



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

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***** 2025 *****

SEPTEMBER 7 10:00 A.M. **KICKOFF SUNDAY!**
NEW CHAPTERS: HONORING THE PAST, CREATING THE FUTURE
– Pastor Emma Peterson, Mandy Joy *

**Following this service there will be a *Potluck Picnic, Music, and Entertainment*.
See the details in the Kickoff article in this newsletter.

SEPTEMBER 14 10:00 A.M. **WATER COMMUNION** – Pastor Emma Peterson, Karen Impola *

SEPTEMBER 21 10:00 A.M. **SWEET LIKE HONEY: ROSH HASHANAH** – Pastor Emma Peterson, Al Hays *

SEPTEMBER 28 10:00 A.M. **TBA** – TBA, Kathi Bower *

* ~ 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

The CVUU Board of Trustees is excited to announce our theme for this church year—*New Chapters: Honoring the Past, Creating the Future*. We are discerning what might be best for us, now, and what might set us up for a best possible future. On September 14th during the Second Hour we'll have our third of three open discussions while we consider purchasing a new building. The first two discussions took place in August and the tone was overall positive—there was a lot of excitement in the room! Once we've all had a chance to express our thoughts and ask questions, there will be a congregational vote (date TBD). It is possible that we will find ourselves in a season of remarkable change and Transformation (one of our UU Values!) very soon. How exciting!

I wrote a newsletter article in November of 2024 about the ministerial practice of nonattachment to outcomes. We can plan (and plan and plan!) but there will always be surprises. I find myself consistently returning to the sage advice of one of my ministerial colleagues. On a UUMA Facebook group post, they wrote, “ministers do their job to the best of their ability, and leadership does their job to the best of their ability, and then we detach from outcomes and see what happens.” They went on to explain that the best words to practice outcome detachment are “wonder” and “interesting.” As in, “I wonder what will happen?” and “No matter what, it will be interesting!” I am honored, as always, to accompany this congregation as we co-create a better world and do our best to build the best possible future. I do not know what will happen, but I know no matter what, it will be interesting.

Pastor Emma



Happy Grandparents Day!
Sunday, September 7th

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

Hurray! It's back to school time for students, teachers, parents, staff, administrators and...me! I tried being retired this summer and within a few weeks I found it to be highly overrated. So, I'm teaching my favorite class at UNI again, the Psychology of Science and Pseudoscience. If you'd like to discuss misinformation, disinformation, critical thinking, artificial intelligence, or science and religion, I'm game!

I'm looking forward to *Kickoff Sunday* on September 7th! *Jess Lieb* will be playing and singing during the Sunday service, and the Burning Heretics will be performing during the picnic. There will also be an open mic for music, poetry, prose, comedy routines, or whatever you like. (Editor's Note: read more in the Kickoff article in this issue.)

Our theme for this church year is “New Chapters: Honoring the Past, Creating the Future”. As we get closer to making a decision about how to make our church more accessible (either by remodeling our existing building or by moving to the UCC church), we will be making history for our congregation.

Change can be hard, especially for churches like ours. You've probably been part of a number of conversations about a potential move. To channel UU author and illustrator, Theodore Geisel (aka Dr. Seuss):

What will we gain?
What will we lose?
If we sit in pews,
Can we still be UUs?

As someone who has visited many UU churches in the U.S. and in England, I can assure you that we can still be UUs even if our sanctuary looks a little different. Folding chairs are not a prerequisite for being UUs! A little organ music, tastefully chosen, and played at the right time, won't hurt us, either.

I've visited many progressive, multicultural UU churches (e.g. First Unitarian Universalist Congregational Society of Brooklyn) and more traditional, monocultural UU churches (e.g. All Souls Unitarian NYC on the Upper East Side of Manhattan). Both churches have pews and large pipe organs. But they are quite different in other ways. Even though they both have professional music directors, soloists, section leaders, and instrumentalists, their choice of music can be quite different. Imagine my surprise when we sang “Be Thou My Vision” instead of “Wake, Now, My Senses” last week at All Souls Unitarian!

Speaking of music, *Al Hays* (Vice President and Personnel Chair) and I will double our efforts to find a permanent Music Director this fall. We'll also work on expanding our Guest Musician Program. If you know of anybody you can recommend, please let us know!

Carolyn Hildebrandt
CVUU President



Jenkin Lloyd Jones died on September 12, 1918 in Chicago, Illinois at age seventy-four. He was secretary of the Western Unitarian Conference and a leader of the Unity movement, a radical modernist movement in Midwest Unitarianism.

