



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

319-266-5640

www.cedarvalleyuu.org



***** 2025 *****

- NOVEMBER 2** 10:00 A.M. **REMEMBERING THE DEPARTED, HONORING ENDINGS, AND HOLDING SPACE:
A RITUAL FOR ALL SOULS' DAY** – Pastor Emma Peterson, Kathi Bower *
11:30 A.M. **Adult Forum**
- NOVEMBER 9** 10:00 A.M. **COVENANT SUNDAY: WHAT IT MEANS TO BE A COVENANTAL RELIGION**
11:15 A.M. **Special Congregational Meeting** – Pastor Emma Peterson, Karen Impola *
- NOVEMBER 16** 10:00 A.M. **THE MOTHER OF THE WITCHES: GODDESS HEKATE AT THE CROSSROADS**
11:30 A.M. **Adult Forum** – Pastor Emma Peterson, Mandy Joy *
- NOVEMBER 23** 10:00 A.M. **FEAST OF DIVINE JUSTICE: GODDESS THEMIS AND THE SPIRITUAL SCALE**
11:30 A.M. **Adult Forum** – Pastor Emma Peterson, Al Hays *
- NOVEMBER 30** 10:00 A.M. **FEASTING AND FASTING: FOOD, SPIRITUALITY, AND HUMAN NATURE**
11:30 A.M. **Adult Forum** – Karen Impola, Mandy Joy *

* ~ 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

Occasionally there are events that don't neatly match up with our monthly newsletter deadlines, and the October *No Kings* rally is an example. With *Gerry's* willingness to accommodate, the silver lining is that I got the chance to write this 'Note from the Pastor' after attending the *No Kings* gathering in downtown Waterloo. Reports say we were 3,500 strong! Many UU faces in the crowd, too! 'We the People' got together on a Saturday morning to declare *No Kings, No Dictators, Not in Our Country*.

Much was said about the current administration's characterization of all those regular folks who joined the protests across the nation as "radical left-wing terrorists". You just needed to look around to know what a lie that is. Every speaker (that I saw) on the program was a veteran of the U.S. military. Many of the people there were over sixty years old. Lots of kids, too! The mood was jubilant.

One of the most important things we can do right now is to spend time together, get to know our neighbors, and build community. People often ask me if I think protesting does any good. I think it does. We all need to make our voices heard right now, and there's power in numbers. If nothing else, it's a nice chance to see your friends and maybe make a few more. Keep an eye out for future events and do as much good as possible in the meantime. All for one and one for all is the only way through this.

Pastor Emma



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



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

I think I'm reading too much news.

Every day there is something new to shock, awe, and terrify me. I find myself calling, texting, or emailing friends and asking, "Can you believe what happened today? What will happen next? What can we do to stop it? When will this ever end?"

In addition to the news, I have been reading historical accounts of the rise of authoritarian regimes in Europe during World War II. When it gets too overwhelming, one thing that helps me is to get to a place where I can connect with nature—the sky, trees, birds, creeks, rivers, and grass.

At the time of this writing, I just returned from an academic conference in Southern California, where I spent my childhood, adolescence, and early adult years. In the late 60s and early 70s, there was plenty of unrest. I remember getting caught in the music building at UCLA with two armed National Guardsmen blocking the glass door. There were troops on the rooftops with rifles pointed down at crowds of demonstrators running to escape the tear gas and billy clubs of the local police; but somehow, I felt calmer in those days.

One of the reasons I felt calmer was that I didn't have a cell phone that I could use to connect to the news every minute of every day. I read the news, but not constantly like I do now. I also had a place where I could go to escape the chaos. I could go to the beach.

Going back to Huntington Beach last week reminded me of a calmer time during my childhood where the most important thing to do on a summer morning was to get a doughnut, walk down to the end of the pier, watch the surfers, talk to the fishermen, and then wait until 11:00 a.m. when we could body surf or boogie board until sunset. The sun, sand, and waves were as soothing as they were addicting. Oh, how I miss those days.

Many of us are addicted to the news and looking for ways to be politically active so we can make the world a better place. But the constant stress of engagement can be exhausting, especially for those of us who have to watch everything we say or do at work, so that we don't get fired or worse. One antidote to the stress of today is to get into nature. Did you know we have our very own Nature Lovers Small Group at the church? We also have multiple opportunities to volunteer at church or in the community so that we can make this, our flawed and beloved community (city, state, nation, and world) a kinder, safer, and more just place to live.

