August, the days are closing in for school to begin! Soon enough the UNI campus will be buzzing with returning students and the Cedar Falls High School students will embark on a new era in their new home. A new semester can feel like a new beginning—good luck to all, including faculty, this academic year.

Pastor Emma and *Skylar* are in “joy” mode with having a new addition to their household—a black Yorkie named *Fiona*! If you’ve ever had a pet, you know how exciting an adventure this can be; we expect we’ll be hearing more about *Fiona* in the future.

We have a number of members who are dealing with health issues, and some are in various stages of the healing process. 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.



NORTHEAST IOWA FOOD BANK

We will be volunteering at the Food Bank on Saturday, September 21st from 12:00 to 2:00 p.m. I have requested no cold room, since it was previously not very popular with our group.

Please sign up by contacting me (phone, text, email, or CVUU FB page). This has been a fun event for us in the past and we hope to keep it going. We’d like to have 8 to 15 people if possible; all ages and there are some tasks that can be done sitting down.

Margie Miller

CHILDREN’S RE!!

If you have had a background check and are in our stable of RE volunteers, we (really) need folks to cover the nursery! RE slots are also available, but getting the nursery squared away is priority one. Please email <dcre@cedarvalleyuu.org> with any Sundays you can help, particularly in September (but October and November are good, too!).

Kickoff Sunday! With the generous help of *Tony Newton* and his special braiding machine, we will be making necklaces and bracelets to celebrate and honor our friendships with one another! Come and enjoy all the festivities!

RE registration forms! We need these from parents annually, so if you’ve filled them out before, please send us a fresh, updated copy for 2024-25 by going to: <<https://cedarvalleyuu.org/wp-content/uploads/2024/08/RE-Registration-2024-fillable-PDF.pdf>>. Completed forms can be emailed to <dcre@cedarvalleyuu.org> or printed and mailed to the CVUU at 3912 Cedar Heights Drive, Cedar Falls, IA 50613.

The theme for September is “*Living Love Through the Practice of Invitation*”. The first week is about “Inviting Reconnection” (Returning from the Summer). It includes a story by Aliko called *Best Friends Together*. The activities are the “10 Little Friends” fingerplay song and making paper airplanes (which the best friends do in the Aliko book!). Week two will be special Kickoff Sunday festivities (see above).

Week three is about “Inviting the New” (Celebrating Change and Our New Values). The story is *A Visitor for Bear* by Bonny Becker, illustrated by Kady McDonald Denton. The fingerplay activity is called “Caterpillar Change” and emphasizes the importance of welcoming new things. Additionally, there’s “Values Yoga” which involves doing simple yoga poses while learning about Unitarian values (Justice, Pluralism, Interdependence, Love, Transformation, Generosity, Equity).

Week four is themed “Inviting in Spiritual Practices” (Chalice Lighting and Covenant Making). The story is *A Cup of Light* by Pamala Baxter, which is about how the chalice became a symbol for Unitarian Universalism! The activities include the (very important!) practice of crafting a class covenant for the year and playing “Chalice I, Spy”.

My last Sunday at the CVUU will be Kickoff Sunday, September 8th. My last working day will be September 10th. Thank you all for allowing me to spearhead the enormous project of rebuilding children’s religious education, and I offer you nothing but my sincerest blessings as you continue our good work into the future.

DCRE-ly yours, *Kate*



On September 17, 1775 General George Washington appointed **John Murray**, an early leader of Universalism, as Chaplain of the Rhode Island Regiment, over objections from the clergy.

SPOTLIGHT ON THE CVUU CONGREGATIONAL HANDBOOK

The *CVUU Congregational Handbook* provides guidelines about how the congregation operates throughout the church year. A new version of the handbook was finalized in June 2024 and shared with the CVUU in July 2024. All CVUU members are strongly encouraged to review the *CVUU Congregational Handbook*, to ensure that everyone is familiar with current CVUU policies and procedures.

This Month's Spotlight: What's in the Handbook?

