



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

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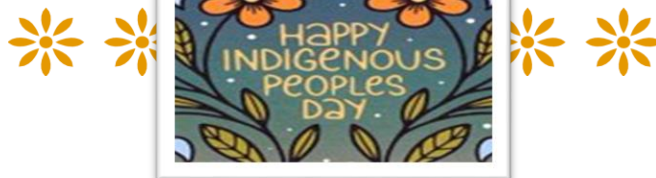
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***** 2024 *****

- OCTOBER 6 10:00 A.M. THE POWER OF INTERPERSONAL FORGIVENESS: EXPLORING MISCONCEPTIONS AND BENEFITS – Dr. Suzanne Freedman, Kathi Bower ***
11:30 A.M. Adult Forum
- OCTOBER 13 10:00 A.M. RACISM AND ITS ORIGINS – Bill Chene, Mollie Wallstead ***
11:30 A.M. Adult Forum
- OCTOBER 20 10:00 A.M. SACRED CYCLES: AS ABOVE, SO BELOW – Pastor Emma Peterson, Karen Impola ***
11:30 A.M. Adult Forum
- OCTOBER 27 10:00 A.M. HALLOWEEN CELEBRATION – Callie Amiday, Mandy Boody ***
11:30 A.M. Adult Forum

* ~ 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

What a whirlwind two months it's been since returning from my Sabbatical! I've been focused on filling our three (count 'em, three!) open staff positions, in awesome collaboration with the Personnel Committee. We are thrilled to announce we've found a new Administrator, *Leann Lockard*, and she's getting acclimated to the role. Leann brings strong skills in social media and technology, as well as a deep interest in Unitarian Universalism. I can't wait to see how her role develops.

At the time of this writing, we've also hired one of hopefully two new CCREs. We're getting a bit creative with this role, attempting to find two CCREs who can work as a team. We hope this shift helps create the strongest possible CVUU RE program. We'll see how that unfolds. I'm feeling energized and excited about growing our Children's RE. (And maybe even Adult RE? We'll see.) We've listened to feedback that some of our older kids need more challenging curriculum, and we're navigating how to deliver the best Religious Ed we can for all our YoUUth.

The Music Director position continues to be the most challenging role to fill. Talent is hard to find! President *Carolyn Hildebrandt* helped me in managing my expectations, letting me know that even *Jess*—our awesome Music Director of eleven years—experienced their own learning curve. Jess honed their skills and grew into the role as the years went on. This was a good reminder, and one I think we should all keep in mind. We've reached out to local colleges, hoping to find someone with seeds of talent who can gradually develop the skills necessary to be an effective Music Director.

In the whirlwind of my return to the CVUU, I've been unable to take off my one (precious) day a week since mid-August. In October, I'll be taking some comp time. I'll also attend the UUMA Regional Conference in Cedar Rapids, and then I'll take a few weeks of study leave. I have many sermons brewing in my heart, and I'd love a time of repose to get things down on paper! I'll be away beginning on October 1st, returning Tuesday, October 15th.

Thank you all for your continued efforts of Shared Ministry. We're *All in This Together*, indeed. I am forever grateful for this loving, committed, and connected Beloved Community.

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

Were you at the Cedar Valley Pridefest in August? If so, what did you think?

I was there to help set up our CVUU booth and returned later with my dog Eddie so we could experience the festival together. Eddie enjoyed himself immensely and got lots of pats, scratches, and compliments. Some people asked his name and waited to see what pronouns I used for him. A few did not ask his name and kindly referred to him as they/them/theirs. In case you are wondering, Eddie is biologically male and identifies as such, although as a puppy he did get what *Jane Allen* refers to as “some bottom work.”

I thought the event was a blast! There were lots of booths, food trucks, and performing groups. Many people stopped by our booth for cookies, water, and a chance to get a rainbow painted on their face or some other body part. Some were also interested in our church and went away with lots of information. Thanks to everybody who made our booth such a great success!

In some ways, Pridefest was the same as in past years. I did, however, notice that some booths were missing, including organizations that are partially or fully funded by public money (e.g., libraries, schools, colleges, and universities). Could this be due to a growing conservatism in our state? Could this conservatism be fueled by religion?

I recently read the results of a survey about changes in Americans' religious affiliations (PPRI, March 2024, [link](#)). According to the survey, the only major religious category experiencing widespread growth in the U.S. today is the **religiously unaffiliated**.

In 2023 one in ten Americans (10%) reported growing up without a religious identity, while 18% said they became unaffiliated after growing up in another religious tradition. Currently, a little over a quarter of Americans (26%) identify as religiously unaffiliated. Of those leaving other religions, **nearly half did so because of religious teachings about LGBTQ people**.

