



CEDAR VALLEY UNITARIAN UNIVERSALISTS

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

319-266-5640

WWW.CEDARVALLEYUU.ORG



***** 2025 *****

- MAY 4 10:00 A.M. **WE LAUGH TO KEEP FROM CRYING (BUT SOMETIMES CRYING IS GOOD!):
ON COPING DURING OBJECTIVELY HARD TIMES**
11:30 A.M. **Adult Forum / New to CVUU** – Pastor Emma Peterson, Kathi Bower *
- MAY 11 10:00 A.M. **MOTHER'S DAY CELEBRATION** – Callie Amiday, Karen Impola *
11:30 A.M. **Adult Forum / I Want to be a Member**
- MAY 18 10:00 A.M. **FLOWER COMMUNION SUNDAY** – Pastor Emma Peterson, Dick Warhol *
11:15 A.M. **ANNUAL MEETING**
- MAY 25 10:00 A.M. **LAY MINISTER COMMISSIONING SERVICE**
11:30 A.M. **Adult Forum** – Mandy Boody, Callie Amiday; Pastor Emma Peterson *

* ~ 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

On the first weekend of April, I visited one of my favorite American cities—Portland, Oregon. Spring was on full display in the city, and I felt my own self coming alive as my eyes feasted on an abundance of green. My allergies were wide awake, too! My first morning, I walked in the beaming sun, feasting my eyes on freshly showered spring flowers. I couldn't resist shoving my nose into a rose bush in full bloom. I inhaled more raindrops than scent, coming up for air to discover I was soaking wet, laughing and choking, clearing the water from my nostrils and shaking off what I could from my clothing. Spring arrives with a vengeance sometimes, calling us into the wild, growing, blooming mess of it.

That Saturday, I marched with thousands of others through the streets of Portland, joining in the national grassroots Hands-Off Rally. While I was on the West Coast, many CVUU members participated in the Hands-Off Rally in Waterloo. Taking the train into the city, I noticed many other people heading to the same event. Interestingly, and encouragingly, demographic analysis of Hands-Off rally attendees indicates the majority of participants were Boomers. I can only imagine the dismay and the outrage proliferating throughout that generation. Boomers fought for equal rights for all people. Their insistence on equal rights elevated women, people of color, and LGBTQ Americans towards more accessible self-determination. I think many never imagined we'd ever go back to the way things were before—when women were required to marry to survive, when People of Color were kept from the vote via “poll taxes” of all kinds, when you could be fired or worse for being gay without recourse. “Every single American should be out in the streets,” I overheard a woman on the train say.

Every American—who can do so safely—should be out in the streets expressing their outrage and dismay at this hostile government takeover. I am encouraged by the reemergence of the “Old Guard”, the Boomers who can't believe they're still protesting this garbage. Those are exactly the folks we need on the front lines. The people who are familiar with old school demonstrations, who have the time and the privilege to safely and effectively resist. There are many people who don't feel safe protesting right now. As targeted marginalized groups determine how to navigate increasing threats, those of us with the most privilege must show up at every opportunity to communicate our distress at our quick slide into fascism, and our solidarity with those who are most vulnerable. I think about the furious bloom of spring, when life suddenly bursts forth and the dead earth cannot resist the greening. We must protect the garden's most fragile flowers. The more audaciously we bloom, the more we conquer what threatens to cut us off at the bloom, the stem, the root.

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

Alleluia! Spring has finally come!

As I write this column, my lawn is greening and the daffodils are nodding their frilly yellow heads. I can leave my sliding glass door to the backyard open for my elderly dog, Eddie, to go in and out without inviting too many flies and birds into the house. Once summer comes, I'll need to find another solution, but for now, leaving the house open works fine.

I love the ancient Greek and Roman myths about the changing of the seasons—Hades and Persephone (Pluto and Proserpina), the gods of the spring winds, Zephyrus (Favonis), and Flora, the Roman Goddess of Flowers and Spring. I also love the ancient myths about virgin births and resurrections from the dead that predate the story of Jesus that so many of us celebrate each year.

