



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

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***** 2024 *****

- NOVEMBER 3 10:00 A.M. ON PRACTICING AND PROTECTING: DEMOCRACY IS A UU VALUE**
11:30 A.M. Adult Forum – Pastor Emma Peterson, Karen Impola *
- NOVEMBER 10 10:00 A.M. RELIGIOUS DIVERSITY IN THE MILITARY** – Franklyn Busby, Kathi Bower *
11:30 A.M. Adult Forum
- NOVEMBER 17 10:00 A.M. IS THIS AN EQUITABLE SPACE? IMAGINING OUR FUTURE ON**
ACCESSIBILITY TASK FORCE SUNDAY – Pastor Emma Peterson, Lynn Brant *
11:10 A.M. Adult Forum and Lunch (details in the ATF and Forum articles)
- NOVEMBER 24 10:00 A.M. THE LITTLE FOOD PANTRY: A BRIEF HISTORY AND STORYTELLING**
WITH PRISCILLA NIEMAN – Pastor Emma Peterson, Dick Warhol *
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

One of the many resources available to me as I navigate ministry is a private Facebook group of UU Ministers across the US and Canada. We ask for advice on challenging ministerial experiences, seek resources for worship and topics of all kinds, and support one another across the distance in mutual collegiality. Recently, a new minister in a contract position at a small church was receiving undue criticism and demands (from a small but noisy group of grumpy, stressed out, worried, and uncomfortable antagonists) regarding How Worship Should Be. The minister was trying to keep up with unfair (and inhumane!) demands on their time and energy and was rapidly realizing the unsustainable crisis in which they'd found themselves. They came seeking our input. Quickly, a long, impassioned thread of guidance, solidarity, and empathetic witnessing unfolded in the comments. Ministers offered advice on how to set boundaries and manage expectations, and how to address the conflict directly while offering an opportunity for the church leadership to address bad behavior and find new ways to communicate, collaborate, and continue forward.

A lot of pressure is put on ministers, whether that pressure be to grow the church (all from the power of our sparkling personalities and incredible worship skills!), to make hard choices about staff or money or priorities, or care for members in exactly the perfect way that makes everyone feel the most loved and nurtured (even if they don't tell us when they need care or how to best care for them as individuals!). Many of us respond to this pressure by reminding folks that ministry is *shared* and inviting all within the community to re-covenant together—to deepen their connections with one another in the spirit of shared vision and values, and to maintain their responsibilities, both shared and separate. (“What is mine, and what is yours, and what is ours together?”) There was so much good discussion and advice on the thread, but one bit struck me as particularly useful. One minister chimed in to express the ministerial idea of non-attachment to outcomes. They wrote, “ministers do their job to the best of their ability, and leadership does their job to the best of their ability, and then we detach from outcomes and see what happens.” They went on to explain that the best words to practice outcome detachment are “wonder” and “interesting”.

In this season of uncertainty, of big possibilities and new challenges, I'm trying out this practice of detaching from outcomes. I am asking myself questions like, “I wonder when we will find a Music Director?” and answering like, “I don't know, but whatever happens will be interesting!” Or questions like, “I wonder how we can draw in newcomers and help them feel more a part of the community?” and “Whatever we try, it will be interesting to discover what works and what doesn't!” I invite each of you to re-covenant with me, to do what is ours and share whatever responsibilities we are able, and to focus on our connections to one another. We are blessed and made better simply in our being together. We are enriched and forever changed in doing the Work of Church, no matter the outcome. Whatever happens next, may it inspire us to dream and to wonder, and to find joy and fascination in all that unfolds. May it Be So!

Pastor Emma



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

Door knocking, letter writing, phone calling and voter registration! Fundraisers, protest marches, study groups and forums! As I write this column, election season is in full swing. CVUU members are actively involved at local, state, and national levels, living out their UU Principles and Values during this important time. Although most of us are on the same side of the aisle on most issues, we understand that our church is open to a variety of viewpoints and opinions. In this community, we must always remember that “we do not have to think alike to love alike”.

The Adult Forum committee invited Grant Veeder, Black Hawk County Auditor and Commissioner of Elections, to speak to us on October 13th to explain the extensive measures that his office takes to ensure election integrity. With all of the polarization and vitriol of this election cycle, we hope that people will accept the results of the election, participate in a peaceful transfer of power, and work together in service of the common good.