On September 9, 1598
Unitarian books were burned at Leyden, Holland.



SEPTEMBER SERVICES

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

September 7th Kickoff Sunday!

New Chapters: Honoring the Past, Creating the Future

~~ Pastor Emma Peterson, Mandy Joy (WA)

September 14th

Water Communion

~~ Pastor Emma Peterson, Karen Impola (WA)



September 21st

Sweet Like Honey: Rosh Hashanah

~~ Pastor Emma Peterson, Al Hays (WA)

September 28th

TBA ~~ TBA, Kathi Bower (WA)



CHILDREN'S RE!!

As I write this, summer is coming to a close. The weather is cooling from sweltering heat and humidity present throughout the season. We had so much fun during our RE Summer, from time spent outside to tie-dye. Our CVUU lock-in was a hit! We ate pizza with friends, learned how to play Dungeons & Dragons, and ended the night watching *How to Train Your Dragon*.

RE begins anew in September with our first Soul Matters theme of the year: *Building Belonging*. An important part of forming community is to do what we can to make those within it feel like they belong. Building Belonging focuses on how we build community as Unitarian Universalists, and the steps that we can and do take to accept everyone. I am excited to use Soul Matters new *One-Room Schoolhouse* model, which is designed to accommodate congregations such as ours that use one classroom. Note, there will not be RE on Sunday, September 14th. Children will be staying in the sanctuary that day to participate in our *Water Communion* service.

Parents—both new and returning—please remember to fill out registration forms for the 2025-26 RE school year. Registration forms can be found in the Children & Youth section of the CVUU website under “Children’s Religious Education”. There are also physical copies in our Fellowship Hall.

When I first came to Iowa, it was a struggle to stay on my feet when so often the ground had been taken out from under me. When I applied to be Coordinator of Children’s Religious Education at the Cedar Valley Unitarian Universalists in September of 2024, I didn’t know then how it would change my life. In just a year I have found not only the stability I thought I would never have again, but a community that accepted me for who I was and treated me so kindly while I figured out how to remember who that was. I can only hope everyone can find the kind of community that I have, a place where they feel safe and belong.

Ronan Parker
Coordinator of Children’s Religious Education

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.

September 7th

Kickoff Sunday!

There is no Forum today due to the activities planned for after the service. See the Kickoff article in this newsletter for details.

September 14th

Accessibility Discussion

This is the third and final ‘open mic’ discussion session held for the congregation to ask questions/share thoughts. See the article in this newsletter.

September 21st

What is Soul Matters and How Might You be Involved?

Soul Matters is a set of UUA curricula on spiritual themes to which our congregation subscribes. *Kat Beane-Hanson* will introduce the Soul Matters themes for this year and discuss possible group activities around these themes.

September 28th

The Intrinsic Value of Nature: Ethical Considerations

Dan Cohen is the recently retired Buchanan County Conservation Director. He is a well-established writer and photographer whose work stresses the importance of diversity in the natural world.

Al and Pam Hays for Adult RE



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.



Soul Matters for the coming church year begins again this month and the September theme is **Building Belonging**. How does this connect to our UU Values?

Interdependence is one of our Values—we belong to each other; our true belonging rests in a web of interconnection.

It also connects to our Covenant—love is the power that holds us together. We are accountable to one another; love and accountability are the glue of our belonging.

The Rev. Olympia Brown led a life defined by **building belonging**—both within religious communities and the broader movement for women’s rights. Brown’s journey began with her determination to break barriers in the Universalist Church and in 1863, she became the first woman ordained with official denominational approval.

What are your thoughts on *Building Belonging*?

Unitarian *John Benjamin Smith* died on September 15, 1879 at age eighty-five. A member of Parliament for thirty years, first president of the Anti-Corn League, and vice president of the British and Foreign Unitarian Association, Smith was also active in many reform movements.



CEDAR VALLEY PRIDEFEST RECAP

The Social Action Committee would like to give a big *THANK YOU* to all who helped make the CVUU booth at Cedar Valley PrideFest 2025 a success! This event requires a lot of help from many people. Your time, energy, and passion were all appreciated!

Multiple attendees gave us their contact information because they were interested in learning more about the CVUU, and many conversations about the CVUU were had with other attendees. As always, the CVUU brought joy to the event by painting numerous rainbows on the attendees, handing out CVUU bracelets, stickers, blinged-out reusable bags, and sharing our renowned baked goods with the crowd. A truly wonderful time was had by all.