But best of all, I love contemporary scientific accounts that are woven into poetry by UU singer-songwriter Peter Mayer. In his song “Turn Me, Earth” he sings:

Turn me earth to a new sunrise
Turn me into the light of morning.
Turn me earth when I close my eyes.
Turn me into the night.
Turn me earth to the blackbird's trill
Turn me into the light of morn.
Round again to the whippoorwill.
Turn me into the night.

As you're spinning light and dark
Turn me into the light of morning,
Turn me earth around your star
Turn me into the night.
Through the seasons we will go
Turn me into the light of morning,
Summer rain and winter snow.
Turn me into the night.

“Holy Now”, “Beauty of the World”, “Church of the Earth”, and “Blue Boat Home” are other songs where Mayer celebrates the miraculous world in which we live. This is not to say that there is nothing else for us to do but to enjoy the warmth, light, and bounty of spring.

Now, more than ever, we need to protect the earth and all of its beings. We need to protest the unimaginably cruel and destructive madness of our times. Perhaps the spring weather will bring more people into the streets to demand for a return to our democratic principles, to denounce injustice, to right all wrongs, and to advocate for peace.

Carolyn Hildebrandt
CVUU President



The *American Unitarian Association* was officially formed on May 26, 1825 at the Ministerial Conference in Berry Street, held at Federal Street Church in Boston. The conference adopted a constitution “to diffuse the knowledge and promote the interest of pure Christianity”. William Ellery Channing was offered the presidency, but he declined and Aaron Bancroft of Worcester was chosen. By coincidence, the British and Foreign Unitarian Association formed on that same day in London.

Joseph Blanco White died on May 20, 1841 at the age of sixty-five. A former Catholic priest, he wrote several books on social and religious issues after converting to Unitarianism.



MAY SERVICES

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

May 4th

We Laugh to Keep from Crying (But Sometimes Crying is Good!): On Coping During Objectively Hard Times

~~ Pastor Emma Peterson, Kathi Bower (WA)

May 11th

Mother's Day Celebration

~~ Callie Amiday, Karen Impola (WA)

Join us in Celebrating Mother's Day by honoring mothers past and present and celebrating the energy of motherhood.

May 18th

Flower Communion Sunday

~~ Pastor Emma Peterson, Dick Warhol (WA)

If you are able, please bring a flower to contribute to our annual Flower Communion Sunday ritual.

May 25th

Lay Minister Commissioning Service

~~ Mandy Boody, Callie Amiday; Pastor Emma Peterson (WA)

Please join us to welcome and celebrate our two newly appointed lay ministers, *Mandy Boody* and *Callie Amiday*.



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.

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>.



ADULT RELIGIOUS EDUCATION

Forums take place following the Sunday services at 11:30 a.m. unless publicized otherwise. Most, if not all, are available on Zoom and in person at the church.

May 4th

Annual Budget Presentation

Mike Knapp, Finance Director, will review the 2025-26 budget to be voted on at the Annual Meeting on May 18th.

May 11th

Movie Group Round Up

Want to hear about a great movie? Want to share ideas with other cinema fans? Join the *CVUU Movie Discussion Small Group*! Members of the group—*Nancie Groszkruger*, *Floralyn Groff*, *Bill Chene*, *Carla* and *Michael Fanelli*, and *Leigh Zeitz*—will tell us about how their group works, and what some of their thumbs up and thumbs down movie choices have been.

May 18th 11:15 a.m.

Annual Congregational Meeting

Everyone is encouraged to attend the annual meeting.

May 25th

TBA

Al and Pam Hays for Adult RE



CHILDREN'S RE!!

By the time you read this, April will be coming to a close, but we continue forward with the "joy" that it taught us. The Egg Hunt on Easter Sunday was so much fun despite the rain! Everyone had their share of candy to take home. It was wonderful to organize the activity, and I appreciate all of the donations and help that were provided to ensure that the children had a good time.