With the election behind us, I'll be looking forward to the *Annual Treats & Talents Auction*. The theme this year is *Zombie ApocUlypse*. I shudder to think of what the costumes and makeup will be like this time. Will we scare the kids? Will the kids scare us? When my daughters were younger, their main concern during Halloween was not to scare ME! In fact, when *Linnea* was a lead in Waterloo West High's production of *Night of the Living Dead*, she told me not to come because it might be too upsetting—and do you know what? I didn't go! I still don't watch the short films she and her friends make if I think they will be too scary. I like to think that *Linnea* got her start in makeup design at West High School and at the CVUU.

It looks like our RE programs are growing, especially at the lower elementary level. We need to continue to foster that growth and to stimulate new growth at the upper elementary, junior high, and high school levels. What kinds of events can we create to help expand our RE program? What sort of curricula would be most exciting for our junior high and high school youth?

I hope we can lure some of the junior high and high schoolers back to church, perhaps to present the annual haunted house at the end of October. Every year the youth used to create two versions of this spooky event, one for the younger kids and one for older kids and adults. It was a great bonding experience for them and a lot of fun for everybody else.

As I write this article, we are about to hire two new CCRES. I'm excited to learn how they will split their positions. They could split them by grade level (younger vs. older kids) or types of curricula (e.g., artsy vs. literary) or by how they will plan and oversee the programs.

In the meantime, a big thank you to everyone who has volunteered in the RE classrooms, and to EVERYONE who has stepped forward to make a difference in our beloved community.

Carolyn Hildebrandt
CVUU President



Robert Collyer, an impoverished English mill worker who came to America and became a Unitarian minister, died in New York City on November 1, 1912 at age eighty-nine.



NOVEMBER SERVICES

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

November 3rd

On Practicing and Protecting: Democracy is a UU Value

~~ Pastor Emma Peterson, Karen Impola (WA)

November 10th

Religious Diversity in the Military

~~ Franklyn Busby, Kathi Bower (WA)

Franklyn Busby served for eighteen years as a Chaplain's Assistant and Religious Program Specialist with the U.S. Navy, and later worked as a civilian contractor providing support services to military chapel communities. He has wide-ranging theological interests.

November 17th

Is This An Equitable Space? Imagining Our Future on Accessibility Task Force Sunday

~~ Pastor Emma Peterson, Lynn Brant (WA)

November 24th

The Little Food Pantry: A Brief History and Storytelling with Priscilla Nieman

~~ Pastor Emma Peterson, Dick Warhol (WA)

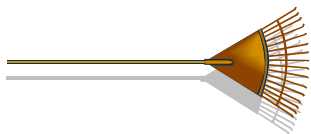


MINDFULNESS MEDITATION

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 November is *Repair*. The Adult Forum led by Rob Boody on November 3rd will address this topic (see the Forum article, next column). Join us in person or on Zoom to find out more.



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.

November 3rd

Repair

November's Soul Matters theme is *repair* – how do we act to repair relationships, repair the earth, or other things in our lives that “need fixing”. *Rob Boody* will lead us in a discussion of this challenging topic.

November 10th

Health Disparities Among Women of Color

Alisha Hunt is a doula with Albany Doula Service, an agency serving the Black community in Waterloo. She will lead a discussion about her work and the health disparities that exist around maternal care for black and brown women.

November 17th 11:10 a.m.

ATF Forum: *BE THERE!*

Want to hear about the status of the Accessibility Task Force project? Attend today's service and following a short comfort break, a Second Hour presentation on the proposed project. For those who attend, *Mike Knapp* has generously offered to provide lunch after the presentation. Join us!

November 24th

Residential Solar Energy—What's Your Carbon Footprint?

Have you ever wondered what it takes to install solar panels on your house or property? Join *Austin Evens* for a Second Hour discussion about residential solar energy. We will discuss the basics of solar energy, the benefits of solar and how residential solar systems integrate into the grid. We will discuss net metering benefits offered by MidAmerican energy, making it quite easy to utilize solar to replace or supplement your energy bill and reduce your carbon footprint. Finally, we will discuss a little bit about the financial commitment for residential solar and potential return on investment. If you have experience with residential solar or working with CFU's solar purchase program, please bring your ideas and we will open the floor for others to share. The goal is to bring awareness to our congregation about options they may have as residents of Iowa to reduce their carbon footprint.