During these uncertain times, moments of gathering with like-minded people in the community are priceless and uplifting. We are grateful to the Cedar Valley PrideFest organization for putting on such a wonderful event each year.

MUSIC & FUN!

CVUU FALL KICKOFF

Sunday, September 7th from
10:00 a.m.–3:00 p.m.

Join *Pastor Emma* and the CVUU congregation to kick off our new year celebrating our theme — *New Chapters: Honoring the Past, Creating the Future*. *Jess Lieb* will be leading the music for the service.

Following the service there will be a picnic potluck, with indoor and outdoor seating. CVUU will provide hamburgers, hot dogs, buns, and soda. If able, members and friends are asked to bring a side dish, dessert, or beverage. Please consider bringing your own utensils and dishes to cut down on cleanup.

You will also want to consider bringing a camp chair, sunscreen, and bug spray. After lunch, the Burning Heretics will provide entertainment, along with an open mic featuring talented members of our congregation. If you are interested in performing during the open mic, please sign up in advance with *Bill Brown* so we know what equipment you may need. The Pollinator Group will be offering tours of the garden, and there will be activities and games throughout the afternoon for the kiddos and young at heart. If you have questions, reach out to *Jill Miller* or *Juanita Williams* for more information.

Congregation Life Council



Food is music to the body; music is food to the heart.

Gregory David Roberts

CONGREGATIONAL LIFE

In these challenging times, it is so important to have a community of supportive people! Many of us have found that at the CVUU! We have found a village where we can celebrate our joys and process our concerns. It is not always easy to find that and cultivate it.



If you have found it with us, are you as connected as you'd like to be? Sometimes joining a group in volunteering brings you into closer relationships. Sometimes sitting and chatting with someone who is alone at coffee hour brings meaningful connections. Whatever helps YOU dive in deeper, helps 'the whole' be stronger!

There are many needs—small and a little larger. Hospitality is needing some volunteers. (If you enjoy that visiting and eating time, please look for a way to help share the load of providing it.) You may hear some 'commercials' on Sundays elaborating a bit on what each committee does. We hope this will ignite the passions of our members to volunteer for something new. Speak with *Pastor Emma*, *Jill Miller*, *Margie Miller* or myself. We'll help you find your place!

If you've been attending for a while and haven't joined yet, we have two opportunities for you in October: 1) on **October 5th at 11:30 a.m.**, the *New to CVUU* session will offer a chance for newer attendees to share what they're looking for in a spiritual community and also learn a little more about the CVUU; and 2) on **October 12th at 11:30 a.m.**, the *I Want to be a Member* session will offer the chance to join the CVUU and learn more about the opportunities of membership. Let *Pastor Emma* or me know if you want to attend. We look forward to welcoming you!

So, as the Congregational Life Council focuses on retention this upcoming church year, we hope you will sink deeper roots into our Beloved Community. Every single one of us makes a difference in the tapestry of the CVUU!

Juanita Williams
for 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. Have you thought about joining them in their efforts to provide various means of assistance? Contact *Carollyn Hartsfield* for more information.

Many thanks to each of them for their ongoing dedication. The contact person for the month of *September* is *Betsy Brant*.



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting in the sanctuary on Monday, September 8th at 1:00 p.m.

The movie being discussed is *Penguin Lessons*, available on Netflix. It can be purchased or rented on other platforms like Amazon Video, Apple TV, and Fandango at Home.

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*.

SOCIAL ACTION COLLECTIONS

The Social Action Collections are an important activity for the CVUU, and we have continued to do well in supporting worthy charities that are chosen annually by this congregation.

The July collection was for the *Cedar Valley Victim Resource Coalition* and the total collected was \$405!



The August collection was for the *Cedar Falls Community Meals* where we also play a part by volunteering every fifth Tuesday.

The September collection is for *Americans for Independent Living* (you can read more about this organization in the charity calendar article at the end of this newsletter).

These collections are on the last Sunday of the month, but you can donate early if you wish. Just note the specific 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



SEPTEMBER DEADLINE

FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the October issue. The calendar deadline for this issue will be **Wednesday, September 17th** (send info to the office); the newsletter deadline will be **Friday, September 19th** (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 **September 17th and 19th**—the calendar and newsletter deadlines *for the October 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



CHANGES TO THE

2025-26 SOCIAL ACTION COLLECTION

When it came time to put together a schedule of monthly collections for this fiscal year, Social Action Committee members faced a difficult question. Input from *Priscilla* indicated that no one has volunteered to shop for or stock the Little Food Pantry for several months and \$700 remains in that account. We considered whether we should ask the congregation to continue to donate to it.