Carolyn Hildebrandt
CVUU President



Joseph Tuckerman began his work with the poor of Boston under the sponsorship of the Association of Religious Improvement on November 15, 1826. He worked particularly with children, seeing that they went to school and had shoes and clothes. He helped to establish Sunday schools for poor children and was a leader in the Sunday School Society (Unitarian) until he died.

Frances Dana Barker Gage, a Universalist feminist and social reformer, died at age seventy-six on November 10, 1884.



NOVEMBER SERVICES

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

November 2nd

Remembering the Departed, Honoring Endings, and Holding Space: A Ritual for All Souls' Day

~~ Pastor Emma Peterson, Kathi Bower (WA)

Join us for this All Souls' Day service with *Pastor Emma* and guest musician, *Alan Beving*.

November 9th

Covenant Sunday: What it Means to be a Covenantal Religion

~~ Pastor Emma Peterson, Karen Impola (WA)

November 16th

The Mother of the Witches: Goddess Hecate at the Crossroads

~~ Pastor Emma Peterson, Mandy Joy (WA)

November 23rd

Feast of Divine Justice: Goddess Themis and the Spiritual Scale

~~ Pastor Emma Peterson, Al Hays (WA)

November 30th

Feasting and Fasting: Food, Spirituality, and Human Nature

~~ Karen Impola, Mandy Joy (WA)



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.



Sharing Resources
Supporting Leaders
Deepening Connections

SOUL MATTERS FOR NOVEMBER – NURTURING GRATITUDE

Our culture has not prepared us to live lives of gratitude. From traditional advertising to our social media feeds, everything seems to be constantly telling us that *something* is lacking. However, we as humans are not built to be constantly striving for more. Instead, we need moments of pause in which we are filled and replenished by the large and small wonders of this world.

Join us on Monday, November 10th at 5:00 p.m. in the Fellowship Hall to spend some intentional time nurturing gratitude with our *Taste of Soul Drop-in Small Group*.

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.

November 2nd

Retrieving Freedom

Learn about a program utilizing service dogs to help with PTSD among those returning from military service and other issues.

November 9th ~ 11:15 a.m.

Special Congregational Meeting

Note the slightly earlier time. There is an article from the ATF concerning the purpose of this meeting later in this newsletter.

November 16th

Nature in Your Backyard

Stephenie Steege, Moria Brown, and Elaine Hughes will share their ideas about how to enjoy nature without leaving home. Do you want to have a pollinator garden—or a prairie—in your backyard? Stephenie can tell you how to do it. Moria will show you her beginning steps. Do you want to capture birds, bugs, and blooms in your camera lens by just looking mindfully at your bushes, trees, and grasses in your yard? Elaine will show some of her beautiful and instructive photos.

November 23rd

TBA

November 30th

How to Have Constructive Conversations About Immigration

What is it about immigration that makes people angry and afraid? How can we listen without judging? Is it possible to have a conversation with an anti-immigration person that is a positive experience? Dave Cushing, from the CVAIRR's Emotional and Spiritual Support Team, will address these and other difficult questions about immigration issues.

Al and Pam Hays for Adult RE



FIRST FRIDAY FUN NIGHT

Join us at 6:30 p.m. on November 7th for *First Friday Fun Night* at the CVUU. It will be an evening of fun, games, and socializing for adults, kids, and all ages! Everyone is welcome, including any family or friends you'd like to invite!!!

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.

Fun for the kids: *Ronan* will have activities for the kids in the Sanctuary. See *Ronan's* article for more information about RE.

We hope to continue First Friday Fun Nights next month on December 5th, based on participation. If you have any questions, please contact *Heather Flory*.



CHILDREN'S RE!!

After another wave of heat, the weather has finally begun to cool down. We approach the very last months of the year with a new one to greet us on the not-so-distant horizon.

Our *Soul Matters* theme for the month of November is *Nurturing Gratitude*. Consider gratitude to be a garden, nurtured with care. It nurtures our relationship with others, gives us hope, and helps us to notice the little things in life. I am particularly excited about our lessons on how gratitude gives us hope and connects us to our ancestors, as it is important to look to our past and hold on to hope for the future.

There will be Children's Religious Education classes each Sunday in November. We will have children's activities planned for the *First Friday Fun Night* on Friday, November 7th at 6:30 p.m. as well as childcare to be provided during our annual Treats & Talents Auction on Saturday, November 15th at 6:00 p.m. If you or someone you know is interested in being a part of the program as parent, student, or volunteer, please do not hesitate to contact me. There is always room for people to join us on our learning adventures.

