



# CEDAR VALLEY UNITARIAN UNIVERSALISTS

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## \*\*\*\*\* 2025 \*\*\*\*\*

- JUNE 1 10:00 A.M. BRIDGING / RE SUNDAY – Pastor Emma Peterson, Mandy Boody \***
- JUNE 8 10:00 A.M. PASSION FOR LEARNING – Carolyn Hildebrandt, Karen Impola \***
- JUNE 15 10:00 A.M. A FATHER'S DAY PANEL – Al Hays, Karen Impola \***
- JUNE 22 10:00 A.M. SUNDAY WORSHIP FROM GENERAL ASSEMBLY (live stream)  
– Rev. Dr. Nicole Kirk, Mandy Boody \***
- [NOTE: this service runs from 10:00 - 11:30 a.m. Central Time. Tune in from home or join us in community to watch.]
- JUNE 29 10:00 A.M. SUMMER LOVIN': HOW BIKING FEEDS MY UU SPIRIT  
– Heather Flory, Dick Warhol \***



- JULY 6 10:00 A.M. POETRY SUNDAY – Various (including you?), Karen Impola \***
- JULY 13 10:00 A.M. WHAT IS THREEHOUSE STYLE MINISTRY? – David Glenn-Burns, Kathi Bower \***
- JULY 20 10:00 A.M. I'M NOT GOING TO BE STOIC ABOUT THIS; WELL PERHAPS YOU SHOULD BE!  
UNDERSTANDING STOICISM AS AN EVERYDAY PRACTICE  
– Pastor Emma Peterson, Dick Warhol \***
- JULY 27 10:00 A.M. A CELEBRATION OF ENTHUSIASM – Kat Beane Hanson, Callie Amiday \***

\* ~ denotes Worship Associate

*I Scream for*



*Ice Cream*

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

It's summertime! After a hectic church year, I'm very much looking forward to a summer slowdown. We'll celebrate graduating senior *Walker Taylor* this first Sunday in June. I'm very grateful to the CVUU Board, who permitted me to shift my unused time off to July so I could attend this special service. I also appreciate the time to tie up loose ends. The end of the church year is always busy, and I'm pleased I'll be able to be present during some of that business.

Historically, Unitarian Universalist congregations take the summer off. This is still true in many UU congregations in New England. Those old churches don't have air conditioning, which made church in July too hot to enjoy! While many congregations proudly offer a full church year, many do intentionally slow down their programming in the summer. I strongly encourage our devoted CVUU volunteers to take some time off in the summer. July is a good month to not schedule a Committee or Council meeting. It's a great time to get outdoors, spend time with friends and loved ones, and do things just for fun.

I'll be balancing work and play when I'm "off duty" from the CVUU. General Assembly is in Baltimore this year. I'll drive fifteen hours to the city, with a stop to visit a cousin in Chicago. I'll attend UUMA Ministry Days for the first time. Ministry Days is a time for UU ministers to gather with colleagues for work and play. (I've learned a lot about this balance from other ministers!) We intended to spend the rest of my time off updating and moving into our new home. Unfortunately, we were unable to go through with the deal and are now back to square one. We'll rent an apartment in Waterloo where we'll wait to see what happens next. I hope to see quite a few of you out and about this summer—at protests, picnics, farmers markets—you know, indulging in some good old summer fun. Stay safe and take care of each other.

*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.

*(Read more about Schulman at the end of this newsletter.)*



## GREETINGS FROM THE PRESIDENT

For many of us on academic calendars, June and July mark a time of transition. Students from preschool through high school are moving up a grade, and might be changing schools next year. High school students are graduating and moving on to jobs or undergraduate education. College students are also graduating and moving on to jobs or higher education. Many adults working in educational settings are facing transitions, too. All of these transitions affect not only us as individuals, but our family systems as well.

As of June 1<sup>st</sup>, I will be retired from UNI after thirty-one years of teaching and research in Psychology. If I add nine more years of similar work at U.C. Berkeley and other colleges and non-profit organizations, that's a forty-year professional career. I never really planned to be a college professor. What drove me into the field was curiosity. After finishing a B.A. in Music, I was consumed by the desire to understand how people think and learn. This led me to the study of developmental psychology, which then led me to teaching and research in the field.