The theme for May is *Imagination*. Our minds are capable of thinking the most incredible things, and May is about learning how we can use that imagination to help others, find hope, and more. I am excited for activities such as "Growing Peace in Your Honor" which will allow the children to plant the seeds of native flowers, and spread hope and healing across our earth.

RE classes will only occur for three weeks in May, as Sunday, May 11th will be a special day that the children will celebrate in the service with our congregation. I am always in need of new volunteers, so if you are interested in becoming an RE volunteer and knowing what that entails, please do not hesitate to reach out. My email address is listed on the staff page of our website.

Sometimes time feels as if it passes without us realizing that it has. Already we are nearing the midpoint of the calendar year, and the end of our church year. I have been with the CVUU for eight months now, and it has been an incredibly fulfilling experience thus far. There is security and community that is important in the uncertainty of the world around us. I know that we will continue to ensure that those who need it have a safe place to be themselves.

Ronan Parker

Coordinator of Children's Religious Education

"My mother is my root, my foundation. She planted the seed that I base my life on, and that is the belief that the ability to achieve starts in your mind."

~Michael Jordan



We had a gentle rain all day Easter Sunday and some more the following week, resulting in the earth beginning to leaf out with much green for all to enjoy in our yards and parks!

We currently have members who are dealing with health issues including surgery; 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 sympathy.

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



The Soul Matters theme for May this year is *Imagination*. Our children will also be using this theme in the RE classes. What does this theme mean to you in your daily life and in the lives of those around you? What life experiences concerning *imagination* come to mind?



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting this month in the sanctuary on Monday, May 12th at 1:00 p.m.

The movie being discussed will be *The Namesake*, and is available on Prime Video for \$3.79, on YouTube, Apple, and can be found at the Cedar Falls Public Library.

This is an open group and all are welcome, so 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*.



When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.



CONGREGATIONAL LIFE

Ready to dive a little deeper into the CVUU? Do you wonder how to take the next step of becoming a fuller part of our Congregational Life? Well, here is your opportunity!



If you've been coming to church and finding it meaningful to participate in the CVUU community but haven't become a member, your chance to do that is just around the corner! In May, we will hold two membership events. The first one will be the *New to CVUU* session on Sunday, May 4th at 11:30 a.m. This is an opportunity to learn a little more about the CVUU and also share what you're looking for in a spiritual community.

Then on the following Sunday, May 11th, there will be an *I Want to be a Member* session, also at 11:30 a.m. This is when you take the next step of joining the CVUU and discovering the benefits and opportunities of membership. Let me know if you plan to attend either of these sessions, so we can have enough materials for everyone.

No matter if you are a member, visitor, or friend, we welcome you to be a full part of the CVUU.

If you have any questions about getting more involved, let me or *Pastor Emma* know.

Warmly, *Juanita Williams*
on behalf of the Congregational Life Council



Meet Our New Member~

Jack Baumann

Welcome to our new member, *Jack Baumann*! Jack (he/him/his) is a resident of Cedar Falls and is excited to be joining the CVUU and its beloved community. He is currently taking a gap year before college, serving as a commissioner on the Cedar Falls Human Rights Commission and volunteering with the African American Historical & Cultural Museum in Waterloo. During the summers, he works at Lost Island Theme Park.

In his free time, Jack enjoys being out in nature, reading, listening to folk music, and working out. He has a particular love for tallgrass prairies and bison!

What drew Jack to the CVUU were its core values. Having grown up Catholic, he never felt a true sense of community within his congregation and often felt isolated due to his personal beliefs. After experiencing a mental health crisis, he searched for a loving and supportive community—not just a place to go on Sundays, but a space where he could learn, grow, and support others. He is grateful to have found that in the CVUU.



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 *May* is *Stacey Bartz*.