The handbook contains three main sections: Operations, Councils and Committees, and CVUU Policies.

- The CVUU has seven councils: Building and Grounds, Congregational Life, Religious Education and Programs, Religious Services, Shared Ministry, and Social Action. You can learn more about each of the councils and their related subcommittees by reviewing these sections of the handbook. The CVUU also has advisory and ad hoc committees as needed, such as the Accessibility Task Force.



- Examples of topics in the Operations section that may be of interest: Annual Meeting and Report, Board Meetings, Child Care, Mail and Interoffice Mail, Photographs and Videos, Solicitation, and Website.

- Examples of policies that you may want to learn more about: Building Key Policy, Building Use and Rental Policy, Code of Conduct, Communications Policy, Conflict Resolution and Disruptive Behavior Policy, Covenant of Right Relations, Endowment Fund Policy, Generosity Fund Policy and Procedures, Lay Minister Policy, Memorial Policy, and Severe Weather Policy.

The handbook is available on the CVUU website (www.cedarvalleyuu.org > About > About Us > Leadership and Operations) together with the CVUU bylaws and related documents. Printed copies are available by request from *Heather Flory* or contact the CVUU's Office Administrator at: office@cedarvalleyuu.org.

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



Soul Matters in September

This year's annual theme is *Practicing Liberating Love*. Throughout the year, the Soul Matters curriculum will ask us to lean into liberating love by putting different ideas into practice. In September, the monthly theme is the *Practice of Invitation*. This month, let's consider together how we might better practice invitation—not just to new, CVUU-curious folks (though that's important, too), but also to those faces we already see around the CVUU. Who might like to be invited to share your table at Fellowship? To try out your Small Group? To join your favorite committee? How might we better love one another through the Practice of Invitation?

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 new roster of charities for the 2024-25 year is elsewhere in this newsletter, so check it out!

We have an updated figure from last month's newsletter for the June charity (*Iowa Safe Schools*); the new amount is \$256.00. Donations of \$492.00 were collected for the worthy July charity, *House of Hope*.

The August charity, the final one of the 2023-24 Social Action Collection year, was for the *Cedar Falls Community Meals* and we'll have that total for you next month. We not only support this community event with our dollars but every fifth Tuesday with our volunteer efforts.



The charity for this month is our own *CVUU Little Food Pantry* which helps to alleviate food insecurity for our neighbors and others in the community who stop by.

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 switched their meetings at CVUU from the Fellowship Hall to the Sanctuary.

Weight Watchers meetings are strictly confidential, so they are asking that no one enter the Sanctuary during their meeting times. Please plan accordingly. The rest of the building will be accessible, including both the front and side entrances.



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, the Sanctuary will be in use Wednesdays from 3:45-5:45 p.m. and Fridays from 6:45-10:45 a.m.

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 assistance in *September* is **Betsy Brant**.



IUUWAN NEWS

IUUWAN, the Iowa Unitarian Universalist Witness Advocacy Network, is recommending *Squatters on Red Earth*, a one-character Iowa play about the positive relationship that the Amana Colonies have had with the Meskwaki Indigenous people.

The Amana Inspirationists fled religious persecution in their homeland in Germany only to become part of the white settler land grab in the United States. The two groups, both agrarian and communal with strong spiritual beliefs, managed to live together peacefully, with a mutual respect for the ecology and sacredness of the land.



This touring play can be seen in Mae Latta Hall at the Hearst Center for the Arts, 304 West Seerley Blvd. in Cedar Falls on Tuesday, September 3rd at 7:00 p.m.

~~~~ . . .more IUUWAN news! ~~~~

## Climate Justice Revival

The CVUU and over 300 other churches are participating on September 28<sup>th</sup> and 29<sup>th</sup> in the UU Climate Justice Coalition's "Climate Justice Revival" <[www.uuclimatejustice.org](http://www.uuclimatejustice.org)>. At the CVUU this event will involve presentations and discussion at the church from 1:00-6:00 p.m. on Saturday, September 28<sup>th</sup> in the Fellowship Hall. The Sunday service will be devoted to the theme as well, and the Forum time focused on advocacy. The goal of the

revival is to build a community that moves past merely mitigating climate change, toward ushering in a new era with love and justice at the center of our climate actions.



Everyone is encouraged to bring their best selves to this event, for which pre-registration is preferred, and (pending) should be offered on Zoom as well.