I thought retirement would be easy—all I had to do was quit teaching and get on with my life. But for me it has been surprisingly difficult. I had no idea how many healthcare and financial decisions I would have to make. I also didn't realize how much I would miss teaching. To keep my foot in the door, I agreed to teach a class at UNI this coming fall. It's one of my favorite classes: Psychology of Science and Pseudoscience. I can offer it as a hybrid, which means I can teach it in person or remotely from any place in the world.

When I tell people that I'm planning to continue teaching on a part-time basis, they sometimes laugh and say, "Well, I guess that's one way to wean yourself from teaching." I find that comment disconcerting. Do people wean themselves from teaching like a mother weans a baby from her breast, or a doctor weans a patient from a drug? What ever happened to the notion of a calling? Aren't some of us called to teaching, to the ministry, to medicine, or to public service?

For those of you who are facing transitions this summer in your school, work, health, home, and relationships, I give you all my best. The nicest part about being a member of this beloved community is that it's not hard to find someone who has been through a similar transition and can offer a helping hand, some encouragement, or a bit of advice.

In the meantime, have a great summer! I look forward to hearing what you are doing during this wonderful time of year!

*Carolyn Hildebrandt*  
CVUU President



*John Biddle* was arrested on June 1, 1652 while leading Unitarian worship in London. He was exiled to the Scilly Islands and granted a pension by Oliver Cromwell, the lord protector of England.

Edward Everett Hale, American writer and Unitarian minister died at age eighty-seven on June 10, 1909.



## JUNE-JULY SERVICES

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

June 1<sup>st</sup>

### Bridging/RE Sunday

~~ Pastor Emma Peterson, Mandy Boody (WA)

June 8<sup>th</sup>

### Passion for Learning

~~ Carolyn Hildebrandt, Karen Impola (WA)

June 15<sup>th</sup>

### A Father's Day Panel ~~ Al Hays, Karen Impola (WA)

June 22<sup>nd</sup>

### Sunday Worship from General Assembly (live stream)

~~ Rev. Dr. Nicole Kirk, Mandy Boody (WA)

Note: this service runs from 10:00-11:30 a.m. Central Time. Tune in from home or join us in community to watch.

June 29<sup>th</sup>

### Summer Lovin': How Biking Feeds My UU Spirit

~~ Heather Flory, Dick Warhol (WA)



July 6<sup>th</sup>

### Poetry Sunday

~~ Various (including you?), Karen Impola (WA)

Bring some poems to share, written by you or by someone else.

July 13<sup>th</sup>

### What is ThreeHouse Style Ministry?

~~ David Glenn-Burns, Kathi Bower (WA)

July 20<sup>th</sup>

### I'm Not Going to be Stoic About This; Well Perhaps You Should Be! Understanding Stoicism as an Everyday Practice

~~ Pastor Emma Peterson, Dick Warhol (WA)

July 27<sup>th</sup>

### A Celebration of Enthusiasm

~~ Kat Beane Hanson, Callie Amiday (WA)

One of the ways *Kat* celebrates inherent worth and dignity (her own and others') is by embracing enthusiasm for stuff. This week, we invite you to bring your enthusiasms with you to share! Whether it's books, gardening, music, needle arts, woodworking, a special collection you have, etc., share what's special about you. It's show-and-tell for grownups!



## 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.

## ADULT RELIGIOUS EDUCATION

Forums take place from September through May 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.

The Forums for the 2024-25 year ended on Sunday, May 25<sup>th</sup>. With this newsletter we will begin our summer hiatus concerning Forums but know that if an important topic should come up, there may be an offering on a TBA basis.

Look for fall Forum information here in upcoming newsletters. Happy Summer!

Al and Pam Hays for Adult RE



Summer is the annual permission slip to be lazy. To do nothing and have it count for something. To lie in the grass and count the stars. To sit on a branch and study the clouds.

~~Regina Brett



## CHILDREN'S RE!!

Temperatures rise and daylight stretches on into night, offering us a pleasant start to summer. There is a personal joy in sitting outside late into the warm summer evening as the sun falls below the horizon. It offers peace, and a moment to exist within ourselves and this beautiful world we inhabit.