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.

March's charity was for the *House of Hope* in Waterloo and \$735.05 was collected! Dusky Steele from the House of Hope presented an informative Adult Forum to us on February 2nd so we know this generous collection will be put to good use.



April's charity was for *Planned Parenthood of the North Central States* and we'll have that total for you in the next newsletter.

This month's charity is for the *Northeast Iowa Food Bank* which serves so many in our corner of Iowa. The CVUU has two ways we help this organization since we volunteer almost every month at the Food Bank; this month it's Saturday, May 24th at noon. Join us!

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

The Social Action Committee



MAY DEADLINES FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the **June-July** issue. The calendar deadline for this issue will be **Wednesday, May 14th** (send info to the office); the newsletter deadline will be **Friday, May 16th** (send articles to me). This information can also be found in **bold type on the calendar page of this newsletter.**

Mark your calendars now for **May 14th and 16th**—the calendar and newsletter deadlines *for the June-July issue*. There are paper copies left at the church each month—some in the acrylic wall holder on the north wall in the front entry, and some at the foot of the stairs in the Fellowship Hall.

****Committee chairs** please plan accordingly at your May meetings that the next newsletter will cover information for two months!

Gerry Chamberlin, Editor
newsletter@cedarvalleyuu.org



The Easter Brunch/Potluck was a huge success if the variety of dishes contributed and how many people attended was any indication. As usual, the kitchen help didn't leave any crumbs for us, sorry to say. The children certainly didn't seem to mind hunting for eggs outdoors in the rain and it looked like they took in quite a haul! That's what it's all about—a good time for everyone.



The Church Mouse

On May 28, 1655 Unitarian **John Biddle** was freed from prison in England, having served six months for writing the "Two-fold Catechism". "Two-Fold" referred to his inclusion in the volume of a catechism for adults and a second one for children. The "Two-fold Catechism" advocated Unitarian doctrine, at that time a criminal offense in England.



IMMIGRATION ACTION

The US Immigration system is often referred to as "broken". Those seeking to enter the US from other countries face challenging and often cruel pathways as they hope for a new safe opportunity in the US for themselves and their families. The Trump administration has made the process more difficult, dangerous, and unjust as mass deportations threaten those who seek to apply for asylum and eventual citizenship. Even those with "green cards" are not secure, and Temporary Protected Status (TPS) expired April 24th. This puts many of our Haitian neighbors in danger.

Across the country organizations have formed to protect and support immigrants and refugees. Locally, Cedar Valley Advocacy for Immigrant and Refugee Rights (CVAIRR) offers information, support, and protection. Since January over a hundred people have signed on to CVAIRR for information and participation. There are several working groups.

The Know Your Rights (KYR) group offers training for immigrants and allies about how to deal with Immigration Customs Enforcement (ICE) officers. It is important for people to know that they do not have to open their door to ICE unless there is a warrant signed by a judge. KYR is fundamental protection from illegal ICE activity.

The Spirituality and Emotional Support group (SES) offers counseling for those who are living with fear and anxiety about the uncertainty of possible deportation. Clinical psychologists offer training for volunteers and support for those who seek counseling. Trained volunteers will be available in emergency situations.

The Ally Support group has received over 60 contacts by people who are willing to offer short term assistance in the form of transportation, food, and some shelter opportunities. Volunteers as well as those seeking help are vetted to provide authenticity.

The Political Action group offers information regarding federal, state, and local issues and opportunities for response.

The Rapid Response group is working with the CV Interfaith Alliance to have a list of people available on short notice to help with transportation, phone calls, and notice of ICE presence in the community.

CVUU has developed a "Comfort and Assist Policy" to offer short term support. Contact *Rosa Torres* or *Mollie Wallsteadt* for information.

If you see ICE activity in the community contact CVAIRR at 319-486-1951 or <CVAIRR@gmail.com>.