I would like to say that UU congregations in the U.S. are growing, but it isn't true across the board: see [UUA Statistics](#). However, it is true for our own church. Since *Pastor Emma* came ten years ago, we have grown from less than 110 to 145 members!

I am enthusiastically pro-growth and am excited to see what the next few years will bring. I would like to see our church grow, but how can we accomplish that? How can we let religiously affiliated and unaffiliated people know that we are a welcoming congregation based on the values of justice, equity, transformation, pluralism, interdependence, and generosity, with love in the center? How can we continue to embrace new people and welcome them into our beloved community?

Let me know what you think!

Carolyn Hildebrandt
CVUU President



Thomas Barnes died at age sixty-seven on October 3, 1816. He is considered a member of the founding generation of Universalist ministers.





OCTOBER SERVICES

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

October 6th

The Power of Interpersonal Forgiveness: Exploring Misconceptions and Benefits

~~ Dr. Suzanne Freedman, Kathi Bower (WA)

In this service we will learn about forgiveness from a psychological perspective. The content will focus on what it means and looks like to forgive, what forgiveness is not, and the process of forgiveness.

October 13th

Racism and Its Origins ~~ Bill Chene, Mollie Wallstead (WA)

Bill preached on this topic last March, and told us that he had more to say, so he's been invited back for Part Two.

October 20th

Sacred Cycles: As Above, So Below

~~ Pastor Emma Peterson, Karen Impola (WA)

The transition of the seasons offers us an opportunity to reflect on the cycles of life, our connection to the world around us, and the hard work of release and receiving.

October 27th

Halloween Celebration ~~ Callie Amiday, Mandy Boody (WA)

Join us as we celebrate Halloween and Samhain for the thinning of the veil between the living and the deceased. Bring a picture or other small token to place on the altar in memory of your loved one. Costumes welcome!!!



MINDFULNESS MEDITATION

Sunday morning meditation will continue at 9:00 a.m. via Zoom. Find the link in the Weekly Update to join in with this group on Sunday mornings and, look for group posts and updates on the Buddhist Path Facebook page.



The Soul Matters theme for October is *Deep Listening*. Listening is so much more than what we do with our ears! Not everyone listens in the same way (or physically “listens” at all). Deep Listening brings us into the realm of compassion by helping us hear others without judgment and enabling us to listen to the calls of our own hearts. Listening can be a social justice practice. It invites us to listen to those whose voices are often marginalized, thereby enabling us to view the world differently and to call others to do the same.

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.

October 6th

Forgiveness

There will be a discussion on forgiveness following Dr. Suzanne Freedman's presentation during the service.

October 13th

The Upcoming Election

Grant Veeder is retiring from his position as long-term Black Hawk County Auditor at the end of this term. In that position, he has been overseeing elections in the county for many years. He will share information and insights about the voting process in the county for the upcoming election.

October 20th

The Future of the Food Pantry

Priscilla Neiman, our long-term coordinator for the Little Food Pantry and Little Free Library is stepping away from that position. This seems a good time to review the mission of the pantry and see how it continues to fit with our social action and neighborhood outreach.

October 27th

Digital Literacy and Combatting Hate Speech

Matthew Bancroft-Smithe, who works at the Cedar Falls library, is a researcher on information literacy and its connections to political violence in the United States. He is the son of member *Cindy Bancroft*. We live in a time with low information literacy and increasingly violent political rhetoric. Local education and advocacy on these topics is vital, especially with the recent increase in hate activity in Cedar Falls. He will present to the congregation on these issues.

Al and Pam Hays for Adult RE



CHILDREN'S RE!!

Plans may change as new RE staff comes on board, but tentatively, the first three weeks of October will include lessons on “Listening to the Wisdom Within Ourselves”, “Listening to the Un-listened To”, and “Listening to Nature”. The Soul Matters theme for October is *Deep Listening*.

On Sunday, October 27th there will be a *HALLOWEEN PARTY* during RE time. Costumes are strongly encouraged!

Stay tuned to the Weekly Update for more RE details. During this interim period, RE questions can be directed to *Karen Impola*.

[Editor's Note: for a more detailed description of *Deep Listening*, see the Soul Matters article in the previous column.]