June's theme is *Freedom*. The freedom for everyone to be who we are, and to celebrate who that person is. I am particularly excited to create suncatchers for the Solstice and explore what freedom can mean to our children. There will be *no formal RE classes in July*, but we plan to host plenty of fun activities to celebrate summer!

On Friday, June 6<sup>th</sup> at 6:00 p.m. we will be hosting our first ever Movie Night! Please join us in the Sanctuary for our showing of a PG rated Pixar-Disney movie titled *Soul*. Anyone is welcome!

Mark your calendars as there will also be a Lock-In for our CVUU youth on Friday, July 18<sup>th</sup> from 6:00 - 10:00 p.m. Intended for children ages seven and above, but all ages are welcome. Pajamas and blankets recommended (please write names on blankets so that nothing gets lost)! Pizza and some snacks will be provided, though we ask that people bring snacks to share as well. Enjoy a night of games and activities with friends!

If there is anyone who is interested in becoming a volunteer for RE, maybe the Lock-In would be a fun way to meet our children and have a memorable Friday at the same time—now would be the perfect time to sign up! Also, consider joining us for our upcoming year of RE—filled with fresh ideas, important lessons, and endless fun!

We've reached the halfway point of a year that seems as if it's only just begun. Allow the warmth of summer to guide you towards the remainder of this year. Embrace those moments of existence and comfort where they can be found, both in community and yourself. It's an honor to be your Coordinator, and I look forward to what our future holds.

Ronan Parker

Coordinator of Children's Religious Education

"They talk about big skies in the western United States, and they may indeed have them, but you have never seen such lofty clouds, such towering anvils, as in Iowa in July."  
~~ Bill Bryson



As this is being typed, we've experienced very pleasant weather in the past week with some gentle breezes and a bit of sun! Life is supposed to slow down in the summer but not everyone has that luxury, so remember to be attentive to our CVUU friends and members who could use some TLC.

Our sympathy to the family of *Jim Staveley* ("Fuzzy"), a former member of our congregation, who passed away in Coralville on April 19<sup>th</sup>. Jim, his then-wife, *Barbara Harvey*, and their daughter *Eve*, attended our church in the early 2000s before they moved to Iowa City. There will be a Celebration of Life for Jim at Overman Park in Cedar Falls on Saturday, June 7<sup>th</sup> from 12:00 – 4:00 p.m.

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 June this year is *Freedom*. 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 *freedom* come to mind?

*Soul Matters* takes a break in July and August so check back in this spot to see what September brings!



## MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting in the sanctuary on Mondays June 9<sup>th</sup> and July 14<sup>th</sup> at 1:00 p.m.

The movie being discussed in June will be *Fences* and is available at the Cedar Falls Library and on Prime Video for rent for \$3.79. The movie being discussed in July will be *Adolescence*—a TV series that can be found on Netflix.

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*.

## CONGREGATIONAL LIFE

### Summer Picnic/Potluck

On Sunday June 8<sup>th</sup> following the Sunday service, the CVUU will be holding a summer picnic/potluck on the church grounds, followed by games and giveaways.



The CVUU will provide hamburgers and hotdogs, nonalcoholic beverages and dinnerware, napkins and condiments. Please bring a dish to share if you are willing and able. Feel free to bring your own place settings and beverages, if you prefer. Seating will be available both outdoors and inside. Bring a camp chair and enjoy the summer beauty of our grounds. For more information contact *Jill Miller* or *Juanita Williams*.

Warmly,  
The Congregational Life Council



## 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 during the months of *June* and *July* is *Linda Lechty*.



## CVUU MOWING

Have you been meaning to sign up to volunteer mowing the church grounds? If so, the grass is growing and we need you! If you like to be outdoors this could be a perfect volunteer position. 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 this outdoor activity.



*Thomas Paine*, a writer on political and religious topics who was influential in the founding of the United States, died at age seventy-two on June 8, 1809. Paine was not a member of a Unitarian or Universalist church, but his plea for human rights and his book, *The Age of Reason* (1796) had a strong influence on the movement.