Al and Pam Hays for Adult RE



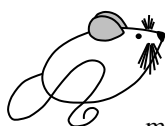
CHILDREN'S RE!!

The CVUU has hired *Ronan Parker* (he/him or they/them) as a co-coordinator of Children's RE. Ronan has experience working in childcare and after-school programs. Look for a more in-depth introduction from him in the next newsletter and a future Weekly Update. He can be reached at <ccre@cedarvalleyuu.org>. We are hoping to hire a second RE staff person soon.



The 'flickering' motion light over the front entry door has been fixed thanks to *Roger Hahn*. The Building & Grounds committee has a big job keeping our church property in good working order. It seems they are often here tending to one thing or another on behalf of your membership. Be sure to thank them for their efforts when you see them!

The Church Mouse



BOARD BRIEFS

On October 10th 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:** Two new CCRE candidates were approved for hiring (*Ronan Parker* and *Kenadi Fay*). How they split their positions will be up to them (e.g., by age group, curriculum content, administrative role). We do not yet have a candidate for Music Director.
- Buildings and Grounds:** The Board approved a Next Steps Weekend during which a representative from a UUA-affiliated consultant will help us plan a possible capital campaign to improve building accessibility, principally through the addition of an elevator to connect the four levels of our building.
- Finance:** The Finance Committee offered training for all Board members on the structure of our finances at the CVUU. Our next big fundraiser is the *Treats & Talents Auction* on November 23rd.
- RE and Adult Programs:** Our new representative on the Board is *Curt Toppin*. Welcome, Curt!
- Congregational Life:** Three new members joined the congregation on September 29th. CVUU members are encouraged to upload a photo to our online Directory to help new members connect names and faces.
- Social Action:** The committee will be discussing future directions for the Little Food Pantry in late October, along with ways we can support our neighbors in the trailer court next door.



At the time of this newsletter deadline the trees have begun their annual showcase of many colors—some very quickly and others with hesitation. The days have been glorious watching Mother Nature unfold her beauty as the season evolves.

Our sympathy to *Dan* and *Callie Amiday* and family on the September death of Dan's father, Jim, in Minnesota.

We have 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.



CONTACT INFORMATION CHANGED??

DON'T FORGET THE CVUU!

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!

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>.



NORTHEAST IOWA FOOD BANK

Volunteering at the Food Bank has been fun and rewarding and we'd like to keep it going one Saturday a month but we may need to be flexible. We're tentatively thinking about Saturday, November 23rd from 12:00 – 2:00 p.m. and would like to have 8 to 15 people if possible; all ages, and there are some tasks that can be done sitting down.

If you are interested in this monthly event, sign up by contacting me (phone, text, email, or CVUU FB page).

Margie Miller



Daylight Saving Time Ends Sunday, November 3rd!

Charles Darwin, a Unitarian, published *The Origin of Species* on November 24, 1859, setting forth radical ideas that challenged biblical literalists.



CUUPS DRUM CIRCLE

There will be a Drum Circle at the CVUU in the sanctuary on Friday, November 1st at 6:30 p.m.

Drum circles have been a part of the human experience in virtually all cultures since time immemorial. Drumming together provides participants with an opportunity to connect with the community in interesting ways and provides an opportunity for meditation and for spiritual growth. It can literally lower blood pressure and create a relaxing and welcoming atmosphere. No musical skills are required.



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

FIRST FRIDAY DINNERS

In case you missed the announcement in the October newsletter, due to busy holiday schedules in November and December, the next CVUU First Friday Dinner is scheduled for Friday, January 3rd from 5:30–7:00 p.m. in the Fellowship Hall. Mark this date on your 2025 calendars now!



This will again be a family-friendly beloved community potluck dinner so we hope everyone will join us and bring their family and friends. Everyone is welcome!



THANKSGIVING POTLUCK

Where will you be on Thanksgiving? Certainly not alone, as plans are again in the works for a gathering at the CVUU on Thanksgiving Day which is November 28th.

Our talented *Chef Nate* will prepare another scrumptious turkey (and gravy), and *Priscilla* (our Hostess with the Mostest), will be the organizer of the clipboard(s) and the “go to” person for more information and questions.



Signup sheets will be available in the Fellowship Hall beginning in early November. Sign up with your name and what dish you plan to bring to share—maybe a favorite or family tradition? Signups ensure we have a good balance of choices. There will also be places to sign up to help with setup and cleanup; many “worker bees” are needed in this effort!