Autumn is the perfect time of year for me to indulge in long walks. Such aimless wandering allows me to be alone with my thoughts while I appreciate the world around me. Each fallen leaf is an end to make space for an eventual new beginning. It helps to remind me in times that feel stagnant or overwhelming that there will always be something to look forward to, I just have to keep looking for it.

Ronan Parker
Coordinator of Children's Religious Education



GRANDMA'S APRON

The principle use of Grandma's apron was to protect the dress underneath, but along with that, it served as a holder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids. When the weather was cold, grandma wrapped it around her arms. Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.



Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes.

Charles Darwin, a Unitarian, published *The Origin of Species* on November 24, 1859, setting forth radical ideas that challenged biblical literalists.



CONGREGATIONAL LIFE

On Sunday November 9th we will be celebrating our new members as we all covenant to enter into a shared relationship of support and growth together. We hope you will all be there at the service to join us. Our mighty community here at CVUU continues to grow and thrive.

We encourage everyone to take an opportunity whether before services, during fellowship, or during CVUU groups and activities to look around and reach out to make a connection. Seek out someone new, someone you haven't talked to in a while, someone sitting alone, and strike up a conversation. Show our CVUU love in action and keep cultivating connection and belonging among the congregation.

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 *Carollyn Hartsfield* for more information.

Many thanks to each of them for their ongoing dedication to and support of our congregation. The contact person for the month of *November* is *Nancie Groszkruger*.



Frances Anna Maria Russell was born on November 15, 1814. She became a Unitarian at age seventy. Her grandson was the famous philosopher Lord Bertrand Russell, and her husband was Lord John Russell. Lord John Russell was not Unitarian, but he worked to pass many measures in Parliament to secure religious freedom, including the Dissenters' Chapels Bill. Frances Anna Maria Russell was highly cultured and read French, German, and Italian. She was a friend to many Unitarian literary figures, including Charles Dickens, James Russell Lowell, and Henry Wadsworth Longfellow. Radical in her politics, Russell believed in a loving, personal God; petitionary prayer; immortality; free will; and the authority of the conscience. She helped organize the Unitarian church in Richmond, Surrey, England, and her family was active there. She died on January 17, 1898.



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 September collection was for *Americans for Independent Living*, and \$182 was collected.

October's charity was for *Planned Parenthood of the North Central States* and we'll have that total for you next month. The November charity for this church year is for *Iowa Safe Schools*.

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



NOVEMBER DEADLINES

FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the December issue. The calendar deadline for this issue will be **Wednesday, November 19th** (send info to the office); the newsletter deadline will be **Friday, November 21st** (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 **November 19th and 21st**—the calendar and newsletter deadlines for the *December* 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.

Something to Ponder!

Recently a few newsletter contributors have decided they could use one less commitment/deadline on their calendars. Since the calendar and newsletter deadlines are just two days apart, these folks have decided to use the calendar deadline as the newsletter deadline as well! It seems to be working well and gets *Leann* what she needs on time, along with giving me a bit more lead time for preparing articles (formatting, layout, proofing). Additionally, instead of individual emails to the two of us, one email would suffice as long as it is specified what *Leann* and I are to do with your information. The Friday newsletter deadline will still be an option, but if you are looking to streamline your CVUU work, give the calendar deadline a try for sending your information to both of us.

Gerry Chamberlin, Editor
newsletter@cedarvalleyuu.org



TIME AT THE CVUU AND AWAY:

PART OF THE UU MINISTERIAL AGREEMENT

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

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

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

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

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

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



"No matter how brilliant our attempts to inform,
it is our ability to inspire that will turn the tides."

~Syracuse Cultural Workers co-founder,
Jan Phillips

A GIVING OPTION FOR THANKSGIVING AND BEYOND: THE CVUU GENEROSITY FUND

Did you know that a Generosity Fund is available at the CVUU to help members of the CVUU and people within the wider Cedar Valley community who are in need, e.g., for medication, heating assistance, food, etc.? Money in this fund is used at the discretion of the minister and is considered “restricted funds”, which means it does not revert back to the general fund if unspent at the end of the fiscal year.

How does the Generosity Fund Work?