BOARD BRIEFS

On September 12th 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:** The Office Administrator position was accepted by *Leann Lockard* who started on Tuesday, September 17th. We are still looking for a Director of Children's Religious Education (DCRE)—to be split between two people—and a Music Director. The job descriptions are posted on the CVUU website.
- Buildings and Grounds:** We now have new “smart” thermostats throughout the building. They are linked to a smartphone app through which *Bill Brown* and *Roger Hahn* can adjust them remotely. The sidewalk leading to the east entry of the Fellowship Hall will be replaced by McGee Construction. The cost will be split between Buildings and Grounds and the Accessibility Task Force.
- Finance:** Last year's \$32K surplus will be allocated as follows: Building Reserve and Maintenance fund, 15K; Ministerial Search fund, 5K; Capital Improvements fund, 5K; Emergency or Emerging Projects fund, 3K; New Technology fund, 2K; and General Assembly Participation fund, 2K.
- Treats and Talents Auction:** Scheduled for Saturday, November 23rd, the theme is *Zombie ApocUUlypse!*



At the time of this deadline the grass is still green and very few trees have much color—but just wait, in no time we'll be seeing and feeling fall in the air!

Long-time member, *Yvette Berner*, passed away on July 9th. She and her husband Ray lived in Traer where he practiced dentistry; they had five children. They were each very talented in their own right, as well as conservation enthusiasts. They established the Wilson Nature Preserve in Traer, a reconstructed prairie begun in 1990. After Ray's death in 2015, Yvette moved to Minnesota to be near family. In Dorothy's book of our history, Ray and Yvette are mentioned throughout the years. A fine woodworker, in 1990 Ray carved out the letters on our church sign by the road. We send our sincere sympathy to the family.

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.



Florence Buck died at the age of sixty-five on October 12, 1925. She and Marion Murdock, both Unitarians, were the first women to hold a joint ministry in the United States.

CVUU'S NEW OFFICE ADMINISTRATOR!

Welcome to *Leann Lockard*, our new Office Administrator. Leann (she/her) began her job as Office Administrator for the CVUU on September 17th.

Leann is originally from NE Iowa and has lived most of her adult life in the Cedar Valley. She currently lives in Cedar Falls with her three young children and two cats. Leann enjoys being outdoors, gardening, bicycling, reading, and drawing. She is excited and eager to support the staff and members of the CVUU. Her current in-office hours are Monday, Thursday, and Friday 9:00 a.m.-1:00 p.m., and Tuesday 10:00 a.m.-1:00 p.m. although that may have changed slightly by the time you read this. In general, she will be working until 1:00 p.m. four days per week, but the days of the week may shift around. She can be reached by email at <office@cedarvalleyuu.org> and by phone at (319) 266-5640.



NORTHEAST IOWA FOOD BANK

We are planning to volunteer again this month at the Food Bank—on Saturday, October 26th from 12:00 to 2:00 p.m. (with a request for no work in the cold room). (This is tentative depending on whether we get enough sign-ups, so be sure to read the next paragraph for how to do that!)

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



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).

We know there will be many changes in the coming months with Cedar Falls Utilities discontinuing their email service. Please remember the CVUU when you change to a different email address!



The first women's suffrage meeting opened in Worcester, Massachusetts on October 23, 1850. Most of the organizers and supporters were Unitarians.

FIRST FRIDAY DINNER AND MAGIC SHOW: OCTOBER 4th

The next CVUU First Friday dinner is scheduled for Friday, October 4th, from 5:30 – 7:00 p.m. in the Fellowship Hall. This will again be a family-friendly beloved community potluck dinner with a very special bonus activity—a magic show! 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 October 4th, there is also a family-friendly magic show in the Sanctuary at 6:30 p.m. performed by **The Amazing Zeon**.
- **The cleanup:** To make cleanup easier, 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., but not necessarily every month. Due to busy holiday schedules in November and December, the next dinner is tentatively scheduled for Friday, January 3rd: Potluck Dinner at 5:30 p.m. followed by games.
- **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!



“I wish, when I was first born, the first thing I said was ‘Quote’ so the last thing I said before I died would be ‘Unquote’.”
— *Steven Wright*

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 was included in the September newsletter if you want to check it out!

The August charity, the final one of the 2023-24 Social Action Collection year, was for the *Cedar Falls Community Meals* and \$313.00 was collected. We not only support this community event with our dollars but every fifth Tuesday with our volunteer efforts. (See Shirley’s *Community Meals* article below.)



The charity for September was for our own Little Food Pantry and we’ll have that figure for you next time. This month’s charity is for the *Iowa Abortion Access Fund* which, due to the current rulings, needs our assistance more than ever.

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

The Social Action Committee



CEDAR FALLS WEEKLY COMMUNITY MEAL

A community meal is served free to anyone every Tuesday at the First United Methodist Church at 718 Clay Street from 4:30-6:00 p.m. When there are five Tuesdays in the month, CVUU volunteers work along with four other smaller churches to provide the meal. At this writing 160 meals were served most recently to people from the community, “like pre-pandemic levels”. The next time CVUU volunteers will be needed is Tuesday, October 28th. There will be a signup sheet in the Fellowship Hall. Please direct any questions to *Shirley Whiteside*.



