



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

319-266-5640

www.cedarvalleyuu.org



***** 2025 *****

- OCTOBER 5 10:00 A.M. ON SELF-RESPECT: A SERMON ON SELF-DECEPTION, BEING HUMBLLED, AND UNAPOLOGETIC AUTHENTICITY – Pastor Emma Peterson, Callie Amiday ***
11:30 A.M. Adult Forum / New to CVUU
- OCTOBER 12 10:00 A.M. CLERGY APPRECIATION DAY**
DEI IS GOOD, ACTUALLY: WHY DIVERSITY, EQUITY, AND INCLUSION IS ESSENTIAL – Pastor Emma Peterson, Al Hays *
11:30 A.M. Adult Forum / I Want to Be a Member
- OCTOBER 19 10:00 A.M. MALVINA REYNOLDS: A UU LIFE – Al Hays, Carolyn Hildebrandt,**
11:30 A.M. Adult Forum Nate Callahan, Karen Impola *
- OCTOBER 26 10:00 A.M. HALLOWEEN: A CELEBRATION OF CHANGE WITH OUR ANIMAL COMPANIONS – Callie Amiday, Kathi Bower ***
11:30 A.M. Trunk or Treat event

* ~ 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

Beloveds, we've got a bit of a problem! For a long time, the CVUU has found itself in a "volunteer crisis." Essentially, there are too many things that need to be done, and not enough people are willing to do one or two of those many things, so too many things are not being done. At present, the CVUU Board needs a Secretary (to take notes!), a Liaison for Congregational Life (*Margie Miller* stepped in to fill a role that badly needed to be filled, and she would very much like to pass it on!), and a Liaison for Building and Grounds (*Steve Chamberlin* is currently pulling double-duty as Chair of Finance in addition to being the Liaison to Building and Grounds!). Beyond the Board, all of our councils could use new members and many of our committees would love more help (Caring and Greeters, for example). Not to even mention our need for additional volunteers in RE—which since I've just mentioned, is also in desperate need!

Recently, our rock star CCRE *Ronan*, let me know he only had two hours left to work that week. It was Tuesday. He'd already worked over his allotted hours providing activities for the Kickoff Picnic, lesson planning and teaching, and a slew of other responsibilities that were so overwhelming to me I felt vicarious stress and willfully forgot about them. I have a hard line with our staff—no over-functioning. That means not working over allotted hours, delegating tasks whenever possible, and letting things go when they simply don't have the time or support to make things happen. When our staff over-functions, we start to expect them to over-function, like it's normal. Like they're all we have, and this isn't a congregation doing shared ministry. Like we should expect them to, because they love this place as much as we do. We are all, collectively, responsible for keeping this place running, growing, and transforming. Our staff does so much, but they can't and shouldn't do everything. Our volunteers do so much too, but they can't do everything we'd love (like picnics and camping trips and concerts and First Fridays) without more help.

If we purchase this new building, we'll be in an All-Hands-on-Deck situation. It will take all of us to move, to renovate, to make the new space *ours*. My concern is that if we don't start ramping up our volunteer force now, we won't be able to harness the momentum to Get It Done when it's most critical. So, if you haven't found your niche in the System that keeps this place running, please explore where you might fit. Try a few things out. Suggest something new and then do it! UUs often say "we need each other to survive, and to thrive." We know that is true because it is absolutely true in our congregations. I know we'd all prefer to thrive, instead of simply surviving. So, let's ALL get to work.

Thank you to our dedicated volunteers who have built, shaped, and sustained this Beloved Community over the decades. We wouldn't be here without you.

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>.

GREETINGS FROM THE PRESIDENT

Fall is finally here! I'm looking forward to cooler weather, fiery fall foliage, billowing white clouds, and deep blue skies. As much as I love big cities, I appreciate the vast skyscapes of this beautiful part of the Midwest.

As I write this article, I'm looking forward to hosting *Ronan Parker's* GED graduation at my house. This is an important rite of passage. Young people like *Ronan*, who are dedicated to the education of young children, give me hope for the future. I wish him all the best. I know that he will approach his work with energy, integrity, and compassion.

These are difficult times in the field of education. I feel incredibly grateful to be part of the CVUU right now. The CVUU is a place where I can feel safe sharing my thoughts and feelings without fear of censorship or retribution. At UNI, we are not as free as we used to be. The faculty and administrators are valiantly trying to balance academic freedom with the very real threat of being fired for saying or writing the wrong thing at the wrong time.