- If you would like to help keep the generosity fund available for those who need it, you can give money directly to the Generosity Fund at the CVUU by writing a check to the CVUU or using Tithely. Please designate “Generosity Fund” on the check memo line, through the Tithely process, or in a letter documenting the donation.
- The minister is responsible for identifying those in need of receiving money from the Generosity Fund and following the procedures outlined in the *CVUU Handbook* to give money to recipients and request reimbursement from the Finance Council. The Minister has complete discretion to distribute money from the fund as they see the need to do so. However, the minister should keep in mind that funds are limited, and this fund should be used sparingly.
- The Shared Ministry Council (SMC) is responsible for ensuring the Generosity Fund is replenished as needed and for reviewing and updating procedures as needed.
- The Finance Council is responsible for maintaining the Generosity Fund and for fund distributions to the minister when requested (as described in the *CVUU Handbook*).
- For more information about Generosity Fund replenishment and distribution processes and procedures followed by the Minister, Finance Council, and the Shared Ministry Council, see the Generosity Fund Policy & Procedures section of the *CVUU Handbook*.

The *CVUU Handbook* is available on the CVUU website (www.cedarvalleyuu.org > About > About Us > Leadership and Operations) together with the CVUU bylaws and related documents. Printed copies are available by request from the CVUU’s Office Administrator: <office@cedarvalleyuu.org>.

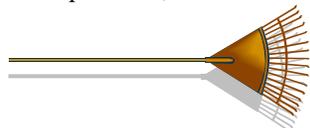


MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting in the sanctuary on Monday, November 10th at 1:00 p.m.

The movie being discussed is *Freud’s Last Session* (2023) with Anthony Hopkins. It is available at the Cedar Falls Public Library, on Netflix, and for rent on Amazon 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 Groszkrujer*.



November 15th is Clean Out the Refrigerator Day!

IUUWAN NEWS

This year churches from IUUWAN: have engaged UU congregations in advocacy for social and environmental justice issues at the legislative and personal level. IUUWAN attempts to promote linkage between UU congregations—some as small as 8 or 10 members.

In the past month, we have urged congregations to be involved in submitting feedback to Iowa’s Department of Natural Resources on their triennial water quality standards. We advertised the October 18th *No Kings National Day of Mobilization*, and a virtual presentation on the rise of the “religious right”/Christian Nationalism on October 14th. Fifteen people identifying as UU’s have gone to Cedar Rapids recently to be present at immigrant ICE check-ins at the Department of Homeland Security (from CVUU, Coralville, and Cedar Rapids). We’ve promoted a statewide virtual meeting for LGBTQ parents and families.



Follow us on Facebook (at Iowa Unitarian Universalist Witness Advocacy Network—like, follow, share), or at the website <<https://iuuwan.com/>>, and if you want to know more about IUUWAN or have ideas about UU activism here in our community please contact *Shirley Whiteside* or *Byron Plumley*.

There is no such thing as a single-issue struggle because we do not live single-issue lives. ~Audre Lorde



Daylight Saving Time Ends
Sunday, November 2nd!!



SOME OBSERVANCES FOR THE MONTH OF NOVEMBER INCLUDE:

- National **Family Literacy** month
- National **Novel Writing** month
- National **Native American Heritage** month
- National **Peanut Butter Lovers** month
- National **Adoption** month National **Healthy Skin** month
- National **Family Caregivers** month National **Diabetes** month



Sir John Bowring, a British Unitarian and member of Parliament, died on November 23, 1832 at age eighty.

NEW! DROP-IN SMALL GROUPS

No need to register or RSVP. New CVUU Small Groups are a drop-in opportunity to connect with the CVUU community. Come as you are, and enjoy some time being mentally present with other UU folks. This month's events, dates, and times are:

Crafternoon

Sunday, November 9th from 1-3:00 p.m.
(bring a craft to work on)

Taste of Soul

Monday, November 10th from 5-5:45 p.m.
(brief informal discussion of our November Soul Matters theme)

Coffee Hour

Saturday, November 22nd from 10:30-11:30 a.m.
(coffee will be served)

Watch your newsletter and Weekly Updates for future offerings which may include Quiet Corner/Silent Book Club, Card Games, Trivia Night, Spiritual Practice, and more! Have ideas? Contact *Kat Beane Hanson*.



IOWA CANTERBURY FORUM

Last month in this space it was explained that the Canterbury Forums will continue, but the starting date had yet to be decided.