Abigail Smith Adams, the wife of U.S. President John Adams, died at age seventy-three on October 28, 1818. A Unitarian, she was the chief figure in the social life of her husband’s administration and one of the most distinguished and influential first ladies in American History.



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 *October* is *Jan Anderson*.

IUUWAN NEWS

The Environmental Task Force of IUUWAN has distributed 700 hand-written stamped postcards to mail to environmentally inclined Wisconsin registered voters. They are also acquiring stickers to pass out that have *Project 2025* inside a circle with a line through it to draw attention to it as a voting issue. *Project 2025* is a blueprint that undoes many UU values. Watch for them!

IUUWAN News: Movie Screening of *God & Country*

Interfaith Alliance of Iowa, a partner group of IUUWAN (Iowa Unitarian Universalist Witness Advocacy Network) 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. Locally a movie screening and discussion is scheduled for *Sunday, October 13th at 2:00 p.m. at St. Luke's Episcopal Church, 2410 Melrose Drive in Cedar Falls.*

As a review in *Christianity Today* states, "In one sense, *God & Country* is a brilliant piece of documentary film making. It succeeds in warning against political extremism in the name of Christ and makes a significant and necessary contribution to our understanding of American religion and politics in the Trump era." It goes on to conclude: "In the end, the movie raises more questions than it answers and will be limited in its persuasiveness to viewers who don't already share its concerns." It can also be streamed on many platforms (free, with ads, on the Tubi app).



The Jewish Telegraphic Agency interviewed Rob Reiner, a Jewish man and producer of the film which is based on Katherine Stewart's 2020 book *The Power Worshippers: Inside the Dangerous Rise of Religious Nationalism*, which defines the movement as a biblically derived effort to take control of all aspects of government and society. "They believe that America should be a white Christian nation, and it is ordained by God to be a white Christian nation," said Reiner, adding that its followers are "willing to go to the lengths of violence to get their way."

Among those interviewed are North Carolina-based activist Bishop William Barber, *New York Times* columnist David French, *Christianity Today* editor-in-chief Russell Moore, Sister Simone Campbell, and Phil Vischer, the co-creator of the Christian cartoon series *VeggieTales*. "We have some of the most thoughtful, devout Christian leaders, people who are in many cases very conservative Christian thinkers and pastors who talk about this movement—not just as a danger to democracy, but also a danger to Christianity itself, and a danger to the church," Reiner said.

[See <<https://www.christianitytoday.com/ct/2024/february-web-only/god-country-documentary-review-christian-nationalism-reiner.html>> and <<https://www.jta.org/2024/02/16/united-states/in-new-documentary-god-and-country-rob-reiner-shines-a-light-on-christian-nationalism>>.]

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

Shirley Whiteside



Olympia Brown, a Universalist minister and leader for women's suffrage, died at age ninety-one on October 23, 1926.

GREEN LIVING CORNER

FALL GARDENING ~~ SIT BACK and LET IT BE

As fall approaches do not cut down your native plants! Leave your leaves where they fall. Our native insects and wildlife rely on these plants to survive the winter. Bees burrow down into stems and don't emerge until spring, and birds eat the seeds throughout the winter. Bees start emerging in early spring when it is over 55 degrees and not raining. A good rule of thumb is to wait until you start seeing your first bees before you cut down the dead foliage.

Insects also overwinter in the leaf foliage—let those leaves lay on the ground and imagine all the butterflies and moths sound asleep, comfy and cozy. In the spring the leaves give caterpillars a soft landing as they emerge.



The seed heads on prairie plants also provide food in the winter for our wildlife. Fall is a great time to collect seeds for planting. Websites recommend you only collect 10-20% for the seedheads—this helps you start more natives, but allows seeds to disperse naturally as well as leaving seeds for foraging.

With all of your time saved from raking and cutting down natives, prepare seed balls to distribute in your garden over the winter months. Many native seeds need exposure to our cold winter to stratify and germinate come spring. Research native seed balls online and choose your favorite seed ball recipe. Seed balls are generally made of a mixture of clay or compost, soil, seeds, and a scant bit of water. The idea is the balls are thrown, or mindfully placed, where you want native plants to emerge. The balls disintegrate naturally, and the seeds will germinate when the conditions are right for them. Many seed ball fans will distribute seed balls throughout the fall and winter, and let nature take its course. Check out the Cedar Falls Seed Library, open to all Iowans, for free seeds. It is located inside the Cedar Falls Public Library.