Q: When do you go at red and stop at green?  
A: When you're eating watermelon.



## 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.

April's charity was for *Planned Parenthood of the North Central States* and \$686 was collected for this worthy and important cause.



May's charity was 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—the fourth Saturday—at the Food Bank. We'll have the donation total in the next newsletter.

The *June* charity is for the *1619 Freedom School* in Waterloo, and the *July* charity is for the *Cedar Valley Victim Resource Coalition*. These collections are on the last Sunday of the month but you can donate early if you wish. Just note the charity for our Collector.

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

*The Social Action Committee*

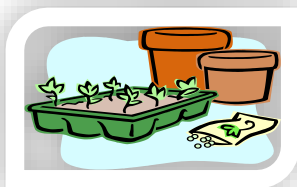


### JULY DEADLINE FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the **August** issue. The calendar deadline for this issue will be **Wednesday, July 16<sup>th</sup>** (send info to the office); the newsletter deadline will be **Friday, July 18<sup>th</sup>** (send articles to me). This information can also be found in **bold type on the calendar page of this newsletter**.

Mark your calendars now for **July 16<sup>th</sup> and 18<sup>th</sup>**—the calendar and newsletter deadlines *for the August 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.

Gerry Chamberlin, Editor  
newsletter@cedarvalleyuu.org



There we were with the little mice enjoying our new found swimming pool in the basement but along came **Roger** from Building & Grounds and had it taken care of and dried up in no time. You folks must appreciate his dedication to keeping things inside and outside of the building in fine condition. It was fun while it lasted. *The Church Mouse*



**Horatio Alger**, a Unitarian minister and writer of books for boys, died on July 18, 1899 at age sixty-seven.



## CEDAR FALLS WEEKLY COMMUNITY MEAL

Over the last twelve weeks, 1,601 free meals have been prepared and served to the Cedar Falls community by volunteers from several churches. CVUU has a small role to play when there's a fifth Tuesday, but **NOT ALWAYS** when there's a fifth Tuesday. The July 29<sup>th</sup> meal has been canceled due to the Methodist church having a rummage sale that week.

So Social Action will take this opportunity to thank all those from the CVUU who have helped out this past year: *Betsy Brant, Bill Brown, Byron Plumley, Chelsea Toppin, Juanita Williams, Kate McElligatt, Linda Wallsteadt, Lynn Brant, Margie Miller, Michael Jamosky, Mollie Wallsteadt, Pat McGeough, Rosa Torres, Moria Brown, Shirley Whiteside, and Stacey Bartz*. New volunteers are welcome! See you in September!



### SOME OBSERVANCES FOR THE MONTHS OF JUNE AND JULY INCLUDE:

#### *June*

National **Rivers** month  
National **Home Ownership** month  
National **Camping** month   National **Smile** month  
National **Scoliosis Awareness** month

#### *July*

National **Ice Cream** month  
National **Culinary Arts** month  
National **Vacation Rental** month  
National **Make A Difference to Children** month



"The essence of America, that which really unites us, is not ethnicity or nationality or religion. It is an idea, and what an idea it is—that you can come from humble circumstances and do great things."

~~Condoleezza Rice



A weed is a plant that has mastered  
every survival skill except  
for learning how to grow in rows.

~~Doug Larson

## HAPPY HANGOUT

There are currently no CVUU Hangouts scheduled for June or July. If you would like to schedule and/or host a summer hangout contact *Jill Miller*.

Don't forget, you can always use the CVUU Discussion Group on Facebook to reach out to others in the community if you want to find folks to join you for an event in the community. CVUU Hangouts will resume in a few months—watch for announcements in the next newsletter, the Weekly Updates, and calendar.



### 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?

- **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.
- 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.
- 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*).
- 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](http://www.cedarvalleyuu.org) > About > About Us > Leadership and Operations) together with the CVUU bylaws and related documents. Printed copies are available by request from *Heather Flory* or the CVUU's Office Administrator: [office@cedarvalleyuu.org](mailto:office@cedarvalleyuu.org).

“How do migrating birds know which one to follow?  
What if the lead bird just wants to be alone?”