As visual art is being censored at the Smithsonian Museums in Washington, D.C., I find myself being drawn even closer to it. The same goes for literature that is being banned from public libraries and schools. Why all the fear? What will people do if they actually look at those paintings or read those books? In comparison to our largely unregulated Internet, these books and works of art pale in comparison. Not only does the Internet include inflammatory material on both sides of the political spectrum, we can't even be sure if it's true or that all of it is written by human beings. A friend of mine, who is head of the linguistics department of a major university, said that members of her faculty consult with OpenAI to help them build large language models for programs like ChatGPT. She said that some of the faculty refer to artificial intelligence responses to questions as "answer-shaped objects." I can see what they mean.

I'm a long-term member of another group, the Association of Constructivist Teaching. Our next conference is at Vanguard University in Costa Mesa, California. We knew it was a conservative Christian university, but we didn't know HOW conservative it was until we read the student handbook. Student conduct is strictly regulated and appears to be anti-women and anti-LGBTQ. One of our valued long-term members has decided not to go to the conference and to actually resign from ACT because of this. She says that we should never have agreed to hold the conference there. My position, however, is that we HAVE TO GO, if only to present our work to the students and faculty there who might not know about it. If we continue to preach only to the ACT choir, then what is the future of liberal arts and STEM education? Along the same lines, if we only preach to the UU choir, what is the future of freedom of thought in the context of liberal religion?

In closing, I wish to thank every member of this beloved community for making it a place where we can all engage in the responsible search for truth and meaning without fear of ostracism or retribution.

Carolyn Hildebrandt
CVUU President



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.

“Autumn is the season that teaches us that change can be beautiful.” ~~Unknown



OCTOBER SERVICES

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

October 5th

On Self-respect: a Sermon on Self-deception, Being Humbled, and Unapologetic Authenticity

~~ Pastor Emma Peterson, Callie Amiday (WA)

October 12th Clergy Appreciation Day

DEI is Good, Actually: Why Diversity, Equity, and Inclusion is Essential ~~ Pastor Emma Peterson, Al Hays (WA)

October 19th

Malvina Reynolds: A UU Life ~~ Al Hays, Carolyn Hildebrandt, Nate Callahan, Karen Impola (WA)

Malvina Reynolds was a well-known writer and performer of folk music in the 1950s and 1960s. Many of her songs were performed by famous people in the genre, such as Joan Baez. She was also a UU. Today's service will celebrate her life and music.

October 26th

Halloween: A Celebration of Change with Our Animal Companions ~~ Callie Amiday, Kathi Bower (WA)



CELEBRATION SERVICES

As a newly commissioned Lay Minister I am happy to help bring back the Celebration Services with the assistance of the REAP (Religious Education and Programs) Council. Our first service will be on Sunday, October 26th in celebration of Halloween. This will be in alignment with spiritual Halloween themes such as the changing of the seasons, and with our church year's theme of *New Chapters: Honoring the Past and Creating the Future*. We will be using this service as a way to recognize and celebrate our beloved animal companions past and present. Feel free to bring in person or on zoom a token or picture in representation of your pet to be placed on the altar or shared.

In the spirit of Services for All Ages, we will do our best to encourage participation by our children and teens. So please reach out to me if your children would like a special—however big or small—role. I'd love for all who feel called to be included.

Kid-friendly costumes are encouraged for all! Bonuses for animal kingdom-related ones.

Just a reminder, we will be holding a Trunk or Treat after the service! We are asking for member participation and/or candy donations. We hope to hold a contest for the best trunks!

Callie Amiday
CVUU Lay Minister

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.

October 5th

What is Soul Matters Anyway?

If you're curious about the Soul Matters curriculum, join Small Group coordinator *Kat Beane Hanson* for a sample Soul Matters meeting during the forum time. October's theme is *Cultivating Compassion*.

October 12th

Don't Underestimate Old People and Don't Call Us "Honey"

Pam Hays will lead what will no doubt be a lively discussion of the myths of old age, the realities of old age, and the phenomenon of "Elderspeak".

October 19th

A Tribute to Folk Music

The service this day will focus on the work of Malvina Reynolds (1900-1978), widely known UU singer, composer, and activist. As a follow-up, the forum will examine the folk music revival of the late 50s and early 60s that provided the context for her work.

October 26th

There will be a *Trunk or Treat* event after the service sponsored by the Children's RE Program (see RE article).

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.



FIRST FRIDAY FUN NIGHT

Join us on October 3rd at 6:30 p.m. for our First Friday Fun Night at the CVUU. It will be an evening of fun, games, and socializing for all ages! Everyone is welcome, including any family or friends you'd like to invite!!!