If you are interested in making seed balls together at the CVUU, reach out to me. If there is interest, folks can gather in January (date to be announced) to gather, make, and distribute seed balls. In the meantime, sit back and enjoy your fall garden; the flowers might not be blooming, but this is still an important season in the native plant circle of life. *Let It Be.*

Jill Miller for Green Living



NATIONAL CINNAMON ROLL DAY FRIDAY, OCTOBER 4TH

As the leaves turn golden and the air hints at the coziness of autumn, October 4th brings an added touch of warmth with a celebration dedicated to the beloved cinnamon roll. *National Cinnamon Roll Day* is not just a day of indulgence; it's a tribute to the heritage, craft, and sheer joy that this baked treat brings with its roots believed to trace back to ancient Sweden.

CONGREGATIONAL LIFE

There has been lots of conversation within the CVUU and the Congregational Life team about connection and belonging. I think many of us want and need connection and belonging, and the CVUU can be a safe place that provides that. We hope our seasoned long-timers and newcomers (and everyone in between) can feel they truly belong here. But the question is, how do we create belonging and cultivate it in an ongoing way?

The first step is to show up, and when you show up, look for a couple of people who could use connection. Try to put “business” aside and seek out someone who you haven’t seen for a while or who is sitting by themselves. It might just be a win-win. You might find a connection you didn’t know you had. It’s a tiny spark that could grow.

The next step would be considering becoming a “connector.” This is a new role that is being developed at the CVUU. These are folks who are willing to watch for visitors, returning newcomers, or people who are seeking guidance and wayfinding at the CVUU. If the idea of becoming a connector intrigues you, please reach out to me. We need you!



A third way to foster connection at the CVUU is to own a CVUU T-shirt. If you’ve noticed people wearing those blue T-shirts and want to have one of your own, let me know. We will place an order when we have enough interest. The cost will depend on how many we order but would be in the \$20-\$25 range.

I appreciate your commitment to connection and belonging within our church family. I’m looking forward to growing more connected with each other and hope you are too!

Juanita Williams
Congregational Life Council Chairperson



What a busy September it was here with the building buzzing due to activities and meetings starting up again! It’s good to have some company in your church home—more than just us and the little mice. How wonderful it is to have *Pastor Emma* back from what sounds like a meaningful sabbatical; how diligent the Building & Grounds folks are about showing up often to keep things operating smoothly; and, there’s a new face in the office with your new Administrator, *Leann*! We mice are hoping she’s not a neat freak and drops lots of crumbs! We’ll be checking on that often.

The Church Mouse



On October 31, 1959 *Unitarians and Universalists*, meeting separately in Syracuse, New York, voted to proceed with consolidation of the two denominations.



Hosea Ballou 2d was born on October 18, 1796 in Guilford, Vermont. A grandnephew of Hosea Ballou, he wrote *Ancient History of Universalism* (1829). Before becoming a minister, Ballou was a schoolteacher, first in Stafford, Connecticut, and then in Roxbury and Medford, Massachusetts. He worked with Horace Mann as a major advocate for public education. Ballou also edited and wrote for several Universalist periodicals and was president of Tufts College from 1854 to 1861. He died on May 27, 1861.

(Editor’s Note: Ballou was named after his uncle and went by the name Hosea Ballou 2d.)



WOMEN OF FAITH OF THE CEDAR VALLEY

CVUU member *Juanita Williams* will be the speaker at the Women of Faith meeting on Tuesday, October 15th at 6:30 p.m. held at St. Luke’s Episcopal Church in Cedar Falls. Her topic will be *Adventures in Nepal: Lessons in Human Trafficking and Religious Diversity*. For more information contact *Ruth Ratliff* at <ruthratliff52@gmail.com> or Juanita.



OCTOBER DEADLINES

FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the November issue. The calendar deadline for this issue will be **Wednesday, October 16th** (send info to the office); the newsletter deadline will be **Friday, October 18th** (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 **October 16th and 18th**—the calendar and newsletter deadlines *for the November issue*. There are paper copies left at the church each month—some in the acrylic wall holder in the front entry and some at the foot of the stairs in the Fellowship Hall.

Gerry Chamberlin, Editor
newsletter@cedarvalleyuu.org



Support for the CVUU’s *Little Food Pantry* and *Little Lending Library* is ongoing throughout the year. Our neighbors, and the children who are 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. Be sure to catch the Forum on October 20th concerning the future of the LFP.



CEDAR VALLEY PRIDEFEST 2024

The Social Action Committee would like to give a big **THANK YOU** to all who helped make the CVUU booth at Cedar Valley Pridefest 2024 a success!

This event requires a lot of help from many people. Your time, energy, and passion were all appreciated! New additions to the booth this year included the peek-through art display that turned out *beautifully* and was a fun way for attendees to document their fun at Cedar Valley Pride. Thank you to *Moria Brown, Roger Hahn*, and I'm sure some others for making this happen!



