



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

319-266-5640

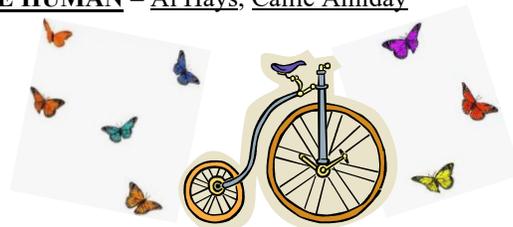
www.cedarvalleyuu.org



***** 2025 *****

- AUGUST 3 10:00 A.M. LET AUGUST BE AUGUST: FINDING PEACE IN THE CHANGING**
– Pastor Emma Peterson, Al Hays *
- AUGUST 10 10:00 A.M. CHASING THE PLEIADES: WHAT THE MYTH OF THE SEVEN SISTERS
TEACHES US ABOUT LOVE AND PROTECTION** – Pastor Emma Peterson, Karen Impola *
- AUGUST 17 10:00 A.M. THE HISTORY OF UNIVERSALISM** – Russ Campbell, Kathi Bower *
- AUGUST 24 10:00 A.M. THE FIRST PRIDE WAS A RIOT: THE HISTORY OF PRIDE, IN THE
CEDAR VALLEY AND BEYOND** – Pastor Emma Peterson, Mandy Boody *
- AUGUST 31 10:00 A.M. WHAT IT MEANS TO BE HUMAN** – Al Hays, Callie Amiday *

* ~ 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

UUA General Assembly took place in Baltimore, Maryland this June. Recently, due to budget constraints, the UUA began alternating between virtual and in-person General Assembly. This was a sparsely attended GA, perhaps due to a lack of “significant” business items, but a fun and rewarding time none the less.

Even with a minimally significant Business Agenda, we still managed to make history. Delegates elected a pair of Moderators (rather than a single Moderator) for the first time ever. Per the UUA website, “The UUA Moderator serves as Chief Governance Officer of the Association, presiding at the Association’s annual General Assemblies and at meetings of the UUA Board of Trustees.” Typically, the role of UUA Moderator is the highest position of UU Governance a lay person can obtain. The election of Reverend Kimberly Quinn Johnson and Bill Young puts a minister in the position of Moderator for the first time ever, marking two historical firsts for our Association. I’ve heard some ministers’ express relief at the representation, while others wonder what this might mean for future lay leadership. It will be interesting to see how this new arrangement unfolds.

The Service of the Living Tradition was also an opportunity for firsts. For the first time, a Religious Educator, and not a Fellowshiped UU minister, delivered the sermon. Mx. Katherine Childs is the President of the Liberal Religious Educators’ Association (LREDA). They told a story about a magical place that began to lose its magic when it lost its young people. “Where are the children?” was the refrain each time a character bemoaned the magic dying around them. A solid message for all of us that children and youth in congregations is a sign of health. Finally, Imara Jones, founder of TransLash Media, delivered the Ware Lecture. She began her speech stating, “It’s 2025, and the vibes are off.” She then outlined the deliberate, sinister demonizing of trans people by white Christian Nationalists. She reminded us that advocating for the rights of transgender people advocates for all our rights. Overall, the message of this year’s General Assembly was one of Solidarity, Love, and Resilience. I am always grateful to have attended.

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, *Al Hays* at <vp@cedarvalleyuu.org>; and *Pastor Emma Peterson* at <pastor@cedarvalleyuu.org>.



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



GREETINGS FROM THE PRESIDENT

Summer in Iowa means heat, humidity, sweet corn, and RAGBRAI. As I write this column, I’m looking forward to the Register’s Annual Great Bicycle Ride Across Iowa coming through Cedar Falls! I’m not riding this year but am looking forward to Team Flamingo’s “Too Late to Train Party” at *Mike* and *Mica*’s house and the “Send-Off Party” at my house. A number of CVUU members will be riding or opening their homes to overnight guests. If I were to sum it up in just a few words, I’d say, “It’s a party on wheels!”

In mid-July, our congregation was invited to an organ concert followed by a cake and cookie reception at the United Church of Christ in Cedar Falls. It was a beautiful day for chatting, touring the church, enjoying the outdoors, and imagining what it would be like to move there. The building has much to offer us, including accessibility for people of various levels of physical ability.

Another summer highlight for me is MUUSA (the Midwestern Unitarian Universalist Summer Assembly) in Potosi, Missouri. MUUSA is a one-week summer camp for all ages—babies through nonagenarians. Originally known as the Lake Geneva Summer Assembly for UUs (aka LGSA), it has been going for 82 years! In fact, each summer we have campers who have attended for more than 50 years!