Fun for the kids: *Ronan* will have activities for the kids in the Sanctuary. (See the RE article.)

Fun for the adults: We'll have cards, games, and conversation for the adults in the Fellowship Hall. Bring your own favorite game or just hang out and socialize with other UUs. To keep things simple, there will not be a potluck beforehand. Feel free to bring a snack or beverage, but we do not have a cleanup crew scheduled, so please also clean up after yourself. This will allow *everyone* to have fun together and enjoy each other's company.

We hope to continue First Friday Fun Nights on November 7th and December 5th. If you have any questions, please contact *Heather Flory*.



“Everyone is a moon and has a dark side,
which he never shows to anybody.”

Although this quote is often misattributed to Mark Twain,
according to some, it was actually written by Stephen King.



The Halloween season is one of my favorite times of year. As a horror enthusiast, appreciator of autumn, and lover of candy, the month of October encompasses what brings me joy. Each season we enter brings change in the world around us, and we change alongside it.

Our Soul Matters theme for October is *Cultivating Compassion*. We will explore compassion not only as a feeling, but as a practice—how compassion can be cultivated and guides us in our treatment of others, our actions, and the inclusion of everyone in how we show care. I am excited to show our congregation’s children compassion in action, with interactive activities that will help them learn its meaning. One activity that caught my eye was “Compassion Lanterns” in which lanterns are decorated to carry messages that tell others they belong and are welcome.

We have a number of activities and Halloween fun throughout the month! On Friday, October 3rd at 6:30 p.m. I will be offering board games for children in our Sanctuary during First Friday Fun Night. On Sunday, October 26th we will *not* be having RE classes. Instead, CVUU children will be invited to participate in a very special service led by Lay Minister *Callie Amiday*. If you would like to know more about how to get your child involved in the service, please contact me or Callie. Also on Sunday, October 26th after the service we plan to have a *Trunk or Treat*. Anyone is welcome to participate and, if willing, provide candy or other treats for the kids.

Perhaps most exciting is on Friday, November 1st at 7:00 p.m. we plan to visit the Heart of Darkness Haunted House in Waterloo. This activity is exclusively for ages 13 and above. We will meet at the CVUU and make our way to Heart of Darkness once everyone is gathered. Costumes are highly encouraged. Do let me know via email or in person if your teen(s) are interested in attending; admission is \$5 off if they arrive in costume!

Please, if you are interested in volunteering, now is the time to do so. This program cannot exist without the endless support of volunteers, and though I wish I could do it all, I am still only one person. There are only so many hours for me to put towards everything that needs to be done, and oftentimes I am at risk of exceeding them. This past month there were goals I could not reach because I had already far exceeded the hours provided for me to do them. If we want to have more activities, split classrooms, and have a thriving Children’s Religious Education program, we need the hands to make it possible.

Ronan Parker
Coordinator of Children’s Religious Education



Hannah Adams, the first woman in America to earn her living as a writer, was born October 2, 1755 in Medfield, Massachusetts. A pioneer in comparative religion, Adams’ writings were standard Unitarian Sunday School texts for two generations. She never married and often lived as a long-term guest in prominent Boston homes, where her conversation enlightened her host families and their guests. She died on December 15, 1831.



Soul Matters from the UUA website describes October’s theme, *Cultivating Compassion*. How does this connect to our UU Values?

Generosity is one of our Values. We covenant to freely and compassionately share our faith, presence, and resources. (It also connects to our CVUU Covenant. “... We dedicate ourselves to kindness, understanding, and responsible actions...”)

Universalist Clara Barton’s humanitarian spirit is a defining example of compassion in action. Guided by an intense devotion to helping others, she consistently put herself in service to those in need, regardless of background or circumstance. From her early days as a teacher and her pioneering work as a nurse during the Civil War, she demonstrated that compassion is not just about providing physical care, but also about offering emotional support, comfort, and hope to those suffering.

What are your thoughts on *Cultivating Compassion*?



SOUL MATTERS - CULTIVATING COMPASSION IN THE CEDAR VALLEY

Our *Soul Matters* theme for October is *Cultivating Compassion*. It’s tempting to think of compassion in terms of warm feelings and tender thoughts. The *Soul Matters* curriculum this month challenges us to consider that compassion is not just niceness and thoughtful feelings, but rather is an impulse that drives us to action. What would it mean in your life to act with compassion? To connect with the pain and struggle of another, then take steps to help end that pain and struggle.

This month, we consider what it might mean to act with compassion. If you would like to join some of us in putting our compassion into action, join the *CVUU and Friends Team* for the annual CROP Walk on Sunday, October 5th.