The Membership and Marketing committee also had a new sign made to attract new members that said, "Join Us!". Thank you, *Chelsea Toppin* and committee members, for your work on that! Eleven people provided their contact information to follow up with them regarding joining our beloved community. Many other attendees took our information to keep in mind for the future (I, too, am extremely cautious about giving my email and contact information away). As always, the CVUU brought joy to the event by painting numerous rainbows on the attendees, handing out CVUU bracelets, and sharing our renowned baked goods with the crowd. A truly wonderful time was had by all. Let us continue to be a bright light in the Cedar Valley community, showing love and providing a sense of belonging to all, especially those in the LGBTQ+ community.

Lizzy O'Loughlin
on behalf of the Social Action Committee

[Editor's Note: there are three photos in this issue that Lizzy sent in from Pridefest; two on this page and one on the next. Enjoy!]



Lizzy, Priscilla, Stacy, Sheri, and Byron at Pridefest 2024.

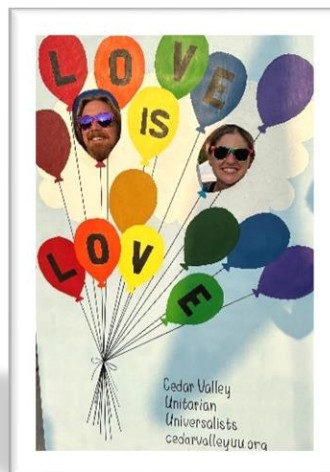
Thomas Lamb Eliot was born on October 13, 1841 in St. Louis, Missouri, the son of William Greenleaf Eliot, Jr. As a student at Washington University, he suffered a serious eye injury that often required him to have someone read materials to him. Nevertheless, he graduated from Harvard Divinity School and became minister-at-large and then associate minister in St. Louis. Repeating his father's legacy, Eliot headed to a frontier town of 6,000 inhabitants—Portland, Oregon—and entered the ministry of its new Unitarian church. He built up the congregation, founded Reed College, and was a civic leader with great impact on the cultural and political development of Portland. In later years, his eye injury forced him to accept his son-in-law, Earl Morse Wilbur, as an associate minister. He died on April 26, 1936.



Charles Francis Potter, a leader of the religious Humanist movement, died on October 4, 1962 at age seventy-seven.



Soon enough we'll be just weeks away from the holidays. If you haven't done so yet, do take a look at the online UU Book and Gift Shop called *inSpirit*. If books are on your list for family, friends (or maybe even a gift for yourself), check out this shop as there is some great reading material! Leisurely browse for clothing, jewelry, cards, and much more, at: <https://www.uuabookstore.org/>.



Austin and Lizzy at Pridefest 2024.

On October 20, 1757 *Warrington Academy* opened in Warrington, England. This institution, where Joseph Priestley was a tutor and conducted many of his scientific experiments, was founded to educate Unitarians in the various professions, but especially the ministry. The academy closed in 1786 and was succeeded by Manchester Academy (now Harris Manchester Academy of Oxford University).

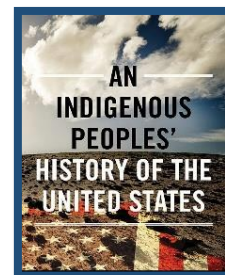


SOME OBSERVANCES FOR THE MONTH OF OCTOBER INCLUDE:

- National **Roller Skating** month
- National **Dental Hygiene** month
- National **Liver Awareness** month
- National **Caramel** month National **Chili** month
- National **Pork** month National **Field Trip** month



Published in 2014 by Beacon Press, *An Indigenous Peoples' History of the United States* is a non-fiction book written by the historian Roxanne Dunbar-Ortiz. It is the third of a series of six ReVisioning books which reconstruct and reinterpret U.S. history from marginalized peoples' perspectives.



On October 27, 1553 *Michael Servetus* was burned at the stake at Champet, near Geneva, Switzerland. At the instigation of John Calvin, he had been sentenced to death the day before for his heresy, challenging the doctrine of the Trinity and publishing his book, *On the Errors of the Trinity*. Servetus was not notified of his sentence until two hours before the execution and went to his death with his books chained to his thighs. Servetus was a learned theologian. His martyrdom gave rise to cries for tolerance in religion.



The Hound of the Baskervilles is the next show at the Cedar Falls Community Theatre and is sure to be a fun one complete with CVUU talent! In the role of Mrs. Barrymore is our own Mandy Boody, and behind the scenes as Props Master is CVUU's Karen Potter.

If you are reading this later in September or early October, you'll want to secure your tickets soon. The dates/times are:
 Fridays, October 11th and 18th at 7:00 p.m.
 Saturdays, October 12th at 7:00 p.m. and 19th at 2:00 p.m.
 Sundays, October 13th and 20th at 2:00 p.m.

Call the theatre box office at 319-277-5283 (319-APPLAUD) Monday – Friday, 1:00 – 4:00 p.m. Enjoy the show!!