Folks can begin gathering around noon for some socializing if they wish, and whenever Nate says ‘the turkey is ready’, eating should commence between 12:30 and 1:00 p.m. We will use the church’s plates/silverware, and coffee, tea, and water will be provided. If other beverages are desired, please use the signup sheet and note what you will bring.

Last year, a good time—along with much good eating—was had by those who attended, so consider joining your CVUU friends this holiday!



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 August through October and February through April 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. Sign up and be ready for the first Forum in February 2025!

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 that are chosen annually by this congregation.

The charity for September was the *Black Hawk Grundy Mental Health Fund* and a generous \$582.00 was collected! Although not a monthly charity at this time, UUs were asked to consider contributing to the *UUSC’s Disaster Relief Fund* for those congregations and communities impacted by Hurricane Helene—\$657.00 was raised! A big thank you!



October’s charity was for the *Iowa Abortion Access Fund*, and we’ll have that figure for you next month. November’s charity is for our own *CVUU Little Food Pantry*.

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

The Social Action Committee



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 *November* is *Nancie Groszkruger*.



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 November the second Sunday is the 10th. 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/>>.



POLLINATOR GARDEN YEAR-END FINALE AND PLANNING EVENT

Join the pollinator garden and tree committee volunteers at the CVUU for an afternoon wrap-up of the gardening year on Saturday, November 9th at 1:00 p.m. We welcome ideas for easier maintenance, better selection of species, and improved garden design in the coming year. Refreshments provided.

IUUWAN NEWS

CLIMATE JUSTICE REVIVAL

IUUWAN (Iowa Unitarian Universalist Witness Advocacy Network; <iuuwan.com>) promoted a *Climate Justice Revival* on September 28th and 29th. The Saturday afternoon experience at the CVUU boasted good participation, and the worship theme on Sunday included an “Advocacy Hour” after the service. Watch for some of the good ideas that were generated to be implemented including:



- create a do-you-know-your-neighbor map promoting carpooling for church/events;
- refocus on the pollinator garden;
- build on Cedar Falls’ proposed resilience plan and working toward Cedar Falls and Waterloo’s mayors to become “Climate Mayors”;
- hold a public climate justice-focused event during Earth week in April, including a labyrinth walk;
- avoid buying plastics; promote solar power options by CFU and MidAmerican/Alliant; speak out with others about actions individuals can take.

And, an idea repeated numerous times: VOTE!

Shirley Whiteside



Some of the CVUU participants in the Saturday workshop.

“In our earth in 2055 I’ll be 41.
 What do I hope the earth and climate will be like?
 No more pollution, no more animals are in danger.
 More trees and forests.
 More use of renewable energy to run cars, lights, and so on.
 All the trash in the ocean and on land is gone.
 I light the chalice today for my hopes and dreams for 2055.”



Genevieve Bower, Chalice Lighter for the September 29, 2024 Sunday Service

“I don’t think people understand that the land is us and we are the land. We don’t see land as property in that sense. We see it as part of our flesh and bones. Land is a person just like we are.”

~~*Lance Foster*,
 of the Iowa Tribe of Kansas and Nebraska

GREEN LIVING CORNER

*Green Sanctuary—
 a Way to Act on Climate Revival Goals*

How do we follow up on the energy created by the Climate Revival?

One answer the UUA strongly advocates is for all congregations to be brought into the Green Sanctuary program. Last year, *Betsy Brant* described in these pages how the CVUU achieved Green Sanctuary accreditation in 2009. It was an arduous process: lots of paperwork and reflection, but with long-lasting benefits to the congregation, such as routine recycling, energy efficient physical plant improvements, and landscaping that provides ecosystem services. Betsy closed her article with these words, “I’d like to challenge the CVUU to once again prioritize our commitment to the 7th Principle. Climate Change looms large over the planet. Let’s make a difference.” So, the question is: Do we want to re-commit to Green Sanctuary?

Won’t it be a lot of work?

This new version of Green Sanctuary is called Green Sanctuary 2030, the date by which we earthlings have to cut greenhouse gas emissions enough to reach net zero by 2050. The UUA promises that the program is “evolving to become more accessible for congregations and more responsive to climate injustice,” and they acknowledge the formerly “onerous paperwork and demanding process”. Reviewing the new process and looking at programs from other congregations as examples, I think we already have much in place to make renewing our status less of a chore.