For more information:

- * Iowa Migrant Movement for Justice (MMJ)
<<https://iowammj.org>; 515-255-9809.
- * Iowa City Catholic Worker—Emily Sinnwell
<iowacitycatholicworker@escuchamivozia.org>.
- * World Grace Project—Karen Everling
<karen@worldgraceproject.org> (work with Haitian community).

We are all in this together as sisters and brothers. Let's support all those who want to be our neighbors.

HAPPY HANG OUT

We all may need a bit of fun to look forward to each week, in addition to our Sunday service. Plans are for the building to be open on Fridays at 5:30 p.m. for a *Happy Hang*. Dates for this month are Fridays, May 9th and 23rd.

It's a time when anyone can drop in with their favorite crocheting or craft project, read their new book, share a game or puzzle, swap houseplants, sing songs of social justice, talk or be silent. A time when folks do not need to commit to attending, but know the doors are open and they can drop in as they desire and are able. This is a pack-in, pack-out event, meaning if you bring food or drink with you, you are responsible to clean up after yourself. Feel free to organize a game or activity for the night. For more details contact *Jill Miller*.



WhaleCoast Alaska - A More Authentic Travel Experience

Don't procrastinate! Here are two unique, exciting fundraising tours organized by four Alaska UU congregations that are being offered again this summer by WhaleCoast Alaska. The dates are June 14th - 24th and July 18th - 30th; details regarding the specifics about each one are on the website. Experience majestic scenery, wildlife, Denali National Park, Alaska Native culture, glaciers, and UU homestays.

For thirty-one years, WhaleCoast Alaska tours have been the *BEST* way to visit Alaska. Register now for this amazing experience! If this sounds intriguing but you are unsure, on the website there is a section titled "*Is a WhaleCoast Tour Right For Me?*" so check it out.

Details at <www.WhaleCoastAK.org>. For questions their email is <info@whalecoastak.org>.



During Easter week there were gorgeous red tulips blooming outside the windows in the Fellowship Hall. If you didn't see them then, maybe they will still be there by the time you read this. Thanks to whoever thought ahead and planted them for everyone to enjoy; so pretty! *The Church Mouse*



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

"If at first you don't succeed, try doing it the way your mom told you to do it from the start." ~Anonymous



FIRST FRIDAY POTLUCKS

Our First Friday Potluck this month is Friday, May 2nd at 5:30 p.m. in the Fellowship Hall. Please join us and bring a friend for good food and conversation.

Please bring something to share for the potluck if you can. There will be plenty of food, so no pressure! The paper plates will be out, but if you prefer your "regular" plates and silverware, bring them along. The hot water will be on for tea or bring your own beverage. Everyone is welcome!



Thank you to everyone who attended in April! If you have questions about First Fridays, have a suggestion for a fun game or activity, or would like to help out, please contact me. Our next First Friday is June 6th.

Michaela Rich



GREEN LIVING CORNER

"REVIVE AND REPAIR"

(back by popular demand)






Do you have a shirt, pair of pants, sweater, or jacket that you like a lot, but it has a stain, rip, or snag that needs repair/covering?

Join us at *Jane Allen's* place for an afternoon of learning how to make it look good again.

Come to our second "*Revive and Repair*" on Saturday, May 31st from 1:00-3:00 p.m. Bring that garment; learn ways to transform it.

**Reduce Waste, *Save Money, and *Have Fun!*

What to bring:

-  the garment you want to repair/transform,
-  any fabric to try with/on it, (we'll have some extra fabrics you can consider)
-  matching/contrasting thread/yarn(s), (we'll have some)
-  notepaper and pencil,
-  measuring tape/ruler.

For more information, contact *Jane Allen* or *Donna Davis*.



Several UUs were seen at the Le Christopher's meal in April where Rev. Funchess always welcomes attendees at the door. If you are one who likes good food, plenty of conversation, and hospitality, mark your calendars for *Sunday, June 8th* when the Jubilee United Methodist Church in Waterloo will again serve the delicious *Le Christopher's Southern Cuisine* meal at noon at their church.