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting this month in the sanctuary on Monday, October 14th at 1:00 p.m. The movie being discussed will be *The Passenger* which is available on Amazon Prime.

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.



Rosa, Linda, Laurie, and Mollie at Pridefest 2024.

The first meeting of the *National Conference of Unitarian Churches* was held on October 10, 1866 in Syracuse, New York.

CVUU GENEROSITY FUND: HELPING THOSE IN NEED AT THE CVUU AND BEYOND

Did you know that a Generosity Fund is available at the CVUU to help members of the CVUU and people within the wider Cedar Valley community who are in need, e.g., for medication, heating assistance, food, etc.? Money in this fund is used at the discretion of the minister and is considered “restricted funds”, which means it does not revert back to the general fund if unspent at the end of the fiscal year.

How does the Generosity Fund Work?

- The Shared Ministry Council (SMC) is responsible for ensuring the Generosity Fund is replenished as needed and for reviewing and updating procedures as needed.
- The Finance Council is responsible for maintaining the Generosity Fund and for fund distributions to the minister when requested (as described in the *CVUU Handbook*).
- The minister is responsible for identifying those in need of receiving money from the Generosity Fund and following the procedures outlined in the *CVUU Handbook* to give money to recipients and request reimbursement from the Finance Council. The Minister has complete discretion to distribute money from the fund as they see the need to do so. However, the minister should keep in mind that funds are limited, and this fund should be used sparingly.
- **If you would like to help keep the generosity fund available for those who need it**, you can give money directly to the Generosity Fund at the CVUU by writing a check to the CVUU or using Tithely. Please designate “Generosity Fund” on the check memo line, through the Tithely process, or in a letter documenting the donation.
 - **Bonus option:** If you have items you'd like to donate to help raise money for the CVUU Generosity Fund, you can take furniture and other items to Stuff Etc. <<https://www.shopstuffetc.com/>> and let them know it's for the CVUU donation account. All money that is raised by the CVUU donation account at Stuff Etc. goes directly to the Generosity Fund (twice a year). For details about how to donate to the CVUU Stuff Etc. donation account, see previous and/or future newsletter articles and Weekly Updates, or contact *Jill Miller*.
- For more information about Generosity Fund replenishment and distribution processes and procedures followed by the Minister, Finance Council, and the Shared Ministry Council, see the “Generosity Fund Policy & Procedures” section of the *CVUU Handbook*.



The CVUU 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 the CVUU's Office Administrator: <office@cedarvalleyuu.org>. Stay tuned for additional articles in the coming months to spotlight key information from the handbook!



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. This month's Canterbury Forum is the final one for 2024.

This month's date, speaker, topic, and description is:

Sunday, October 27th

What's the Matter with Christians?

Dr. Donna Hoffman

Charles Grassley Professor of Political Science
University of Northern Iowa

Dr. Hoffman's program title echoes the title of a best-selling 2004 book, *What's the Matter with Kansas?* by Thomas Frank. His book delved into what lay behind the rise of anti-elitist populist conservatism in a state that had been a hotbed of left-wing populism. Dr. Hoffman's talk will explore the role religion may play in the coming 2024 elections.



Le Christopher's Southern Cuisine is offered the second Sunday of most months at noon at the Jubilee United Methodist Church, 1621 East 4th Street, Waterloo. In October the second Sunday is the 13th. The food is delicious, and the tables are set beautifully. Gather some friends and carpool! 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/>>.



The celebrated illustrator ***Newell Convers Wyeth*** (N.C. Wyeth) was born on October 22, 1882. His work appeared in dozens of books, including Robert Louis Stevenson's *Treasure Island*, and in such magazines as *The Saturday Evening Post*, *Harpers*, *Scribners*, *Colliers*, and *The Ladies Home Journal*. Wyeth's historical and allegorical murals are in the Boston Public Library, Missouri State Capitol, and the National Cathedral in Washington, D.C. Wyeth and his wife were members of First Unitarian Society of Wilmington, Delaware. He was the father of the well-known artist and American realist painter, Andrew Wyeth. He died on October 19, 1945.

WEIGHT WATCHERS MEETINGS AT CVUU

The local chapter of Weight Watchers continues to meet in the CVUU 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.



As a reminder, 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!



THREE SAVE-THE-DATE ITEMS FOR YOUR * NOVEMBER CALENDARS *****

PASTORAL CARE 101

In November, I'll offer two sessions on *Pastoral Care 101*. As the congregation grows, it's important that we continue to meet the care needs of all our members. But because we've grown so much, the minister can no longer be solely responsible for this care! That's why the Caring Connections team, and anyone who might be interested in joining the Caring Connections team, need to hone their Pastoral Care skills.