~~ *Bill Bryson*



### FIRST FRIDAY DINNERS

First Friday Dinners will be taking a break over the summer. Thank you to everyone who attended and helped with First Fridays this year! I had a great time sharing a meal and having the chance to talk and get to know each other better. A shout-out of thanks to *Jill Miller, Linda Lechty, Kathi Bower, Juanita Williams, and Cindy Hahn* for set-up, clean-up, games, and activities. There will not be a First Friday Dinner in June, July, or August. Watch for more information in the September newsletter.



*Michaela Rich*



### GREEN LIVING CORNER

#### “All Pollinator Garden Volunteers !”

Upcoming *Pollinator Garden Fun Days* are as follows:

Saturday, June 14<sup>th</sup> from 9:30–11:30a.m.

Saturday, June 28<sup>th</sup> from 9:30–11:30a.m.

If we have a good size group, we can water plenty and get weeding done.

Remember, weekly watering is crucial with these dry times. So please pick a week each month in the season to come during the week, by signing up on the calendar in the Pollinator Garden Volunteers' record and info box by the garden shed.

The 🦋🦋 and 🦋🦋 and 🦋🦋 thank you!!!

And so do we,  
*Sally, Jill, and Donna*



The *Le Christopher's* meal in Waterloo at the Jubilee United Methodist Church is a special offering to the Cedar Valley community. Rev. Funchess with his warm, genuine, smile is always at the door to welcome attendees. Think about gathering some friends and carpooling in June!

If you enjoy good food, plenty of conversation, and hospitality, mark your calendars for the second Sundays of the month this summer when their meal, ***Le Christopher's Southern Cuisine***, will be served at noon at their church. Check the website for any last minute changes.



“English is full of booby traps for the unwary foreigner. Any language where the unassuming word *fly* signifies an annoying insect, a means of travel, and a critical part of a gentleman’s apparel is clearly asking to be mangled.”

~~Bill Bryson



### **NORTHEAST IOWA FOOD BANK**

We are planning to volunteer this summer at the Food Bank—on Saturdays, June 28<sup>th</sup> and July 26<sup>th</sup> 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*



### **FISCAL 2025 PLEDGE UPDATE**

With the June 30<sup>th</sup> end of our fiscal year approaching, we want to take a moment to let you know our pledge receipt status. \$209,456 was pledged for the current fiscal year. We have received \$189,827 in pledge payments to date. This leaves \$19,629 in outstanding pledges. If your pledge balance is outstanding, please take steps to pay your pledge. You may contact *Bill Brown*, CVUU Collector, if you have a question about your pledge balance.

Thanks to those of you who have paid your pledges or are in the process of making your payments. Your financial support of the CVUU is appreciated.

*CVUU Finance Council*



### **IOWA CANTERBURY FORUM**

The Canterbury Forums are held on Zoom at 7:00 p.m. six months of the year (three each in spring and fall).

Want to know when they begin again in the fall? You can get added to the list for these free programs that are open to the public by contacting 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. See you there!

## **TIME AT THE CVUU AND AWAY: PART OF THE UU MINISTERIAL AGREEMENT**

It’s common knowledge that ministers don’t work a 9-to-5 job, but did you know that UU ministers typically work a 6-day work week and are responsible for monitoring their time to ensure an appropriate balance of work and time off? Ministry is understood as a calling, and the work of ministry is time-intensive and subject to unforeseen events. Sufficient down-time is essential to maintaining personal health and professional sustainability, and our CVUU ministerial agreement is designed to help our minister find that balance. This article provides a few highlights from *Pastor Emma’s* ministerial agreement related to her time at the CVUU and away from us, as recommended by the national Unitarian Universalist Association (UUA): <www.UUA.org>.

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

It is expected that UU ministers will have, at a minimum, one day per week free of all Congregational responsibilities and one additional day devoted to study and writing wherein they will be available only for emergencies. Therefore, Pastor Emma works a 6-day work week. Her day off is Monday; her study and writing day is typically Saturday.