~~~~ . . .and even more IUUWAN news! ~~~~

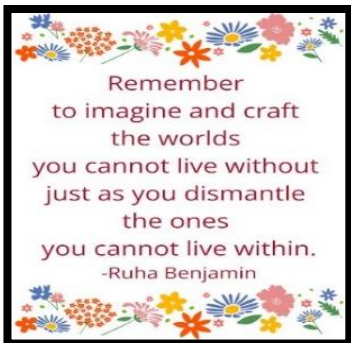
The Interfaith Alliance of Iowa, a partner group of IUUWAN, is leading a number of community conversations around the *God & Country* documentary and the topic of Christian nationalism. Movies and discussions are free and open to the public.

In Cedar Falls, a movie screening and discussion is scheduled for Sunday, October 13th at 2:00 p.m. at St. Luke's Episcopal Church, 2410 Melrose Dr, Cedar Falls. Mark your calendar in advance!



For more events go to: <<https://www.interfaithallianceiowa.org/get-involved/upcoming-events>>.

Shirley Whiteside



GREEN LIVING CORNER

Trees Against Extreme Heat

(part of RROI or Resilience Return on Investment)

Over the hottest days this year and last, whether they were local or far away, I had been thinking, "How can we avert total disaster to ourselves, our communities, and all around us?"

Like you, I'd heard some expensive, high-tech, only lightly understood suggestions, such as: 'Let's just shoot reflective stuff up into the atmosphere! That'll reflect the heat back, away from us!' (What else would it do, I wondered, and how much would it cost in money and unintended consequences?)

Then one day this information arrived in my inbox.

A SHIELD AGAINST THE ELEMENTS How trees help communities tackle heat islands

Urban Heat Islands, defined by the EPA, are 'urbanized areas that experience higher temperatures than outlying areas.' The reason for these higher temps is how cities have been built. Urban cores tend to have large buildings, lots of pavement, and limited green space. Trees can help break up these islands and provide much-needed relief. (Data source EPA and Iowa DNR)

WITH TREES



- * When planted properly to shade buildings, trees reduce energy use by up to 20%.
- * In the summertime, trees reflect 70-90% of the sun's energy back into the atmosphere.
- * Trees shelter people and keep them cooler as they experience the outdoors.
- * Trees can reduce temperatures in our neighborhoods by up to 10 degrees.
- * Trees can reduce parking lot surface temperatures by as much as 36°F on hot days.

WITHOUT TREES

- * Direct summer sun heats buildings faster, requiring additional air conditioning that releases more heat and pollutants into the air.
- * Without trees, people have no protection from the sun or heat outdoors.
- * Concrete and asphalt absorb the sun's energy, creating higher surface and air temperatures.

Look at those numbers! Shade (and windbreak?) effects of trees can cool 10% while reflection/deflection value can go up to 70%. For treeless parking lots, the cooling value of trees can be 36%. It's doable—by ordinary mortals like us.

This past spring I looked at a lot of tree nurseries' planting options for a windbreak for my house. You can purchase seedlings or saplings. You can find fast-growing, medium, or slow-growing trees. What if, like me, you choose small seedlings because of a tight budget? While you wait for your young trees to grow to shading height, an interim shading option might be canvas or another fabric for sail-size shading of the surface you want to cool. (Take a look at the Cedar Falls Welcome Center's cover for its back patio area, for example.)

Or you might want to paint instead, in order to cool the building or parking lot with an *albedo* lightened surface. But for sustainability and resilience your better RROI would be the trees.