You can find more detailed information at the website: <<https://events.crophungerwalk.org/crophungerwalks/event/waterlooia>>.



SOUL MATTERS - SMALL GROUPS AT THE CVUU

The *Soul Matters* curriculum involves monthly topics for us to think and talk about, challenging us to consider familiar ideas in new ways. The Small Group format provides an opportunity to engage in deep listening and build connections together, as we engage with the monthly topic.

Soul Matters Small Groups are forming now! If you are interested in joining or leading a group, please get in touch with our Small Group coordinator *Kat Beane Hanson*. To the best of our ability, dates and times will be decided based on the schedules of interested participants.

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 August collection was for the *Cedar Falls Community Meals* where we also play a part by volunteering every fifth Tuesday. The total of contributions was \$406.



The September collection was for *Americans for Independent Living*, and we'll have that amount for you in next month's newsletter.

October's charity is for *Planned Parenthood of the North Central States*—again this year it made the CVUU giving roster.

These collections are on the last Sunday of the month (except December when the collection is on Christmas Eve), but you can donate early if you wish. Just be sure to note the *specific charity* for our Collector. Thank you to all who participate in supporting these worthwhile organizations each month in the name of the CVUU.

The Social Action Committee



OCTOBER DEADLINES

FOR THE CALENDAR AND NEWSLETTER

The next newsletter will be the November issue. The calendar deadline for this issue will be **Wednesday, October 15th** (send info to the office); the newsletter deadline will be **Friday, October 17th** (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 **October 15th and 17th**—the calendar and newsletter deadlines *for the November 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



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.

For further information and/or whether there is still space to register, speak with *Mary Kay Madsen* or *Nate Callahan*. A poster and registration forms are available in the foyer at the CVUU.



CONGREGATIONAL LIFE

For those friends, new and old, who would like a deeper understanding of CVUU and Unitarian Universalism, 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 you to share what you'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, which will include being able to vote at Special and Annual meetings. Let *Pastor Emma, Juanita Williams*, or *Jill Miller* know if you want to attend. We look forward to welcoming you!

Jill Miller

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 *Carolynn Hartsfield* for more information.

Many thanks to each of them for their ongoing dedication. The contact person for the month of **October** is *Margie Miller*.



Our building will be an election site for the upcoming November 4th school and city elections. Please note they will be using the Fellowship Hall all day. For questions, contact *Roger*.



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting in the sanctuary on Monday, October 13th at 1:00 p.m.

The movie being discussed is *Glory* (1989) with Matthew Broderick, Denzel Washington, and Morgan Freeman. It is available at the Cedar Falls Public Library and for rent on Prime.

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*.



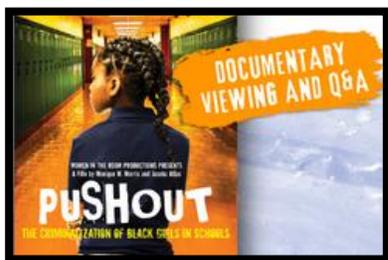
START A NEW CHAPTER AT THE CVUU

This year's theme at the CVUU is *New Chapters: Honoring the Past, Creating the Future*. As we lean into our theme this fall, the Shared Ministry Council encourages everyone who is part of our beloved CVUU community to think about how you might like to start a new chapter at the CVUU by getting involved and helping out in new and interesting ways. Here are just a few ways you can help:

- Provide treats and coffee as part of hospitality on Sunday mornings—contact *Nick Reans*.
- Greet visitors and friends on Sunday mornings—contact *Joanna Waggoner-Norquest*.
- Play with the children and youth on Sunday mornings (aka help with the Religious Education program)—contact *Ronan Parker*.
- Help with Sunday services: contact *Karen Impola* or *Kathi Bower*.
- Help with building and grounds tasks—contact *Roger Hahn* or *Bill Brown*.

For more information about how you can help, see the “Links and Forms” section towards the end of each Weekly Update! Throughout the year, to connect with other CVUUs in our beloved community, see the CVUU directory (online at the CVUU website: <www.cedarvalleyuu.org>, in the upper right corner by clicking on “Member Directory”) and reach out to those who you'd love to get to know better.

This article comes from 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.



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.)



“Continuous improvement is better than delayed perfection.” — *Mark Twain*

Meadville Theological School opened on October 1, 1844 in Meadville, Pennsylvania. As the Unitarian movement spread west, it was felt that a center for training Unitarian ministers was needed somewhere besides Harvard.