Committee members decided to remove the food pantry from the schedule of monthly contributions and to add the ninth highest vote getter in its place (usually the top eight receive contributions). You'll see this decision reflected in the 2025-2026 schedule of collections which is on the last page of this newsletter.

Committee members expressed their regret that The Little Food Pantry, a meaningful outreach of this congregation for quite a few years, is ending its mission.

Sally Browne
for the Social Action Committee

Caroline Augusta White Soule was born on September 3, 1824 in Albany, New York. She was principal of the female department of Clinton Liberal Institute in Clinton, New York. She was a member of the editorial staff of *Ladies' Repository* from 1856 to 1865. In 1867, she founded *Guiding Star* and served as its editor from 1867 to 1878. Soule went to Scotland as the first foreign missionary of the Universalist Church of America, taking up a ministry at St. Paul's Universalist Church in Glasgow from 1879 to 1882 and from 1886 to 1892. She was ordained there in 1880. From 1882 to 1886, she worked for the Women's Centenary Association, before retiring to Glasgow, where she died on December 6, 1903.



CVUU MOWING

There are still weeks left for mowing the church grounds this season. That said, **kudos** to those volunteers who generously have taken the time to do this task, making the outside of our church home look loved!! Contact *Roger Hahn* with questions or for more details if you are interested in this outdoor activity.



SOME OBSERVANCES FOR THE MONTH OF SEPTEMBER INCLUDE:

- National **Hispanic Heritage** month
- National **Organic Harvest** month
- National **Food Safety Education** month
- National **Passport Awareness** month
- National **Wilderness** month
- National **Family Meals** month
- National **Service Dog** month
- National **Preparedness** month



CALLING ALL CRAFTERS!

Join us for a 'crafternoon' at the CVUU!

Bring your current (or most portable) crafting project and spend an afternoon of crafty socializing in the Fellowship Hall on Sunday, September 14th from 2:00 - 4:00 p.m. Contact *Kat Beane Hanson* with questions.



CEDAR FALLS WEEKLY COMMUNITY MEAL

Tuesday, September 30th brings CVUU's turn to help prepare, serve, and clean up the local weekly free meal. The meal is served to anyone every Tuesday from 4:30 - 6:00 p.m. at First United Methodist Church, 718 Clay Street, Cedar Falls. A sign-up sheet is in the Fellowship Hall (on the Social Action table) or let *Shirley Whiteside* know if you are interested in helping.

“Rest your eyes well before September because with all its colors, autumn is coming to visit them!”
 ~~Bernard Williams



NORTHEAST IOWA FOOD BANK

On Saturday, August 23rd sixteen CVUU volunteers helped to bag and box close to 2,000 pounds of oats! (Have you ever seen what a ton of oats looks like!?) Since this was also the day we had a booth at PrideFest, some of these folks were doing ‘double-duty’ volunteering at both. Way to go CVUU!

We are planning to volunteer again this month at the Food Bank—on Saturday, September 27th 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



BUILD YOUR COMMUNITY WITH SMALL GROUPS

Small Groups are a great way to build relationships and deepen your sense of community at the CVUU. Are there any groups you would like to see at the CVUU? Any you might be willing to lead?

Did you know that leading a Small Group need not be a heavy commitment? Being a Small Group leader means communicating with the group about the next meeting, being a little early to open the door, and closing the door behind you. Anything more than that is totally up to you!

If you might be interested in Small Group leadership but have questions, please reach out to our new Small Group coordinator, *Kat Beane Hanson*. If you’re not willing to lead at this time but have ideas for Small Groups in which you would want to participate, we welcome those ideas, too!



ACCESSIBILITY DISCUSSION

Two “open mic” discussion sessions were held in August during the Second Hour timeslot. There is one remaining “open mic” discussion session scheduled for Second Hour at 11:30 a.m.



on Sunday, September 14th to continue sharing our thoughts about our two options to achieve full accessibility as a congregation—1) our “Accessibility Plus” plan to add an elevator to our current building, and 2) to purchase the existing United Church of Christ building, renovate

it, and move. Discussion in the first two sessions was productive, with many people sharing their questions and thoughts. Join us for this third and final session on Sunday, September 14th at 11:30 a.m. concerning this important matter!