On *Wednesdays November 6th and 13th* at 6:00 p.m., we'll meet to learn skills like Active Listening, Affirmation, and Differentiation. Please sign up via the Weekly Update. Feel free to bring a brown bag dinner, though light snacks and beverages will be provided.

Pastor Emma Peterson

~~*~*~*~* **and** *~*~*~*~*~*

ACCESSIBILITY PLUS

On Sunday, November 17th, the Accessibility Task Force will "share the stage" with *Pastor Emma*. She will lead a service on the subject of "Equity", the UU Value that the ATF project supports. During the Second Hour, we will present the Board-approved recommendation for adding an elevator to our building, which will provide access to all floors of the building for those who are disabled or mobility-challenged. The proposal also includes exciting, related changes that will carry us forward for many years to come.

This will be a "milestone event" (and you may even get lunch out of it). Please plan on attending!

Steve Chamberlin

Accessibility Task Force Chair

~~*~*~*~* **and** *~*~*~*~*~*

THANKSGIVING POTLUCK

Plans are in the works for a ***Thanksgiving Potluck*** again this year, as they've been successful and well-attended! Mark your calendars for Thursday, November 28th—another CVUU Thanksgiving meal with *Nate's* delicious turkey. Watch for more details in the next newsletter and the Weekly Updates but do plan to join in the festivities.

CVUU SMALL GROUPS AND NEW SOUL MATTERS GROUP

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. See below for a list of Small Groups at the CVUU that are currently open to new group members. We are also working on forming a new Soul Matters Small Group, which would meet on Monday afternoon/evening or Friday afternoon. Contact the group contact person for more information, to be added to the group contact list, to confirm the meeting time and place, etc.

Group Name & Contact	Schedule	Join this group to:
Buddhist Path <i>Nate Callahan</i>	Every Thursday, 6:30 p.m.	Meet in the CVUU balcony to share real-life “Buddhist moments”, review a dharma lesson from a Buddhist author, and meditate.
Mindfulness Meditation <i>Luba Bijelic</i>	Every Sunday, 9:00 a.m.	Meet on Zoom to practice mindfulness meditation together. See the Weekly Update for the link to join each Sunday.
Movie Discussion <i>Nancie Groszkruger</i>	2 nd Mondays, 1:00 p.m.	Meet in the Sanctuary to discuss a variety of movies (like a book club for movies!).
Nature Lovers’ Small Group <i>Sheri Huber-Otting</i>	1 st Saturdays, 1:00 p.m.	Meet in a different nature area each month to enjoy nature and each other’s company. See the Weekly Update for information about the upcoming walk.
Reproductive Justice Small Group <i>Mary Kay Madsen</i>	2 nd Mondays, 4:30 p.m.	Meet on Zoom to share actions they can take, individually and collectively, to further reproductive justice.
NEW! Soul Matters Small Group <i>Al Hays</i>	TBD: 1 st Mondays (afternoon/evening) or 1 st Fridays (afternoon)	Meet with other CVUUs to explore the new UU values together. If you’d like to sign up for this new group, please contact <i>Al Hays</i> and/or <i>Heather Flory</i> and let us know your availability to meet on Monday afternoon/evening or Friday afternoon. For more information about Soul Matters Small Groups, visit < www.soulmatterssharingcircle.com > and continue to read the CVUU Weekly Updates each week!



“A ZOMBIE APOCUULYPSE” THE 2024 TREATS & TALENTS AUCTION

Mark your calendar for *Saturday, November 23rd* for a ghoulish night of fun as we gather at the CVUU for our annual Treats & Talents Auction. This year we’re going to the far side of our imagination with a Zombie ApocUUlypse! Come as your favorite Zombie or post-Apocalypse survivor. While not quite the summer of love that last year’s Treats & Talents was, this one is sure to be a crowd pleaser. Actually, it’s a no brainer that some of you can really sink your teeth into. The Social Hour begins at 6:00 p.m. with the Auction beginning at 7:00 p.m. so we can finish up by 9:00 p.m. Refreshments and beverages are provided to deal with the munchies. So, plan to shuffle on down to this year’s Treats & Talents Auction. It’s bound to be a thriller! Bwa-ha-ha-ha-ha-haaaaaaa!



What Is the Treats & Talents Auction?

Treats & Talents is our main fundraiser event of the year and brings a variety of items donated by our members on which participants may bid. Dinners, bake goods, road trips, parties, handmade items—you name it, and we’ve usually got it on the auction block. Even if you don’t find anything to bid on, join us for a night of fun, frivolity, and fellowship. Those attending are encouraged to wear costumes inspired by the Auction’s theme, though normal clothes are just fine. Questions? Contact *Mike Knapp*, Finance Council.