Do continue to stay tuned! We will keep you informed as soon as we receive more information about these wonderful educational opportunities.



*Gratitude helps us to see what is there
instead of what isn't.*

~Annette Bridges



Were you at the September 28th Sunday service titled "*Comedy Sunday*"? If so, you know what fun was had by the congregation with all the laughter built into the service that morning. Congratulations to those who plan your weekly services as it takes much thought and creativity. We were sure to have the little mice nearby to watch, so they could learn how to work together for the benefit of all. You certainly have dedicated volunteers!



The Church Mouse



Grandma used to set her hot baked apple pies on the window sill to cool. Her granddaughters set theirs on the window sill to thaw.

CHILD'S GRACE

I give thanks for the lovely-colored year,
For the marigold sun and slanting silver rain,
For feathery snow across the hemlock hills,
For the sailing moon twelve times grown full again.

I give thanks for my family: Father, Mother,
And all the happy things we do together;
For understanding, laughter, and for love
Strong and warm in any kind of weather.

Ginger Luke
Lincoln, Nebraska



THANKSGIVING POTLUCK

Where will you be on Thanksgiving? Certainly not alone, as plans are again in the works for a gathering at the CVUU on Thanksgiving Day which is November 27th.

Our talented *Chef Nate* will prepare another scrumptious turkey (and gravy), and *Priscilla* (our Hostess with the Mostest), will be the organizer of the clipboard(s) and the "go to" person for more information and questions.



Signup sheets will be available in the Fellowship Hall beginning in early November. Sign up with your name and what dish you plan to bring to share—maybe a favorite or family tradition? Signups ensure we have a good balance of choices. There will also be places to sign up to help with setup and cleanup; many "worker bees" are needed in this effort!

Folks can begin gathering around noon for some socializing if they wish, and whenever Nate says 'the turkey is ready', eating should commence between 12:30 and 1:00 p.m. We will use the church's plates/silverware, and coffee, tea, and water will be provided. If other beverages are desired, please use the signup sheet and note what you will bring.

Last year, a good time—along with much good eating—was had by those who attended, so consider joining your CVUU friends this holiday!



The Unitarian *Julia Ward Howe* wrote "The Battle Hymn of the Republic" on November 18, 1861 at the specific request of President Abraham Lincoln. Many of the Union forces adopted it as a marching song in the Civil War but it soon gained nationwide popularity. American troops sang it in the Spanish-American War, World War I, and World War II.

The Unitarian abolitionist *Samuel May* died on November 23, 1899 in Leicester, Massachusetts, at age eighty-nine.



NORTHEAST IOWA FOOD BANK

On Saturday, September 27th, we had a productive two hours at the Food Bank with nine volunteers sorting, packing, and weighing boxes. Thanks to all who helped.

We will not be volunteering in November since there were too few sign-ups, and we will skip December due to it falling during holiday time. The plan is to get back to our usual schedule in January—the fourth Saturday from Noon to 2:00 p.m.

Working together in community service and having *much* fun and socializing at the same time is uplifting. If this sounds like something you would enjoy, contact 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 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 of hospitality, friendship, and delicious southern food to the Cedar Valley community. Several UUs enjoy the experience on a regular basis. Rev. Funchess with his warm, genuine smile is always at the door to welcome attendees.

The meal will be on a break until March, so if you enjoy good food and plenty of conversation, plan ahead and mark your calendar for Sunday, March 8th when *Le Christopher's Southern Cuisine* will again 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 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.

See the flyer and form at the end of this newsletter.



As this is being typed, the days are growing cooler, leaves are turning and falling, and the window of opportunity for finishing the last bit of outside chores and yard work is getting smaller. Happy fall, everyone!

As this newsletter nears publication in later October, a small group of early-riser-CVUUs gathered at the airport to say final good-byes and very best wishes to longtime member *Christine Carpenter* who is moving to Oregon to be near family. Safe travels, dear Christine, you will be missed!

Katherine Brown, daughter of longtime CVUU members *Moria* and *Bill Brown*, will play Sister Margaretta in the Waterloo Community Playhouse's production of *The Sound of Music*. This musical runs from November 21st–December 7th. [For specific dates/times and ticket information, visit <wcpbhct.org> or call the box office at 319-291-4494.] Congratulations Katherine!