A fundamental shift in emphasis for the new Green Sanctuary is for congregations to prioritize justice in our climate actions and goals and form partnerships with front-line organizations. This would entail a change of focus to more active engagement with the larger community rather than on actions taken on our home turf.

If you want to explore Green Sanctuary 2030, go to <<https://sidewithlove.org/green-sanctuary-2030>>. This page allows you to:

- sign up for an email newsletter;
- join one online orientation. Sessions are held on the first Wednesday of each month at 6:00 p.m. CST.
- locate other Green Sanctuary resource materials.

Contact me if you feel motivated to join a discussion around the question of further Green Sanctuary action.

Sally Browne for Green Living



The Baltimore Unitarian Book Society, led by Jared Sparks, was formed on November 19, 1621 to distribute Bibles “and such other books as contain rational and consistent views of Christian doctrines, and are calculated to promote a correct faith, sincere piety, and a holy practice”.



CONGREGATIONAL LIFE

What a lovely fall it has been so far! Warm temps have allowed us many opportunities to get out in nature with friends (hopefully, some CVUU friends!) and family. I hope you will bundle up and continue those connections even as the usual chill of late fall sets in!



Speaking of connections, we had three new members join the CVUU in September!! They are *Tera* and *Ryuka LeClere* and *Jeff Chapin*. We are so fortunate that they found us and want to engage more deeply with our faith community. Watch for more information about them in a future newsletter and Weekly Update. You can also search them out at Coffee Hour and get to know them a bit. They will all be an asset to our congregation!

Another way to help us connect with newer people and help them get to know US, is to post a picture of yourself and/or you and your family in the online Church Directory. If you need help with this, please let *Heather Flory*, *Leigh Zeitz*, or me know. We can help you get it done in a jiffy!!

One more way we enjoy feeling (and looking!) connected is with our matching blue CVUU T-Shirts. If you have noticed them and would like one for yourself, let me or *Pastor Emma* know. They will cost about \$20-25 and are 100% cotton. If your finances are tight, don't let it stop you. Let *Pastor Emma* know your situation and we will get you a T-shirt. We don't want anyone to miss out on this opportunity due to financial difficulties.

So, welcome to our new CVUU members, *Tera*, *Ryu* and *Jeff*!! Our next New Member sessions will be in February; watch for those dates.

We hope our CVUU will be a place for everyone to find connection and belonging.

Happy fall, y'all!

Juanita Williams
Congregational Life Council Chair



Exciting news! Your annual holiday *Mitten Tree* is getting what they are calling "a new branding". Its focus is going from many years of collecting mittens, gloves, and scarves (thanks to *Moria Brown*!) to this year collecting various toiletries for two worthy causes in the Cedar Valley. The Social Action Committee is in charge, so watch for details between now and the end of December.



Your generosity sets a good example for our little mice, so thank you for being such thoughtful and helpful folks!

The Church Mouse

Having landed in Massachusetts on November 11, 1620 after their failed attempt to reach the English colony at Virginia, *Pilgrim leaders on the ship Mayflower* signed a covenant for self-government known as the Mayflower Compact. They established a church in Plymouth, Massachusetts, now Unitarian Universalist.



Coelius Secundus Curio, a Catholic heretic influenced by Martin Luther and imprisoned by the Inquisition in Italy for his anti-Trinitarian beliefs, died at age sixty-six on November 22, 1569.



WOMEN OF FAITH OF THE CEDAR VALLEY

Dr. *Kunihiko Terasawa*, Associate Professor of Religion at Wartburg College, will be the speaker at the Women of Faith meeting on Tuesday, November 19th at 6:30 p.m. held at St. Luke's Episcopal Church in Cedar Falls. His topic will be *Buddhism*. For more information contact *Ruth Ratliff* at <ruthratliff52@gmail.com>.



NOVEMBER DEADLINES FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the *December* issue. The calendar deadline for this issue will be **Wednesday, November 13th** (send info to the office); the *newsletter* deadline will be **Friday, November 15th** (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 **November 13th and 15th**—the calendar and newsletter deadlines for the *December* 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. *Priscilla* will share some history and storytelling at the November 24th service.



Frances Dana Barker Gage, a Universalist feminist and social reformer died at age seventy-six on November 10, 1884.

“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-haaaaaa!

