



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

319-266-5640

www.cedarvalleyuu.org



***** 2026 *****

- MARCH 1 10:00 A.M. STEWARDSHIP SUNDAY: BUILDING BRIDGES TO NEW POSSIBLE WORLDS**
Following today's service is the Stewardship Luncheon! – Pastor Emma Peterson, Callie Amiday *
- MARCH 8 DAYLIGHT SAVING TIME BEGINS!**
10:00 A.M. BUDDHIST PATH – Buddhist Path Group, Mollie Wallsteadt *
11:30 A.M. Adult Forum
- MARCH 15 10:00 A.M. THE YEAR OF THE FIRE HORSE: WHAT THE CHINESE ZODIAC SAYS**
ABOUT THE YEAR AHEAD – Pastor Emma Peterson, Al Hays *
11:30 A.M. Adult Forum
- MARCH 22 10:00 A.M. GARDEN SUNDAY: A PANEL OF GREEN THUMB GARDENERS**
11:30 A.M. Adult Forum – Pastor Emma Peterson, Mandy Joy *
- MARCH 29 10:00 A.M. BRIGHTER FUTURE** – Callie Amiday, Karen Impola *
11:30 A.M. Adult Forum

* ~ denotes *Worship Associate*



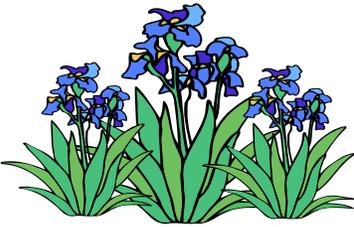
The *mission* of this organization is to be an accepting and supportive community that nurtures spiritual, emotional, and intellectual explorations, articulates ethical values, and encourages actions based on personal beliefs. This community is a voice for religious diversity, human tolerance, improvement of the human condition, and preservation of our environment.

NOTES FROM THE PASTOR

My return to church on January 20th kicked off with a near-immediate Call to Minneapolis from MARCH (Multifaith Antiracism, Change & Healing) and the UUA. My week there was intense, constructive, inspiring, and sobering. It was a gift to return on time to offer my reflections on Sunday, January 25th and to be received by all with encouragement and joy. The following week required preparation for the return of bi-annual Cross-Council meetings at the CVUU. Shout out and tremendous thanks to *Jill Miller* for organizing and visioning a productive and exciting coming together of CVUU Lay Leaders! I'm looking forward to coming back together in August. Meetings with community leaders involved in immigration justice have also filled my calendar recently. Watch for information regarding Legal Observer training in March.

In early February I had the honor of presiding over the funeral of Jon Reed. *Del Carpenter* happened to be Jon's best friend, and so it was a joy to celebrate the life of someone who, as I learned, was certainly as special as Del. Jon and his wife Carol spent decades hosting international students at UNI in their home. Many of those students were at the service, including three who offered reflections about Jon. Each one shared that Jon became a surrogate parent to them, helping them each to become the people they are today. Jon and Carol's story reminded me that there are so many ways to make a difference in the world. Jon would have told you he only ever did small things, but the dozens of students who came to pay their respects after his passing indicated he had a big impact. Let's all do the small things we can. Maybe it'll make a big difference.

Pastor Emma



COVID-19 NOTIFICATION PROCEDURE

If we learn that there has been a possible COVID exposure at a CVUU event, we will send out an all-church email. To ensure that you receive these emails, verify that you are signed up on our newsletter and Weekly Update email lists.

Anyone who tests positive for COVID-19 in the days after attending an event at the CVUU should contact the CVUU office at <office@cedarvalleyuu.org>; the Vice President, *Al Hays* at <vp@cedarvalleyuu.org>; and *Pastor Emma Peterson* at <pastor@cedarvalleyuu.org>.



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

GREETINGS FROM THE PRESIDENT

It's been a long, hard winter. I'm looking forward to more sunny days and warmer weather! I'm also looking forward to more moments of peace and understanding, even among those who don't normally have opportunities to spend time together.

Can we hope for the cruelty and inhumanity of ICE to subside as the year unfolds? Reading the news, I'm beginning to see incremental changes, thanks to the many brave journalists, legal observers, escorts, and deliverers of food and essential services. Many more politicians are being forced to listen to their constituents, and even as I write, there are more across-the-aisle coalitions being formed.