Donna Davis for Green Living

CONGREGATIONAL LIFE

September is the month we return to our CVUU and some of us also return to school and teaching. We all resume a more routine schedule. This month we welcome each other back to our church home with a fun **Kickoff Sunday on September 8th**. We'll be giving *Pastor Emma* a special welcome back, as on August 1st she just returned from her three-month Sabbatical! (See related article this page.) We're hoping everyone was able to take it a little easier over the summer and experienced some rejuvenation and renewal (and of course, some good fun!).

When it comes to "Welcoming", the Congregational Life Team and Engagement Committee have been exploring how we practice truly welcoming people— young and not-so-old, newer and seasoned folks, the outgoing as well as the more reticent attendees. We've been looking at ways we can help people find more belonging and easier integration. Over the next few months, you might see some opportunities to join other CVUUs in brainstorming more ways to help people find deeper connection with us.



One basic way we can be more welcoming is to help people put faces with names more easily by having pictures of our members and friends with their contact information/profile in the online church directory. To help with this, we will have some members available on **Kickoff Sunday, September 8th** to take pictures and upload them for those who don't have their pictures posted yet.

Another way to help members and friends feel a greater sense of belonging is to have one of our blue CVUU T-Shirts. If you don't already have one, plan to put your name on the list to order one on September 8th. More details to come on that.

Two other Congregational Life opportunities to be aware of are the upcoming sessions for newer visitors and attendees who are considering joining the CVUU. On **Sunday, September 22nd**, we will hold the "New to CVUU" session for people who want to learn more about who we are and share what they're looking for in a church community. Then, on **Sunday, September 29th**, we'll hold the "I Want to Be a Member" session for people considering CVUU membership. Contact *Juanita* or *Pastor Emma* if you are interested in one of these sessions.

So, as you can see, there is a lot to look forward to as we return to our CVUU fold, and we hope everyone will feel wholeheartedly welcomed—and will also find ways to help others feel deeply welcomed in our church community.

Juanita Williams
Congregational Life Council Chairperson



CONTACT INFORMATION CHANGED?? CONTACT US!!

This is just a friendly reminder that, when you have a change of contact information, it's very helpful if you let us know! You can send the information to <office@cedarvalleyuu.org>, or you can update it yourself through your account on <instantchurchdirectory.com> (we'll get a notification if you do).

Until the Office Administrator position is filled, volunteers will be organizing this information, so please be patient if your changes aren't reflected immediately.

CVUU KICKOFF AND WELCOME BACK PARTY! SUNDAY, SEPTEMBER 8th

As announced previously, Sunday, September 8th will be **CVUU Kickoff Sunday**, to begin our new church year. Following the service, from 11:00 a.m.–12:00 p.m. we will have an **All-CVUU Party**. Initially, the party was scheduled to welcome *Pastor Emma* back from her Sabbatical Leave (after giving her a month to re-acclimate to CVUU work/life). However, as you may or may not have heard, in August all three of our CVUU staff: *Kat Beane Hanson*, *Jess Lieb*, and *Kate Flynn*, have each, for separate reasons, decided that the time has come for them to end their employment with the CVUU (read their words elsewhere in this newsletter). So, the party is now also a farewell and gratitude party for departing staff! We encourage everyone to bring a card, gift, gift card, and/or some other token of your appreciation for each of the staff on September 8th, and we hope everyone can join us for both the kickoff service and the party!

Newsletter

SEPTEMBER DEADLINES FOR THE CALENDAR AND NEWSLETTER

The next newsletter will be the **October** issue. The **calendar** deadline for this issue will be **Wednesday, September 18th** (send info to the office); the **newsletter** deadline will be **Friday, September 20th** (send articles to me). This information can also be found in **bold type on the calendar page of this newsletter**.

Mark your calendars **now** for **September 18th and 20th**—the calendar and newsletter deadlines for the **October 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.

Just a reminder that articles coming to me for publication in our newsletters are to be 'camera ready'. Individuals and/or committees *are to write their own articles*, get them approved by the committee chair, and then forward them on to me. Although I do read *everything* that comes in, cross-reference information with other articles for content, edit where necessary, contact folks for clarification and more, writing the articles is not, and never has been, a part of this volunteer position. I appreciate your attention to this important detail.