To offset this full work schedule, each CVUU fiscal year, in keeping with UUA recommendations, Pastor Emma receives four weeks of vacation (24 days), four weeks of study leave (24 days), ten days of sick leave, paid holidays, and one month of accrued sabbatical leave. In addition to vacation and study leave, attendance at national UUA General Assembly, regional UUA gatherings, UUMA (Unitarian Universalist Ministers Association) Chapter Meetings, and Ministry Days are considered associational responsibilities for which our minister may be away from the CVUU. Because of these various reasons to be away from the congregation, UU ministers typically lead or co-lead worship services between 30 and 35 Sundays each year.

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

*This article was written by Heather Flory on behalf of the Shared Ministry Council.*



*Dorothea Lynde Dix*, an American teacher and social reformer who was heavily influenced by Unitarianism, died at age eighty-five on July 17, 1887.



## SUMMER AT THE CVUU: TIME OFF OR TIME TO TRY SOMETHING NEW?

The Shared Ministry Council would like to thank everyone who helps keep the CVUU running throughout the year, especially those doing the heavy lifting. For example, the Finance Council, Religious Services worship team, Board, and all those in leadership positions at the CVUU put in extraordinary efforts of time and energy throughout the year. We encourage everyone who has been working hard this year (maybe a little too hard?) to schedule and take a break from church work this summer.

We also encourage anyone who is new to the CVUU, or anyone who is ready for a change (especially if you haven't already been working too hard this year), to step up and try something new this summer that might be fun and interesting to get out of your usual routine. For example, if you normally complete tasks at a desk or in meetings, you might want to try socializing with visitors as one of our greeters, providing treats during coffee hour, mowing the lawn, or caring for our garden as a relaxing way to take time off from your usual paid or church work.

- If you'd be willing to help with lawn mowing or other building and grounds tasks, please contact *Roger Hahn* or *Bill Brown*.
- If you'd like to help with our pollinator garden, contact *Sally Browne* or *Donna Davis*.
- If you'd like to help by providing treats and coffee as part of hospitality on Sunday mornings, contact *Nick Reans*.
- If you'd like to help by assisting as a greeter on Sunday mornings, contact *Joanna Waggoner-Norquest*.
- If you'd like to help by playing with the kids and youth on Sunday mornings (aka help with the Religious Education program), contact *Ronan Parker*.
- If you'd like to help with Sunday services, contact *Karen Impola* or *Kathi Bower*.
- If you're interested in getting involved in a leadership position, contact *Heather Flory*.
- If you'd like to coordinate a fun event or activity at the CVUU and aren't sure how, contact *Heather Flory*, *Juanita Williams*, or *Jill Miller*.

**Tip:** For a link to more information about volunteer opportunities/how you can help, see the "Links and Forms" section towards the end of each Weekly Update! Those who are reading this newsletter electronically can also [click here](#).

Throughout the summer, if you'd like to connect with other CVUUs as part of your own vacation, see the CVUU Directory (online at the CVUU website: <[www.cedarvalleyuu.org](http://www.cedarvalleyuu.org)>, in the upper right corner by clicking on "Member Directory") and reach out to those with whom you'd like to socialize.

We hope you'll all have a fun, relaxing, and meaningful summer as we work and play together at the CVUU.

*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), Debra Kyler, Floralyn Groff, and Pastor Emma Peterson.*



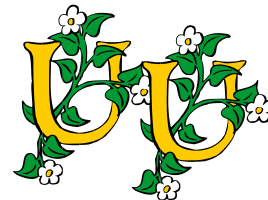
### JOIN US FOR A SUMMER PICNIC/POTLUCK!

**Where:** the CVUU lawn  
**When:** Sunday, June 8<sup>th</sup>  
following the service.

**Provided:** burgers, hot dogs, buns,  
non-alcoholic beverages, s'mores,  
condiments, and table service.

**Please bring a side to share, a lawn chair, BYOB.**

**There will be lawn games, music,  
and a lot of good times!!**



*Eleanor Vendig* was born in Maine on June 18, 1909. In 1941, she founded a Unitarian Sunday school on Long Island, New York, which led first to a Unitarian Fellowship and in 1945 to the North Shore Unitarian Society. It is now the Unitarian Universalist Congregation at Shelter Rock, Long Island. Vendig remained active in the church all her life and became the representative for the Veatch Fund, an endowment devoted to Unitarian Universalist causes.