SOME OBSERVANCES FOR THE MONTH OF OCTOBER INCLUDE:

National **Popcorn Poppin'** month
National **Work and Family** month
National **Bullying Prevention Awareness** month
National **Audiology/Protect Your Hearing** month
National **Cookbook** month National **Dental Hygiene** month
National **Pork** month National **Reading Group** month



IOWA CANTERBURY FORUM

In early September we received an email from Bob Dise, longtime Chair of the Canterbury Forum Coordinating Committee who is retiring from that position. For those of you who have been interested in these Forums over the years (initially in person at St. Luke's and then on Zoom), here in Bob's words is the current status.

“Friends,

The Canterbury Forum Coordinating Committee met in August to discuss the Forum's future. This is what came out of our meeting:

* The Coordinators were unanimous that the Forum will continue, and that if anything, it's needed now more than ever.

* The Forum will continue to present its programs via Zoom rather than face-to-face, since Zoom enables us to reach a wider audience and is immune to the vagaries of Midwestern weather, and the Forum will accept St. Luke's Episcopal Church's offer of its extended Zoom subscription for our future programming.

*The Forum will focus its programming more closely on religion (i.e., religious history, literature, beliefs, practices, etc.) rather than on secular matters, except where the two directly impinge on one another.

* The Coordinating Committee will be expanded to include leaders of religious communities.

* The Committee anticipates that the Forum's programming will resume after the New Year, but no decision was made about how many programs the Forum will offer in its fall and winter/spring seasons.

The Committee invited the following clergy to join: Rev. Ruth Ratliff, deacon at St. Luke's, Rev. Johnny Janssen, one of the pastors at Cedar Heights Community Presbyterian Church, and Rev. Dave Glenn-Burns, who guides the Three House Collaborative Campus Ministry at the University of Northern Iowa. All three eagerly accepted the invitation. How the newly expanded Committee will be led in the coming year will be addressed in a future meeting.

Bob Dise

Retiring Chair of the
Canterbury Forum Coordinating Committee”

~~~~~  
Stay tuned! We will keep you informed as we hear more information about the Canterbury Forums.



The first *Unitarian church in Budapest, Hungary* was founded on October 2, 1881.



## NORTHEAST IOWA FOOD BANK

We are planning to volunteer again this month at the Food Bank—on Saturday, October 25<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



## PASTOR EMMA'S SCHEDULING

Want to get on *Pastor Emma's* Schedule? She might want you on hers!? Never fear, Office Admin *Leann* is here to make sure that happens! As of August 2025, Leann has started taking over Pastor Emma's CVUU-related scheduling. If you find yourself wanting to schedule a meeting with Pastor Emma, have her attend an event, or make her aware of any other calendar-related items you would like on her radar, please contact Leann at the office phone, 319-266-5640, or <office@cedarvalleyuu.org>.

Similarly, if Pastor Emma is looking to get you on her calendar, Leann will be contacting you via phone or email to arrange that. She is excited to be supporting Pastor Emma in this capacity and looks forward to interacting more frequently with many of you during the scheduling process!



The *Le Christopher's* meal in Waterloo at the Jubilee United Methodist Church is a special offering to the Cedar Valley community. There were several UUs who attended the delicious September meal, so think about gathering some friends and carpooling this month! Rev. Funchess with his warm, genuine smile is always at the door to welcome attendees.

If you enjoy good food, plenty of conversation and hospitality, mark your calendar for Sunday, October 12<sup>th</sup> when *Le Christopher'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.



## TREATS & TALENTS AUCTION!

This year's Treats & Talents Auction will be held on Saturday, November 15<sup>th</sup>. 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.



The days are getting shorter and with the lawns finally beginning to brown, fall is apparently upon us.

Congratulations to CVUU member *Hannah Posekany* who has been cast as the queen in the upcoming WCP/BHCT show, *The Three Musketeers*. Dates for the performances run from October 17-25<sup>th</sup>. Check out the theatre's website for more details.

On September 20<sup>th</sup> *Carolyn Hildebrandt* hosted a graduation open house at her home to celebrate our CCRE *Ronan Parker* who completed the GED requirements with flying colors! Many UUs were able to attend and congratulate him as well as enjoy social time together. Way to go, Ronan!

During the Second Hour on September 21<sup>st</sup>, there was a vegan lunch provided by a few members to say our goodbyes to longtime member *Christine Carpenter* who is moving to Oregon to be near daughter *Gail*. The Carpenters have a very long and meaningful relationship with us, and it is sad to see her go, but we wish her well and safe travels to her new home.

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.



Online shopping is easy at the UU Book and Gift Shop called *inSpirit*. Browse for items such as adult and children's books for 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/>>.