This is our last year in Missouri. Next year, we will be at Ripon College in Wisconsin. Not only is it a shorter drive from Cedar Falls, but it will be more economical for everybody! You have your choice of camping or dorm room accommodations. All meals are included. The dates are July 5-11. For more information, visit our website at <<https://www.muusa.org/programs>>.

I have been going to MUUSA since 1998. I love returning every year to see old friends and meet new ones. What a joy it has been to welcome new leadership, especially on the part of young adults who have attended camp since they were children! There are activities for all ages and interests—music, arts and crafts, puzzles and games, writing, storytelling, dancing, yoga, tai chi, swimming, hiking, sailing, kayaking, and improvisation. There are discussion groups on current events, learning sessions (like bird identification), a nightly speak-easy, a nightly coffee house, beer tastings, and a cocktail-making workshop. I learned to play the card game Wizard at camp 25 years ago and have been playing it with friends here ever since.

There are MUUSA scholarships to help individuals and families to attend. If you are interested in learning more, please ask! I would be happy to tell you all about it!

Carolyn Hildebrandt
CVUU President



Francis Hutcheson was born August 8, 1694 in the north of Ireland. He was licensed as a Presbyterian minister but was too liberal for the Irish Presbyterians and developed Unitarian beliefs. He became a professor of moral theology at Glasgow University and had wide influence as a preacher advocating views that paved the way for utilitarianism. He is called the “father of modern Scottish philosophy”.

Adin Ballou, a Universalist and co-founder of the utopian Hopedale Community, died at age eighty-seven in Hopedale (now Milford), MA on August 5, 1890.



AUGUST SERVICES

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

August 3rd

Let August be August: Finding Peace in the Changing

~~ Pastor Emma Peterson, Al Hays (WA)

August 10th

Chasing the Pleiades: What the Myth of the Seven Sisters Teaches Us About Love and Protection

~~ Pastor Emma Peterson, Karen Impola (WA)

August 17th

The History of Universalism

~~ Russ Campbell, Kathi Bower (WA)

Universal salvation predates Christianity and has had many manifestations, but was seldom a significant theological controversy.

August 24th

The First Pride was a Riot: The History of Pride, in the Cedar Valley and Beyond

~~ Pastor Emma Peterson, Mandy Boody (WA)

August 31st

What it Means to be Human

~~ Al Hays, Callie Amiday (WA)

This service will explore the unique role of human consciousness and how it defines both the strengths and weaknesses that characterize our existence as human beings. It will draw inspiration from the existentialist philosophy of Jean Paul Sartre and others, which has been an important part of Al's intellectual and spiritual development.



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.



“Life is like a ten-speed bicycle.
Most of us have gears we never use.”
~~ Charles M. Schulz

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 are currently on hiatus for another month but be aware that if an important topic should come up, there may be an offering on a TBA basis.

Look for fall Forum information here in the next newsletter. Happy Summer!

Al and Pam Hays for Adult RE



CHILDREN'S RE!!

Long time no see! Summer has been sweltering, but despite the heat we've had tons of fun! In June we had our first official movie night. We watched *Soul*, a movie about a middle-school band teacher with a passion for music who learns what it means to have a soul. Those who attended enjoyed popcorn and snacks in the company of friends.

All throughout July we spent time celebrating the moment of peace that summer can bring for our children. Rather than lessons using our *Soul Matters* curriculum (which is on hiatus until September), we have been doing activities to enrich minds and community such as going outside to enjoy nature and making sculptures out of recyclable materials. We plan to continue 'RE Summer' into August, so that we can enjoy the warm weather a little longer!

Registration for 2025-26 RE classes will begin in August. The registration form can be found in the Children & Youth section of the CVUU website under "Children's Religious Education." There will also be physical copies in our Fellowship Hall for your convenience.

Time marches forward, regardless of whether we want it to. Summer will turn into fall and fall to winter, and sooner than we realize we'll be at the end of the year. Oftentimes we can get as lost looking forward as we do backwards. Just remember to exist in the present as well, the future will come to us.

Ronan Parker

Coordinator of Children's Religious Education



Richard Henry Dana was born on August 1, 1815 in Cambridge, MA. In 1837 he became an instructor of elocution at Harvard and then he became a lawyer. In 1840, Dana published his influential book *Two Years Before the Mast*, a graphic account of ship life from the view of sailors. He specialized in admiralty law. Dana helped to found the anti-slavery Free Soil party in 1848 and defended numerous runaway slaves. He also served as U.S. attorney for the district of MA from 1861 to 1866. Richard Henry Dana was a Unitarian and counted many Unitarians in the Boston area among his friends, particularly William Henry Channing.



Florence Nightingale, a Unitarian nurse who devoted many years to public health reform, died at age ninety on August 13, 1910.



Writing this in the latter part of July, what a green summer so far! Mowing more than once a week in the middle of summer isn't typical for Iowa. If the heat picks up, do remember to check on friends and neighbors to be sure they are hydrated and comfortable.