### CEDAR VALLEY PRIDEFEST 2025

**Save the Dates: August 22<sup>nd</sup> and 23<sup>rd</sup>**

**Where: Downtown Waterloo, Iowa**

Save the Date! Cedar Valley Pridefest will take place Friday and Saturday, August 22<sup>nd</sup> and 23<sup>rd</sup> in downtown Waterloo. The CVUU is excited to once again host a booth on Saturday, the 23<sup>rd</sup> beginning at 12:00 p.m.!

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



Here is the Cedar Valley Pridefest webpage: <<http://www.cedarvalleypride.com/>>. Here is where you can sign-up to help at the booth or to provide cookies to be served: <[https://docs.google.com/document/d/11ljznuUK2\\_PRaArAXTqbLM5hTn79-5QEhRN43GMbU/edit?usp=sharing](https://docs.google.com/document/d/11ljznuUK2_PRaArAXTqbLM5hTn79-5QEhRN43GMbU/edit?usp=sharing)>.

Have questions and/or need more information? Contact *Austin Evens* or *Lizzy O'Loughlin* with questions.



"It is the first responsibility of every citizen to question authority." ~Benjamin Franklin



## 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.

This year churches from IUUWAN: in Dubuque, Cedar Rapids, Ames, Iowa City/Coralville, Des Moines, Marshalltown, Decorah, the Quad Cities, Burlington, Iowa Lakes and here in the Cedar Valley, have engaged UU congregations in advocacy for social and environmental justice issues at the legislative and personal level. IUUWAN attempts to promote linkage between UU congregations—some as small as 8 or 10 members. In Marshalltown the space a small group meets in is used during the week by a soup kitchen serving 150 people 5 days a week and members of the church volunteer there. This year in Decorah a group has held vigil weekly in the name of the ongoing genocide in Gaza. In Dubuque UU members participated in a die-in to draw attention to gun violence. Members have lobbied Iowa legislators about the dangers of approving the CO<sub>2</sub> pipeline that undergirds the continuation of global warming and environmental catastrophe. Members at many churches have lobbied for women's rights to control their own bodies, to sustain civil rights of LGBTQ persons merely living their lives. Des Moines hosted their 5<sup>th</sup> Transgender Festival attended by 1,500 folks, with financial help from IUUWAN. Many churches, including CVUU, hosted a "Climate Justice Revival" promoted by the UUA and IUUWAN that offered that experience to smaller churches. Presently IUUWAN has an active Environmental team and an Immigrant Rights team that meet regularly on line to share actions on these issues.



If you want to know more about IUUWAN or have ideas about activism here in our community please contact *Shirley Whiteside* or *Byron Plumley*.

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>>.



Online shopping is easy at the UU Book and Gift Shop called *inSpirit*. Browse for items such as adult and children's books for your spring reading, clothing including *Side with Love* T-shirts, ball caps, and sweatshirts (also mugs, decals, totes, rally signs and bumper stickers with that logo), jewelry, and so much more at: <<https://www.uuabookstore.org/>>.

**King William IV** of England signed the Trinity Act, which repealed penalties for Unitarian belief on July 21, 1813. Robert Aspland said of the act, "Unitarians become for the first time free men in their native land."

**John Adams**, age ninety, and **Thomas Jefferson**, age eighty-three, the second and third U.S. presidents, respectively, died on the same day, July 4, 1826. Exactly fifty years earlier, the thirteen colonies heard the first public reading of the Declaration of Independence, of which Jefferson was the author and Adams a primary editor. Despite intense disagreement during their careers in political office, in later life they reconciled and conducted a famous correspondence, which included discussions of their differing views of Unitarianism.



## MINDFULNESS MEDITATION RETREAT

The Buddhist Path Small Group is sponsoring the second annual Mindfulness Meditation Retreat for the weekend of October 10-12<sup>th</sup>. 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 15<sup>th</sup>, 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.



Support for the CVUU's *Little Food Pantry* and *Little Lending Library* is ongoing throughout the year. Our neighbors, and the children who are outside playing, 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?