IUUWAN NEWS

IUUWAN brings forward UUSC opportunity!

As Martin Luther King was known to have said, “It’s not the violence of the few that scares me, it’s the silence of the many.” Iowa Unitarian Universalist Witness Advocacy Network (IUUWAN) brings you the following message and opportunity from the UU Service Committee (UUSC). The website is: <<https://uusc.quorum.us/>>. UU members across Iowa have attended public displays of resistance, served vulnerable populations, and contacted those whose job it is to represent us at the state and national levels. All of us can do something. Together we are stronger.



August 1, 2025

Right now, we’re witnessing many global leaders and corporate interests attempting to further erode human rights and democracy. It’s natural and normal to be emotionally overwhelmed by the horrors of fascist influences. When we feel hopeless, we are less likely to be motivated to speak out and seek justice. Often, the best antidote to anxiety is action. That’s where UUSC’s Resistance Network comes in.

Four months ago, our advocacy team envisioned a rapid mobilization hub that connects people to timely and meaningful ways to make a difference. It was dubbed the Resistance Network and quickly gained traction. Steadfast members have taken biweekly action to defend human rights and fight back against fascist advances.

We are a growing community of people of faith and conscience building power to resist authoritarianism and protect human rights.

Together, we are responding rapidly to threats against civil liberties, democracy, and justice.

This network is a hub for urgent action, collective learning, and moral resistance.

As a member of the Resistance Network, you’ll receive:

- Timely alerts about legislation, executive actions, and human rights violations;
- Inspiring stories of resistance from frontline communities and faith leaders;
- Tools, training, and resources to strengthen your organizing; and
- Opportunities to speak out, show up, and support urgent campaigns.



“By all these lovely tokens, September days are here. With summer’s best of weather and autumn’s best of cheer.”
 ~~Helen Hunt Jackson

2025 CVUU TREATS & TALENTS AUCTION

This year's Treats & Talents Auction will be held on Saturday, November 15th. Our theme for this year will be "The Heroes Within U(U)s" and participants will be encouraged to come as their favorite hero, whether fictional, movie, literature, anime, or real person (historical past or present day).

The Social Hour and the Silent Auction will begin at 6:00 p.m. with the Live Auction starting at 7:00 p.m. Refreshments and liquid libations will be provided. Childcare will also be available. Join us for this year's event.



How could it be September already?! We find ourselves at the beginning of another church year with a new theme and, hopefully, renewed energy for the CVUU and each other!

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.



FRIDAY FUN NIGHT

Join us on October 3rd for *Friday Fun Night*! On the First Fridays in October, November, and December, we'll have a Friday Fun Night at 6:30 p.m. at the CVUU.

This is an all-ages event! *Ronan* will be there with activities for the kids and there will be some fun for adults, too, focused on the month's theme.

To keep things simple, there will not be a potluck beforehand. Watch for more information about October's theme in the October newsletter, the Weekly Updates, and in the UU announcements. If you'd like more information, contact *Michaela Rich*.



Francis Parkman Jr. was born on September 16, 1823 in Boston, Massachusetts. Son of a Boston Unitarian minister of the same name, Parkman traveled extensively in the western United States in spite of physical ailments that left him a semi-invalid. He was a prominent historian and wrote *The Oregon Trail* (1849) and *History of the Conspiracy of Pontiac* (1851). Later he published seven books that traced the struggle between the British and the French for control of North America. Parkman also wrote a horticultural work, *The Book of Roses* (1866), and held a number of positions at Harvard University. He died on November 8, 1893.

John Murray Spear was born on September 16, 1804 in Boston, Massachusetts. The Spear family belonged to Second Universalist Society in Boston, where Hosea Ballou was minister. Spear began his ministry in Barnstable, Massachusetts where he was ordained in 1830. An ardent abolitionist, Spear organized the first Universalist anti-slavery conventions, operated part of the Boston Underground Railroad, and helped runaway slaves secure their freedom. He opposed the death penalty and advocated women's rights and temperance. By 1852, he had become a spiritualist, said he was a medium, and left Universalism. Spear's brother Charles was also a Universalist minister. John Murray Spear died on October 5, 1887.



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.



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/>.