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.



Soul Matters will still be on a break in August so check back in the September newsletter to see what's in store for themes in the coming year!



CEDAR VALLEY PRIDEFEST 2025

Dates: August 22nd and 23rd

Where: Downtown Waterloo, Iowa

It's here!! Cedar Valley Pridefest will take place Friday and Saturday, August 22nd and 23rd in downtown Waterloo. The CVUU is excited to once again host a booth on Saturday, the 23rd 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_PRaARtAXTqbLM5hTn79-5QEHtRN43GMbU/edit?usp=sharing>.

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



CONGREGATIONAL LIFE

Our Congregation Needs You!

Congregational Life Council (CLC) is gearing up for a fun-filled fall at the CVUU. What we are hearing from all committees is that everyone is looking for additional volunteers. Take a moment to think about how often you are able and willing to help out. Can you volunteer once a year? Twice a year? Every few months? Are you interested in attending a Small Group? Leading a Small Group? What is one thing you are willing to do for the CVUU in the next twelve months? Not sure how to get involved? Reach out to *Jill Miller* or *Juanita Williams* who can send you in the right direction.



Upcoming Events:

Sunday, September 7th

Fall Kick-off Picnic at the CVUU

Time: 11:00 a.m. to 3:00 p.m.

Who: for members, friends and visitors.

All are welcome, bring a friend to share in the fun!

Sunday, September 14th

Time: 11:30 a.m., *New to CVUU*

Sunday, September 28th

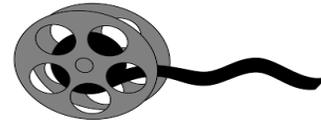
Time: 11:30 a.m., *I Want To Be A Member*

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 month of *August* is *Stacey Bartz*.



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting in the sanctuary on Monday, August 11th at 1:00 p.m.

The movie being discussed will be *Monty Python and the Holy Grail* that can be found at the Cedar Falls Public Library and is also available on Prime Video, Peacock, Plex, Pluto, CW, Roku, and Tubi.

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*.



“Books are humanity in print.” ~~ *Barbara Tuchman*

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.

May's charity was for the *Northeast Iowa Food Bank* which serves so many in our corner of Iowa. The collection totaled \$855 from the CVUU! This is just one of the ways we help this organization since we also volunteer there on the fourth Saturday of every month. (See the Food Bank article in this issue.)



The June charity was for the *1619 Freedom School* in Waterloo and the collection totaled \$265.

The July charity was for the *Cedar Valley Victim Resource Coalition*; we'll have that total next time.

This month's charity is for the *Cedar Falls Community Meals* of which we play a part volunteering every fifth Tuesday.

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



AUGUST DEADLINE

FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the September issue. The calendar deadline for this issue will be **Wednesday, August 20th** (send info to the office); the newsletter deadline will be **Friday, August 22nd** (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 **August 20th and 22nd**—the calendar and newsletter deadlines *for the September 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



The summer months mean there aren't as many of you stopping in during the week, so we can get pretty bored. However, no matter what time of year, there are lights left on, on a regular basis (the RE hallway, stairwells, Fellowship Hall, and even the sanctuary). We can get around pretty well in our—sorry, your—building, but reaching light switches isn't one of the things we can do. Please do look behind you when you're ready to leave and think about what lights you turned on upon arriving. It's all part of the commitment to Green Living to turn them off when you are done. Thanks!

The Church Mouse



William Greenleaf Eliot, Jr. was born in New Bedford, MA on August 5, 1811. After graduating from Harvard Divinity School in 1834 he went to St. Louis, MO to bring Universalism to the Western frontier. On January 25, 1835 the First Congregational Society of St. Louis was organized and its first building was dedicated on October 29, 1837. Eliot served as its minister until ill health forced his resignation in 1869. During the Civil War, Eliot strongly supported the Union and opposed slavery, even though it cost him several parishioners. He founded Washington University. Harvard awarded him a D.D. degree.



CVUU MOWING

Have you been meaning to sign up to volunteer mowing the church grounds, but the summer has interrupted those good intentions? If so, no worries as the grass continues to grow! Your volunteerism would be appreciated; the more helpers, the fewer times each volunteer has to mow. Contact *Roger Hahn* for details if you are interested in this outdoor activity.



SOME OBSERVANCES FOR THE MONTH OF AUGUST INCLUDE:

- National **Water Quality** month
- National **Crayon Collection** month
- National **Win With Civility** month
- National **Cheerleading Safety** month
- National **Catfish** month National **Cowgirl** month
- National **Goat Cheese** month National **Dog** month



FIRST FRIDAY DINNERS

First Friday Dinners has been taking a break over the summer months. Watch for more information about a starting date in the September newsletter.