Note: there is no meal in May as it would fall on Mother's Day; think about gathering some friends and carpooling in June!

"If evolution really works, how come mothers have only two hands?" ~Milton Berle



NORTHEAST IOWA FOOD BANK

We are planning to volunteer again at the Food Bank—on Saturday, May 24th from 12:00 to 2:00 p.m. Working together in community service and having much fun and socializing at the same time is uplifting. Wonder what they'll have us do this month?!

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



William Emerson, the grandfather of famous Transcendentalist Ralph Waldo Emerson, was born in Concord, Massachusetts on May 31, 1743. He graduated from Harvard College in 1761 and taught school in Roxbury. He decided on the ministry and was ordained and installed on January 1, 1766, as minister of First Parish (Unitarian) in Concord. He married Phebe Bliss, the daughter of First Parish's previous minister. Emerson was a learned, effective, and well-loved pastor. On April 19, 1776, the Minutemen were organized to fight in the Revolution against England, and Emerson appeared promptly, gun in hand, when the first alarm sounded. He became their chaplain and was with them during battles. He died on October 20, 1776, of "camp fever", probably typhoid or dysentery. He should not be confused with his son of the same name, who was born on May 6, 1769, and died on May 11, 1811.



LIVING OUR

UU VALUES

FY26 ALL-MEMBER PLEDGE CAMPAIGN

Dear UU Friends,

Congratulations! We have **surpassed** our pledge goal for 2025-2026 with \$220,127. Throughout the coming year, you'll see first-hand how your pledge dollars strengthen and support our congregation as we live our UU Values. I'm inspired by your commitment and generosity. Thank you very much!

Michaela Rich
Pledge Team Chairperson



IOWA CANTERBURY FORUM

The next Canterbury Forum topic will be **Clergy Panel on Religious Challenges and Opportunities under Trump 2.0.**

Elizabeth Popplewell (St. Luke's), Dave Glenn-Burns (Three-House Campus Ministry), and Johnny Janssen (Cedar Heights Presbyterian) will be discussing the challenges that mainline faith traditions and their communities face going forward under Trump 2.0, but also the opportunities that the results of Trump 2.0 policies and actions offer for mainline and progressive communities to serve those who Trump 2.0 is victimizing, and reclaim what is good and constructive about religious service and witness.

Canterbury Forums are held on Zoom at 7:00 p.m.; this month's date will be Sunday, May 4th.

If you would like to be added to the list for these free programs that are open to the public, contact the Forum Coordinators at: <canterburyforum@gmail.com>. Login information for the Forum's Zoom programs will be sent out via email during the week immediately preceding each program.



ANNUAL MEETING

The Annual Meeting of the Cedar Valley Unitarian Universalists will be held on Sunday, May 18th at 11:15 a.m. A regular Sunday service will precede this meeting.



NEWS FROM THE ACCESSIBILITY TASK FORCE

The work of the ATF to identify and better define our options for attaining full accessibility in our building is continuing along three tracks:

1. Add an elevator to our current building. This "Accessibility PLUS" project was presented to the congregation at the ATF Second Hour session on November 17th. This option is sufficiently defined at this point including architect's plans and cost estimates.
2. The possible purchase of the fully accessible United Church of Christ property. This was also a subject of our November 17th session. (More below.)
3. Find another option. Lockard realty is engaged with us on this. They are monitoring for availability of any type of building for sale in Cedar Falls or Waterloo that is fully accessible, is from about 25% larger to double the space we have now, and has off-street parking. As of this time, no such property has been found.

Meetings with the UCC folks are ongoing—nine meetings so far since January. Topics specifically addressed have included the general condition of building and grounds and possible repairs and upgrades, ongoing property maintenance and operating costs, technology, flooring updating, and the potential timing and possible future costs of roof membrane replacement. This effort will continue with the goal of being able to present a complete definition of this option this summer.