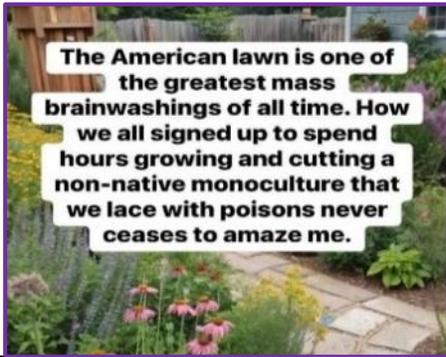
We currently have members who are dealing with health issues including surgery; some are in various stages of the healing process. We wish each of them a speedy recovery to good health. To those who have experienced the loss of a relative or dear friend, we send our sympathy.

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



The holidays are fast approaching, and online shopping is easy at the UU Book and Gift Shop called *inSpirit*. Browse for items such as adult and children's books, ball caps, sweatshirts, mugs, decals, totes, rally signs, bumper stickers, jewelry, and so much more at: <https://www.uuabookstore.org/>.

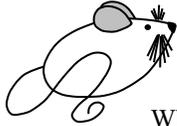




Bill Heavey, editor-at-large of *Field and Stream*



On Sunday, October 5th our entire mice family watched intently as *Katherine Brown*, daughter of longtime members *Bill* and *Moria Brown*, played piano and sang during the service. What a delightfully lovely addition and so uplifting! Whether members or friends share their talents, you have some awesome folks who are willing to see that your services are interesting and memorable.



The Church Mouse

GREEN LIVING CORNER

Pre-cycling Tips from the Environmental Defense Fund

“Pre-cycle” by making buying choices that support responsible products and packaging, make recycling easier and produce less garbage.

*Shop with reusable bags such as totes.

*Buy large single containers—the largest you can store—and put what you need into smaller reusable containers for everyday use.

*Pass on Styrofoam. Choose cardboard egg cartons, which are made from recycled newsprint. For paper boxes (such as cereal boxes), the rule of thumb is if the unprinted side is gray and not white, it’s made from recycled materials.

*Compare the size of the package to the size of the product.

*Buy loose fruits and vegetables.



In nature, nothing exists alone. ~*Rachel Carson*



BE THERE!! ➡ **SPECIAL CONGREGATIONAL MEETING** ← **BE THERE!!**

After six years of study and consideration of numerous options, the Accessibility Task Force is recommending that our best way forward to achieve full accessibility and accommodate growth is to purchase the property of the Cedar Falls United Church of Christ, move there, and sell our current property. The CVUU Board of Trustees has voted unanimously to hold a Special Congregational Meeting on Sunday, November 9th at 11:15 a.m. for the sole purpose of the congregation voting on a resolution to do this. The text of this resolution is:

RESOLUTION OF THE MEMBERS OF THE CEDAR VALLEY UNITARIAN UNIVERSALISTS AT A SPECIAL CONGREGATIONAL MEETING 9 NOVEMBER 2025

The congregation of the Cedar Valley Unitarian Universalists, in furtherance of its goal to be fully accessible and welcoming, hereby authorizes the CVUU Board of Trustees to take the following actions:

1. To make a purchase offer of \$450,000, consisting of the price of \$520,000 minus an allowance credit for future roof membrane replacement of \$70,000, for the purchase of the building and grounds of the Cedar Falls United Church of Christ, 9204 University Ave, Cedar Falls, Iowa, 50613; the offer to include as part of the sale a list of items that has been previously negotiated.
2. Should the purchase offer be accepted, or a counteroffer be found acceptable to the CVUU Board, to arrange for interim financing with a lending institution based on standard commercial lending terms allowing either or both properties to be used as collateral and with no penalty for early payment upon the sale of the current property. Arranging for a loan from the CVUU Endowment Fund may also be considered as a component of the financing.
3. Should the purchase offer be accepted, to put the current CVUU property up for sale to any interested party directly or via a listing with a local commercial real estate office at an asking price to be decided by the Board based on the latest appraisal information.

It is important for all members to attend if they can! An in-person plus Zoom quorum will be required to take this action. More to the point, this is the most important decision our congregation has made in years. **Be a part of this historic action!** Remember that only members can vote. Members who cannot attend in person or on Zoom can contact ATF members *Roger Hahn, Margie Miller, Jill Miller, or Steve Chamberlin* to receive a ballot that can be returned to be counted at the meeting. If you have any questions, contact any of the above.

The ATF Team,
*Steve Chamberlin, Chair; Roger Hahn,
Floralyn Groff, Margie Miller, and Jill Miller*