If you are donating an item for this year’s auction, please fill out the attached form at the end of this newsletter and return it to *Mike Knapp* at 1141 Independence Ave., Waterloo, IA 50703. You may also send it electronically to <lairdknapp@gmail.com> or deposit the form in the box in the Fellowship Hall. Please send your entries to me by Sunday, November 10th.



What is the Treats & Talents Auction?

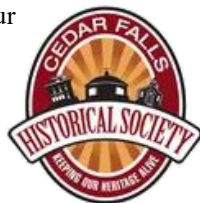
Treats & Talents is our main fundraiser event of the year and brings a variety of items donated by our members on which participants may bid. Dinners, baked goods, road trips, parties, handmade items—you name it, and we’ve usually got it on the auction block. Even if you don’t find anything to bid on, 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.



DOING SOME FALL CLEANING??

When cleaning out your basements, attics, or junk drawers, please keep the Cedar Falls Historical Society in mind! Below is a list of what they’d be willing to take off your hands for general use or for educational use in their buildings.

- Beer or pop can flats
- Magazines
- Empty Finish Quantum Dishwasher Pods (84 count containers)
- Empty Peppermint Bark tins
- Donations to purchase items for the kitchen at 315 Clay Street.



If you have questions about donation items, contact the Historical Society at: 319-266-5149. They appreciate everyone’s contributions!

William Schulz, the fifth president of the Unitarian Universalist Association, was born on November 14, 1949 in Pittsburgh, Pennsylvania. He received a DMin from Meadville/Lombard Theological School in 1975 and served a church in Massachusetts before becoming the head of the Department of Social Responsibility at the UUA and then the executive vice president. He served as president from 1985 to 1993. He also served as the executive director of Amnesty International, USA.



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! Leisurly browse for clothing, jewelry, cards, and much more, at: <<https://www.uuabookstore.org/>>.



SOME OBSERVANCES FOR THE MONTH OF NOVEMBER INCLUDE:

- National **Marrow Awareness** month
- National **Family Caregivers** month
- National **Runaway Prevention** month
- National **Inspirational Role Models** month
- National **Adoption** month National **Scholarship** month
- National **Novel Writing** month National **Pomegranate** month



PASTORAL CARE 101

This month, 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

“I see a time of Seven Generations when all the colors of mankind will gather under the Sacred Tree of Life, and the whole Earth will become one circle again. On that day, there will be those among the Lakota who will carry knowledge and understanding of unity among all living things, and the young white ones will come to those of my people and ask for this wisdom. I salute the light within your eyes where the whole Universe dwells. For when you are at that center within you, and I am that place within me, we shall be one.”

Crazy Horse,
Lakota leader killed in 1877

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, *which will begin shortly after the service*, 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! Plan on attending and stay for a free lunch afterwards courtesy of *Mike Knapp*!

Steve Chamberlin
Accessibility Task Force Chair



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting this month in the sanctuary on Monday, November 11th at 1:00 p.m. The movie being discussed will be the poignant and funny documentary, *Will and Harper* which is available on Netflix.

After many months on Zoom, meeting in person last month was a rousing success and great fun! 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*.



REBRANDING THE MITTEN TREE!

The Social Action Committee is “rebranding” the Mitten Tree into a toiletries, aka “Toilet-Trees” collection this year. The committee has reached out to two local organizations, The Hospitality House and the ACE-SAP clinic, for their items of highest need. Depending on responses, the committee will provide specific details in future communications to the congregation.



To get started, the CVUU will collect personal care items beginning Sunday, December 1st, with completion on Sunday, December 29th (five weeks), for distribution sometime in January.

Please consider buying for this worthy cause during the months of November and December, while out shopping. For the time being, suggested items include: shampoo, conditioner, bar soap, loofahs, toothpaste, toothbrushes, toilet paper, tampons/pads, scent-free lotion, nail clippers, deodorant, and personal first aid kits. Please keep diverse hair and skin types in mind as you purchase. Thank you for making a tangible difference in our community this holiday season!



Mowing season is done now, but we know you rely on volunteers to see that the lawn is mowed, and we’re so impressed with those who have done that over the past seven months. Give a shout-out to these folks we’ve seen taking turns during that time—*Roger, Kathi, Byron, Bill, and Jeanette*. They were a dedicated crew during some hot summer days! Thanks to each of them for their effort in keeping our premises looking spiffy!