SUNDAY HOSPITALITY

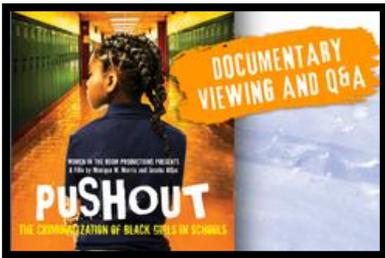
Do you enjoy good conversation over a cup of coffee or tea along with a few treats? Do you look forward to our CVUU coffee hour? Have you ever found yourself wondering how it all comes together each Sunday morning? Well, a lot of work goes into it, and we need some fresh faces to help keep providing such a soul-filling experience.



Our good-hearted *Nick Reans* has been taking a **big** lead on making sure coffee hour is filled with love (from a clean kitchen!) and he needs to have a little reprieve. This means we need to step up our volunteer effort to fill the gap. We will need to cover the fourth Sunday of the month in order to let him have some needed 'He Time', so we need **your** help!

Rosa Torres has agreed to coordinate this effort. Please contact her with what you're willing to offer. The need entails starting the coffee, setting up the serving table, bringing goodies, cleaning up afterwards, and taking out the trash. All hands are welcome and needed! (BTW, Nick always needs some extra hands to help on *his* Sundays, as well!)

Please do express your appreciation to those who have been and will keep this delicious time thriving. We are pampered each Sunday by their generosity!



DOCUMENTARY SCREENING AND DISCUSSION

Sunday, October 12th at 2:00-4:00 p.m.

There will be a screening and discussion in the meeting rooms of the Waterloo Public Library of the powerful documentary, *Pushout: The Criminalization of Black Girls in Schools*.

Based on Dr. Monique W. Morris' groundbreaking book, *Pushout* examines the educational, judicial, and societal disparities that disproportionately impact African American girls. The film explores how the misunderstanding of Black girlhood has led to overly punitive discipline practices—practices that often disrupt their education and long-term success. Stay afterwards for a Q&A style discussion. (Suggested age group: adults.)



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 this month!

If you enjoy good food, plenty of conversation, and hospitality, mark your calendar for Sunday, September 14th when *LeChristopher's Southern Cuisine* will be served at noon at their church. For \$20 (cash, please) the meal includes dessert and beverage. Check the website for any last-minute changes.

SOCIAL ACTION COLLECTION CALENDAR FOR THE 2025-26 YEAR

2025

September 28th – *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 ninety-one veterans and their families. <<https://www.afil.org>>

October 26th – *Planned Parenthood of the North Central States*. Providing sexual and reproductive health care throughout the region; a visible advocate for policies that promote women's health and access to affordable contraception. <www.plannedparenthood.org/planned-parenthood-north-central-states>

November 30th – *Iowa Safe Schools*. The largest group supporting LGBTQ and Allied youth in the Midwest. Their best-known program, the Iowa GSA Network, assists student-run clubs in schools to support victims of harassment, build safe spaces, and create positive change. <www.iowasafeschools.org>

December 24th – *Black Hawk Grundy Mental Health Fund*. Some clients need additional basic support—clothing, bus fare, food, or housing—not covered by Medicaid or private insurance. <www.unitypoint.org/waterloo/black-hawk-grundy-mental-health-center.aspx/>

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January 25th – *Guest at Your Table*. A collection for the Unitarian Universalist Service Committee, which advances human rights in the U.S. and internationally through grassroots collaborations. <www.uusc.org>

February – *CVUU Annual Pledge Campaign month*.

March 29th – *Iowa Abortion Access Fund*. Discreet and private financial assistance, in the form of interest-free loans, to Iowa residents needing abortions but who are unable to pay. <www.iaafund.org>

April 26th – *Northeast Iowa Food Bank*. The recent budget reconciliation bill cuts SNAP funding and pushes costs down to the state level at a time when the need for food assistance is higher than ever. Over 40,000 northeast Iowans face food insecurity, including one in six children. <<http://www.neifb.org/>>

May 31st – *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>>

June 28th – *Cedar Valley Victim Resource Coalition*. Various agencies—e.g. Dept of Corrections, Cedar Falls 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/>>

July 26th – *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/>>

August 30th – *Cedar Falls Community Meals*. A program operated collaboratively with five other Cedar Falls churches to provide a free community meal each Tuesday. CVUU takes its turn each month with five Tuesdays.

[*Editor's Note:* you may want to keep a printed copy of the above roster handy for the coming year so you know which collections will take place when.]