Gerry Chamberlin, Editor
newsletter@cedarvalleyuu.org



Support for the CVUU's *Little Food Pantry* and *Little Lending Library* is ongoing throughout the year. Our neighbors, and the children who will be 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.



SOCIAL ACTION COLLECTION CALENDAR FOR THE 2024-25 YEAR

2024

September 29th – CVUU Little Food Pantry. Snacks and easy-to-prepare food for those neighbors who are food insecure.

October 27th – Iowa Abortion Access Fund. Discreet and private financial assistance, in the form of interest-free loans, to Iowa residents needing abortions but unable to pay. <www.iaafund.org>

November 24th – Black Hawk Grundy Mental Health Fund. Some clients need additional basic support—clothing, bus fare, food, or housing—not covered by Medicaid or private insurance. <www.unitypoint.org/waterloo/black-hawk-grundy-mental-health-center.aspx/>

December 24th – Iowa Safe Schools. The largest group supporting LGBTQ and Allied youth in the Midwest. Their best-known program, the Iowa GSA Network, assists student-run clubs in schools to support victims of harassment, build safe spaces, and create positive change. <www.iowasafeschools.org>

2025

January 26th – Guest at Your Table. A collection for the Unitarian Universalist Service Committee, which advances human rights in the U.S. and internationally through grassroots collaborations. <www.uusc.org>

February – CVUU Annual Pledge Campaign month.

March 30th – House of Hope. Individualized support, including trauma-informed care, and transitional housing for single-mother families and women who age out of foster care. <<https://houseofhopeccd.org>>

April 27th – Planned Parenthood of the North Central States. Providing sexual and reproductive health care throughout the region; a visible advocate for policies that promote women's health and access to affordable contraception. <www.plannedparenthood.org/planned-parenthood-north-central-states>

May 25th – Northeast Iowa Food Bank. In 2022, NEIFB provided 6 million meals in a 16-county area; demand increased to 7.3 million in 2023. Iowa Republicans have since decided to restrict SNAP even further, and Gov. Kim Reynolds declined federal funding for the summer 2024 EBT program. <www.northeastiowafoodbank.org>

June 29th – 1619 Freedom School. A five-days-a-week, after-school program dedicated to delivering intensive literacy instruction and a culturally responsive curriculum to bridge the academic opportunity gap among low-income, public school students in Waterloo. <<https://www.1619freedomsschool.org>>

July 27th – Cedar Valley Victim Resource Coalition. Various agencies—e.g. Department of Corrections, Cedar Falls Police, Riverview, House of Hope—collaborate to find resources for survivors of domestic violence and sexual assault when there is a gap in services and no single agency can fill the need. <<https://www.facebook.com/vrccedarvalley/>>

August 31st – Cedar Falls Community Meals. A program operated collaboratively with five other Cedar Falls churches to provide a free community meal each Tuesday. CVUU takes its turn each month with five Tuesdays.

(Editor's Note: you may want to keep a printed copy of the above roster handy for the coming year so you know which collections will take place when.)



IOWA CANTERBURY FORUM PROGRAMS

Many of us at the CVUU remember attending the Canterbury Forums held in person in Will Hall at St. Luke's Episcopal Church in Cedar Falls. In September of 2021 their coordinating committee decided to continue presenting programs via Zoom after the cessation of the pandemic. Newer CVUU members may not be aware of these interesting and educational offerings, so here is a little bit about them.

They are held on Sundays at 7:00 p.m. and are free and open to the public. Login information for the Forum's Zoom programs will be sent out via email during the week immediately preceding each program. If you are not already on the list, send an email to <canterburyforum@gmail.com> to make sure that you get up to date program and login information.