The Church Mouse

GRATITUDE FOR BELOVED COMMUNITY

As we approach this yearly time of *Thanksgiving*, I would like to take this opportunity to share the gratitude that I feel to all who have given their support and encouragement to me, especially during this past year when I have faced so many challenging health issues. It has been quite the year, as I have had a valve replacement followed by a month of cardiac rehab, two pacemakers, three colonoscopies, a hernia repair, a severe fall followed by severe vertigo, two periods of ten-day stays in skilled nursing care facilities, and a continued decline in my vision which has led me to no longer being able to drive and having to sell my car.

During this time, so many of you have helped me with many things! You have taken me both to local appointments and trips to Iowa City. You have helped take care of my dog, house, and mail. You have taken my recycling and weeded my garden. You have brought me meals or groceries or have taken me shopping. You have picked up prescriptions for me and taken me to church and church meetings. You have taken me on outings just to have a little fun. There are so many other ways you have helped, but the most important thing is that you have nurtured me and lifted my spirits and soul.

I have enjoyed and appreciated the deeper connections that I have developed with so many of you. I hope that in giving to me you have not only experienced my gratitude, but that there has also been meaning for you in being able to help. I hope that I will be able to give back to others in some meaningful way. I do not know what I would do without the support of my **beloved community**.

On behalf of myself and as a member of the Shared Ministry Council, I am truly grateful for the way so many of you have contributed not only to me, but also to others in need in our beloved community, and for your continued support and commitment to the CVUU.

If you ever feel like you could use the support of our beloved community and you’re not sure how to reach out for help, please get in touch with the Caring Connections Team. They have a different contact person each month; see the Newsletter or Weekly Update for this month’s contact information.

In gratitude, *Floralyn Groff*

This article is brought to you by the Shared Ministry Council, whose role at the CVUU includes working together to support and promote the growth and well-being of the CVUU congregation in all aspects of its community life. The Shared Ministry Council consists of *Heather Flory* (chair), *Nancie Groszkruger* (Board liaison), *Floralyn Groff*, *Debra Kyler*, and *Pastor Emma Peterson*.



Frances Anne Kemble was born on November 27, 1809 in London to a theatrical family. A celebrated writer and actress, she married Pierce Butler, a prominent Philadelphian who owned cotton and rice plantations in Georgia and had nearly one thousand slaves. Kemble was appalled when she saw slavery at first hand and divorced her husband in 1849. Encouraged by her Unitarian associates, especially William Ellery Channing, she gathered with others opposed to slavery including Lydia Maria Child. She published *Journal of a Residence on a Georgian Plantation, 1838-1839*, during the Civil War in order to gain sympathy from the British for the cause of abolition. She died on January 15, 1893.



The 2024 Treats & Talents Auction

When: Saturday, November 23, 2024

Time: 6:00 p.m. Social; 7:00 p.m. Auction

Where: Fellowship Hall

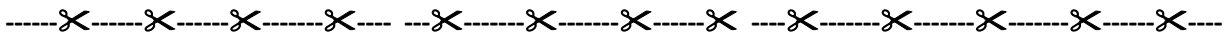


It's time for our annual Treats & Talents Auction! This year it's a *Zombie ApocUUlypse*, so it's bound to be a "thriller". Dig out the face paint and gore or come as your favorite survivor from encounters with the walking dead. Nothing retro to wear? Don't let that stop you from being there (of course it's always more fun when you are in costume!).

New to the "Treats & Talents Auction?" This is our annual fundraising event where members and friends donate items to be auctioned off during the evening. Auction items have ranged from dinners or a special party, handwoven shawls and scarves, weekend and vacation get-aways, to personal services such as: an evening of babysitting; putting up storm windows; or cleaning house gutters. Auction items are only limited by the creativity of the donor.



The Social hour starts at 6:00 p.m. The Auction starts at 7:00 p.m. so we can end by 9:00 p.m. Refreshments and beverages are provided to deal with the munchies. Childcare will also be available. Fill out your auction item form (below) and put it in the drop box in the Fellowship Hall, email it to me at <lairdknapp@gmail.com>, or send this form to me at 1141 Independence Ave., Waterloo, IA, 50703. The *Deadline to respond* is Sunday, November 10th.



"A *Zombie ApocUUlypse*" - 2024 Treats & Talents Auction

I will donate the following auction item: _____

Name: _____ Phone: _____

Email: _____ Suggested bid amount: _____

Return to:

Mike Knapp, 1141 Independence Ave., Waterloo, IA 50703 or <lairdknapp@gmail.com>.