## Voting for the Social Action Collection

Voting for charities to receive a donation in 2025-2026 will take place only during the month of June, with voting ending July 1<sup>st</sup>. Watch for the link to the Survey Monkey ballot to be released on or about June 1<sup>st</sup>. There will also be a notice in the Weekly Update. Paper copies will be available this year as usual, with a drop box on the Social Action Table in the Fellowship Hall.

The Social Action Committee folks believe this is an exceptionally strong and interesting group of deserving organizations from which to choose. We leave the difficult job to you of selecting 8 to receive a donation.

Please visit the sample ballot below.

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### Social Action Collection Ballot 2025-2026—Vote for 8 Voting begins June 1<sup>st</sup>

**Amani.** This agency serves Black and Brown sexual assault and domestic abuse survivors with cultural sensitivity. <<https://www.amani-cs.org>>

**Americans for Independent Living.** Helping veterans transition from homelessness, they provide temporary shelter and essential supplies, transform empty houses into homes for veterans, and teach essential skills for independent living. In March they served 91 veterans and their families. <<https://www.afil.org>>

**Black Hawk-Grundy Mental Health Center—UnityPoint Health.** Services touch 72,000 individuals/families locally, including the low-income and underserved. Cash donations go to a fund for essential basic support in the way of clothing, bus fare to therapy, food, and housing. <[www.unitypoint.org/waterloo/black-hawk-grundy-mental-health-center.aspx](http://www.unitypoint.org/waterloo/black-hawk-grundy-mental-health-center.aspx)>

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

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

**Iowa Abortion Access Fund.** Discreet and private financial assistance, in the form of interest-free loans, to Iowa residents needing abortions but unable to pay. <[www.iaafund.org](http://www.iaafund.org)>

**Iowa Safe Schools.** The largest group supporting LGBTQ and Allied youth in the Midwest. One program, the Iowa GSA Network, assists student-run clubs in schools. <[www.iowasafeschools.org](http://www.iowasafeschools.org)>

**Job Foundation.** Financial education and resources to Waterloo students living in low-income households. Three components: education, conditional cash transfers, and mentoring relationships with an adult. <<https://www.thejobfoundation.org>>

**National Alliance on Mental Illness (NAMI).** A nonprofit, grassroots mental health organization founded by families affected by mental illness, they fight stigma and create a system of recovery for individuals living with mental illness. <[www.namiiowa.com](http://www.namiiowa.com)>

**Northeast Iowa Food Bank (NEIFB).** NIEFB provides nutritious food and grocery products to 130+ nonprofit organizations, both urban and rural. Last year they distributed 8.4 million meals within a 16-county service area. <[www.neifb.org](http://www.neifb.org)>

**Planned Parenthood of the North Central States.** Providing sexual and reproductive health care in our state; a visible advocate for policies that promote women's health and access to affordable contraception. <[www.plannedparenthood.org/planned-parenthood-north-central-states](http://www.plannedparenthood.org/planned-parenthood-north-central-states)>

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



### WHO WAS FRANK SCHULMAN?

With regard to the UU-related history facts that are in our newsletters, who was Frank Schulman? **Jacob Frank Schulman** (1927–2006) was a U.S. Unitarian Universalist minister, theologian, and author of several books. He held numerous degrees, including a B.A. from the University of Oklahoma, an S.T.B. from Harvard Divinity School, a D.Phil., M.A., and Minister Emeritus Scholar from Oxford University, and an honorary Doctorate of Divinity from Meadville Lombard Theological School.



Schulman was the author of several theological and historical books, and specialized particularly in the study of 19th-Century religious figures, especially Charles Wellbeloved, Ralph Waldo Emerson, and James Martineau. He was also a minister for most of his life, serving in Youngstown, Ohio, and at Emerson Church in Houston, Texas, for 25 years, in addition to many other churches, some in England. Schulman served as a teacher to ministry students at Manchester College at Oxford University from 1989 to 1996. In retirement he served as the first minister for a small congregation in Huntsville, Texas, which has become Thoreau Woods Unitarian-Universalist Church.