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 August!

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.

“She who succeeds in gaining the mastery of the bicycle will gain the mastery of life.”

~~ Susan B. Anthony



NORTHEAST IOWA FOOD BANK

We are planning to volunteer this month at the Food Bank—on Saturday, August 23rd 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



CEDAR FALLS WEEKLY COMMUNITY MEAL

Every Tuesday night at First United Methodist Church in Cedar Falls, from 5:00-6:30 p.m., a free meal is served to anyone who shows up. CVUU is part of a team of churches serving on the fifth Tuesday (along with Community of Christ, Cedar Falls United Church of Christ, St. Luke’s Episcopal, and First Christian Church). The last time CVUU helped was April 29th when we served 140 meals. Watch for a sign-up sheet for our next commitment on September 30th—to help or provide cupcakes. For questions, reach out to *Shirley Whiteside*.



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!



JUST WHAT IS OUR CVUU ENDOWMENT FUND?

The fund purpose, as stated in our CVUU Congregational Handbook, is to offer an opportunity for members and friends to donate gifts or bequests of money or property to the CVUU, confident in the assurance their donation will provide continuing and lasting support for CVUU’s mission, ministry, and services.

Donations can be received from donors including a person, corporation, partnership, trust, foundation, or other organization. Donations may include: cash; bequests; gifts of real estate; stocks or annuities; life insurance proceeds; charitable remainder trusts; pension plans, Individual Retirement Accounts, or commercial annuities; charitable gift annuities, and/or any other legally qualified source.

All memorial gifts and donations to the CVUU (except Sunday collections) which are not designated for a specific purpose, shall be deposited into the Endowment Fund. Donors are encouraged to make gifts and bequests to the Endowment Fund with no restrictions. Restricted donations will be referred to the CVUU board for acceptance or rejection.

Proceeds from donations will be invested in the UUA Common Endowment Fund (UUCEF). The UUCEF uses a variety of investment options identifying socially responsible investments which reflect UU Values.

Endowment Fund principal is to be preserved for long-term use by the CVUU. Therefore, principal monies shall be withdrawn only for a specified amount linked with an identified specific purpose which receives two thirds approval by voting members at an officially called congregational meeting. A loan of principal to the CVUU board may be made for purposes benefiting the CVUU.

Income generated by the Endowment Fund may be used by the CVUU board for one-time expenditures including but not limited to: seed money for special projects, scholarships, and a pastor or employee search process.

Information cards are on the north wall to the left of the entry door. Please consider donating to the CVUU Endowment Fund with gifts or memorials in your will

The Endowment Fund Committee



Sophia Lyon Fahs was born August 2, 1876 in Hangchow, China, the daughter of Presbyterian missionaries. She received an M.A. degree from Columbia Teacher’s College in 1904 and a B.D. degree from Union Theological Seminary in 1926. Fahs edited curriculum material for the American Unitarian Association and devised the innovative New Beacon Series. She was ordained to the Unitarian Ministry in 1959 at the age of eighty-two and preached her own ordination sermon, calling for centers for teaching and research about religious education at seminaries.



IUUWAN NEWS

IUUWAN (Iowa Unitarian Universalist Witness Advocacy Network) is an organization that strives to foster connections, collaboration, and unity among UUs in Iowa and to deepen an understanding of how our faith compels us to act for social justice. Presently the 501(c)3 group is managed by a board of folks from Ames, Des Moines, Cedar Rapids, Iowa City/Coralville, Marshalltown, and the CVUU.



In recent months, IUUWAN has offered UU churches \$100 toward promoting LGBTQ Pride events. CVUU applied for and received this \$100 to help with booth expenses at Cedar Valley PrideFest on August 22-23. For us at the CVUU, postcards like the one shown below at the end of this article were distributed so that people could participate in an organized effort to remind elected representatives that they are representing an electorate whose majority views differ from those Congress addresses. If you are interested in being involved in the IUUWAN immigration team let *Byron Plumley* know.

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

Check out the website at: <<https://iuuwan.com/>> and on Facebook at Iowa Unitarian Universalist Witness Advocacy Network (like, follow, share).

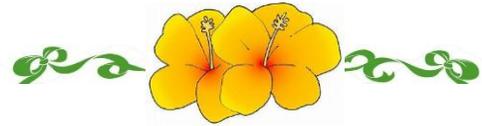
IUUWAN Postcard



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/>>.



On August 5, 1873 the British Parliament passed the *Statute Law Revision Act*, replacing the Trinity Act of 1813 with more tolerant laws. The 1813 Act repealed the penalties for denying the Trinity but left it a crime punishable under the common law. The act passed on this day removed all penalties and gave Unitarians equal rights with all Dissenters from the Church of England.



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 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.



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?