Upcoming dates, topics, and speakers include:

Sunday, September 22nd

Religion and the Constitution

Dr. Scott Peters

Head, Department of Political Science
University of Northern Iowa

Sunday, October 27th

Religion in the 2024 Election

Dr. Donna Hoffman

Charles Grassley Professor of Political Science
University of Northern Iowa



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 > 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 are thinking of starting a Small Group, please come to the CVUU 101 Adult Forum on September 15th and/or contact *Heather Flory* so that she can help promote your group and invite other CVUUs to join. If you'd like to learn more about small group opportunities, please join us for the CVUU 101 Adult Forum on September 15th.



“At the opening of Unitarian Universalist worship services, many congregations light a flame inside a chalice. This flaming chalice has become a well-known symbol of our denomination. It unites our members in worship and symbolizes the spirit of our work.” ~~*Dan Hotchkiss*

STUFF ETC. FUNDRAISING OPPORTUNITY

CVUU Challenge: Let's Earn \$300
from Stuff Etc. by 12/31/24

The CVUU Stuff Etc. donation account is off to a great start. Furniture plus numerous totes of items have been donated with the proceeds from sales going to support our Generosity Fund. The fund will receive a payout twice a year in December and June.



If every member/family took a tote of gently used items to Stuff Etc. we could easily earn \$300 by 12/31/24. It's a win-win. Declutter your home, take your items and furniture to Stuff, wait for a few minutes while they check in your items, help us earn money for the Generosity Fund.

HOT ITEMS TO DONATE NOW:

| | |
|--------------------------|----------------------------|
| Furniture | Purses and accessories |
| Collectibles | Books |
| Vintage goods | Household goods |
| Halloween and fall items | Dishes, pots and pans |
| Thanksgiving items | Christmas items |
| Craft supplies | Clothing up to 2 years old |

Items can be donated from 10:00 a.m. – 6:00 p.m. Tuesday - Saturday with a one tote limit. (A tote is about the size of a large laundry basket that you fill when you get there.) Unsellable items will be recycled. If you have more than one tote to donate, call ahead (319-233-8009). Furniture can be taken to their furniture store next to their main building, anytime during store hours.

See their website for items they are and are not taking: <<https://www.shopstuffetc.com/consignment/stuff-we-need/>>. Remember, you take your items directly to Stuff Etc. Please do not bring items to the CVUU. CVUU does not have a record of items donated. For questions, contact *Jill Miller*.



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 4th Street, Waterloo. In September the second Sunday is the 8th. 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/>>.



Did you know that *Emma Nutt* (July 1860 – 1915) became the world's first female telephone operator (almost 150 years ago) on September 1, 1878, when she started working for the Edwin



Holmes Telephone Company in Boston, Massachusetts? Of course, we weren't around then, but we've heard family stories that have been passed down from our eastern relatives.

Apparently, her sister, Stella, took a position a few hours after Emma and became the second female telephone operator. Can you name two CVUU women who have also been telephone operators?
The Church Mouse

SOME OBSERVANCES FOR THE MONTH OF SEPTEMBER INCLUDE:

National **Coupon** month National **Wilderness** month
National **Mushroom** month National **Americana** month
National **Be a Food Hero** month
National **Organic Harvest** month
National **Campus Safety Awareness** month



NEW SOUL MATTERS SMALL GROUPS THIS FALL

For several years, Soul Matters Small Groups <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, ASAP. If you'd like to **participate** in a Soul Matters Small Group, please check the Weekly Updates and/or newsletter in September and October—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> or continue to read the CVUU Weekly Updates each week!



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group took 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*.



SAYING GOODBYE

Below are letters of thanks and goodbyes from our CVUU staff. There's a quote (author unknown) that reflects what some of us are feeling at present: "*It takes a minute to say hello and forever to say good-bye.*" The quote that possibly says it best, however, is from *Winnie the Pooh*: "*How lucky I am to have something that makes saying goodbye so hard.*" Fond memories and best wishes to each of our devoted staff going forward. Keep in touch!