Steve Chamberlin
Accessibility Task Force Chair

"The mother's heart is the child's school-room."
~~Henry Ward Beecher



LABYRINTH NEWS

World Labyrinth Day ~ May 3, 2025

On the *first Saturday of May* people from all around the globe will be walking for World Peace. This event began in 2009 and is sponsored by The Labyrinth Society and Veriditas. It has evolved into a day that is intended to create a global wave of Peace passing from one time zone to the next all around the world.

Walking the Labyrinth is an opportunity to experience mindful meditation by walking a single circuitous path to the center and then back out again.

If you are reading this in early May, I am encouraging those of you who are interested in walking a labyrinth on World Labyrinth Day, to seek out one available in the Cedar Valley.

- ❖ Nazareth Lutheran Church, north side of east parking lot.
- ❖ St. Luke's Episcopal on Melrose, just off Waterloo Rd., on the back side of the church.
- ❖ Cedar Valley Arboretum, west of parking lot outside of Arboretum.

If you would like to learn more about labyrinths, check out The Labyrinth Society website. If you would like to know more about labyrinths in the Cedar Valley, contact me.

Namaste,
Floralyn Groff



CVUU MOWING

Spring is here, the grass is starting to grow, which means our volunteers will need to start mowing the CVUU grounds. If you like to be outdoors this could be a perfect volunteer position for you. The more help we get, the fewer times each of the volunteers has to mow. Contact *Roger Hahn* for details if you are interested in helping.



IUUWAN NEWS

IUUWAN (Iowa Unitarian Universalist Witness Advocacy Network) is an organization that connects Iowa Unitarian Universalists to action on issues that concern the state.

For more information about IUUWAN, check out their website at iuuwan.com or their Facebook page where you can find much enlightening discussion on topics of concern. Go to <https://www.facebook.com/profile.php?id=61561649006548>.



"Hoing: a manual method of severing roots from stems of newly planted flowers and vegetables."
~~Henry Beard

MINDFULNESS MEDITATION RETREAT

The Buddhist Path Small Group is sponsoring the second annual Mindfulness Meditation Retreat for the weekend of October 10-12th. This silent retreat includes multiple thirty-minute meditation sessions, videos of Buddhist teachings, and the opportunity for self-reflection and to become centered in your own personal journey. This retreat is open to all UUs, including members in other congregations.

The retreat is again being held at the lovely Creighton University Retreat Center in Griswold, Iowa. The retreat center is located on 134-wooded acres on the Nishnabotna River. There are groomed hiking trails, a labyrinth, and a screened-in gazebo on the edge of the woods to add a variety of options for personal reflection. Participants select how many meditation sessions to attend, and which other activities to engage in at the participant's own choice.

The \$220 total cost of the retreat includes six meals (Friday evening through Sunday lunch), housing in individual rooms for two nights, and all fees. Transportation to this southwestern Iowa venue must be arranged by participants. Registration requires payment in full. The payment is non-refundable, but may be transferred to another in the event a participant is unable to attend. Total space is limited to twenty participants at this time. Registration is open from now until September 15th, and will remain open until the twenty spaces are filled.

Autumn is a beautiful time of year to experience the Creighton University Retreat Center. The CURC also has a website with photos of the grounds if you care to check it out. See the retreat poster for further information, or speak with *Mary Kay Madsen* or *Nate Callahan*. The poster and registration forms are available at the CVUU church entry.



SOME OBSERVANCES FOR THE MONTH OF MAY INCLUDE:

- National **Military Appreciation** month
- National **Electrical Safety** month
- National **Stroke Awareness** month
- National **Sweet Vidalia Onions** month
- National **Smile** month National **Vinegar** month
- National **Allergy/Asthma/Arthritis Awareness** month



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. The CVUU LFP is one of the Social Action charities we support once a year, but it's always the season for sharing, isn't it?