SO LONG, AND THANKS FOR ALL THE FISH

Dear CVUU members and friends,

By the time you receive this newsletter, my time as your Office Administrator will already be over. I started working here in September of 2019, so I am leaving *just* shy of the five-year mark. My decision to move on is in no way a reflection of my experience at CVUU—I have nothing but love and gratitude for this congregation and its leadership. I just came to the realization that a transition back to regular, full-time employment was something I needed at this stage of my life.

Over the last five years, we've started a podcast and a YouTube channel, integrated the Soul Matters curriculum, instituted both an online donation method and an online membership directory, and weathered a global disease pandemic by our commitment to learning Zoom together and finding new ways to connect. I am proud of the work I've done here, and I am proud of this congregation's openness to trying new things.

My current plan is to step back from the congregation for a little while, to help you all (and my own subconscious) become accustomed to the idea that I don't work here anymore. However, I look forward to a time when I can come back and join in membership, returning back to this place that has become a second home with my second family.

All my best, with love and gratitude,

Kat Beane Hanson

P.S. the title of this letter is weird, but it's a reference to Douglas Adams' book series, *The Hitchhiker's Guide to the Galaxy*, which is a little weird in general, like me.

[After almost five years of service to the congregation, *Kat Beane Hanson*, our Office Administrator, is leaving the CVUU as an employee to explore new opportunities. Her last day was August 22nd.]



To my beloved community,

It has been my absolute joy to serve as your Director of Music here for the past 11 years. I have been able to share my gifts of music performance and direction with a community that nurtures and sustains me. Writing music, leading our enthusiastic singers and band members, and being a part of the service planning has given me such a sense of purpose and filled my cup the entire time I've been here.

After serious and lengthy self-reflection, I have decided that it is time for me to step away from my music director position at the CVUU. I fully intend to remain an active member of the congregation, but I no longer wish for my connection to this community to be primarily employment-based. I am excited to use my gifts and energy as a member, both receiving from and giving to the community in a way that better matches my capacity and heart's intentions.

This change will allow me time to get back in touch with myself and my family, and also gives me the time and energy to contribute to the CVUU and larger community in other ways. I look forward to sharing in social justice efforts, committees, and our many spiritually enriching groups and activities that I'm typically too spent to commit to.

My last day as music director will be Sunday, September 15th. Please know that I intend to continue sharing my gifts of music with you as a singer, pianist, improviser, and composer as I am able. You'll also still catch me doing my thing out in the community with Bel Canto Cedar Valley and local musical productions!

Yours in music and love,

Jess Lieb

[*Jess Lieb*, our Music Director, is leaving the CVUU as an employee after eleven years of service to the congregation. Please join us for Jess's last service on Sunday, September 15th.]



My dearest CVUU,

I come to you with a heavy heart because I will be resigning as your Director of Children's Religious Education effective September 10th. Although this is certainly not what I expected, I am absolutely certain that it is the correct choice. I am enormously proud of the beautiful, life-giving CRE program we have created ex nihilo over the last two-and-a-half years. It has been a profound source of personal joy to have gotten to meet, know, and love so many of you, but particularly my cadre of parents and children. I will without a doubt miss you most of all, my beloved RE kids and my magnificent RE parents. Thank you.

We began with a blank slate and have cultivated a small but mighty RE program, one that has grown to the point where we need nursery care! That's incredible! In an era marked by churches in steep decline we've been fortunate enough to healthily grow. That's miraculous! That's amazing! I am so grateful for every single person who has helped RE thrive in so many meaningful ways, whether it was staffing the nursery, assisting with RE classes, donating supplies, or providing special skills to help us make a bit of RE magic. Your generosity has not gone unnoticed or unappreciated, so please receive one more heartfelt "thank you" from me.

Thank you for allowing and empowering me to pour my admittedly strange, but also very pure passion and enthusiasm into your children's religious education program, and I wish you all the very best as you continue the work of this important project.

All my best,

Kate T. D. Flynn

[*Kate Flynn*, our Director of Children's Religious Education, is leaving the CVUU as an employee after over two years of service to the congregation. Her last Sunday is September 8th.]