Unfortunately, even the most joyful moments have gotten ruined by political strife. Take Bad Bunny's Super Bowl Halftime Show. Some people complained because it was "all in Spanish". *Nonsense!* If you paid even the slightest bit of attention you could make out many words in English. What about Lady Gaga's solo? What about when Bad Bunny said, "I love America"? What about the many words in Spanish with cognates in English? I loved the music, the dancing, the human bushes, the farm scenes, the street scenes, the live wedding (complete with a little boy asleep across two chairs), the march with all of the flags of America (North, Central, and South America) and finally the giant sign that read: *The Only Thing Stronger Than Hate Is Love.*

Hearing Americans complain about having to listen to music in a different language embarrasses me. How many people in other countries would make the same complaint? How many heads of state in the world are monolingual like our current President? Conservatives love to cheer about our Founding Fathers. But even the Founding Fathers did not limit themselves to just one language. For example, Thomas Jefferson was proficient in English, French, Italian, and Latin, and read Spanish and ancient Greek. Benjamin Franklin spoke English and French, read Italian, and operated a German-language newspaper. John Adams studied Latin in college and became fluent in French while in Europe. More recent presidents, like Jimmy Carter, spoke Spanish and Barak Obama speaks Indonesian.

Even the smallest effort on the part of American presidents to speak a different language have been greeted with warmth and understanding. Remember President Kennedy's 1963 gaffe, "Ich bin ein Berliner"? Adding the definite article "ein" made it sound like he was claiming to be a jelly doughnut. But despite that error, it is still considered one of the most moving and influential speeches of all time.

To those of you who only speak English, I'm not criticizing you in the least. But I hope that you are open-minded enough to realize that English is not the first and most important language in the world, and that as of now, English is not the official language of the United States.

Carolyn Hildebrandt
CVUU President



DAYLIGHT SAVING TIME BEGINS

Sunday, March 8th

Don't forget to set your clocks ahead!

Thomas Paine published *The Rights of Man* on March 13, 1791. Paine was not a member of a Unitarian or Universalist church, but his plea for human rights and his subsequent book, *The Age of Reason*, had a strong influence on the movement.



MARCH SERVICES

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

March 1st

Stewardship Sunday: Building Bridges to New Possible Worlds ~ ~ Pastor Emma Peterson, Callie Amiday (WA)

March 8th — *Daylight Saving Time Begins*

Buddhist Path

~ ~ Buddhist Path Group, Mollie Wallsteadt (WA)

March 15th

The Year of the Fire Horse: What the Chinese Zodiac Says About the Year Ahead ~ ~ Pastor Emma Peterson,

Al Hays (WA)

March 22nd

Garden Sunday: A Panel of Green Thumb Gardeners

~ ~ Pastor Emma Peterson, Mandy Joy (WA)

Come learn how gardening nourishes us—mind, body, and soul!

March 29th

Brighter Future ~ ~ Callie Amiday, Karen Impola (WA)

Join us as we hear from *Callie* on how to use our individual and collective energy to create a brighter future.



SOUL MATTERS FOR MARCH – PAYING ATTENTION

We live in a very distracted time. Modern media is built for the attention economy—your attention inherently makes money, so everyone is competing for it all the time. If you feel your attention is more fractured nowadays, you are not alone. This month, the *Soul Matters* curriculum challenges us to stop and truly pay attention. As Ezra Bayda wrote, “When you really pay attention, everything is your teacher.”



The influential Universalist minister, *Clarence Russell Skinner*, was born on March 23, 1881. He became a secretary of the Universalist Service Commission, professor of applied Christianity and dean of Crane Theological School, and author of numerous religious books. Skinner, who was a pacifist, wrote the “Universalist Statement of Social Principles”. He died on August 26, 1949.

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.

March 1st

Stewardship Sunday

Immediately following the service, join us for our *Stewardship Luncheon* in the Fellowship Hall.

March 8th

Discussion on Our New Home and Capital Campaign

The ATF will host an open discussion about Our New Home project, including thoughts about tax-advantaged giving.

March 15th

Soul Matters March Theme: Paying Attention

Kat Beane-Hanson will lead a discussion of this month’s theme.

March 22nd

Native Plants and Landscaping Our Congregational Spaces: Past and Present

Donna Davis and *Sally Browne* will discuss lessons learned in the eleven years of gardening for pollinators at the CVUU and goals for the future.

March 29th

TBA

Al and Pam Hays for Adult RE



MARCH PLEDGE CAMPAIGN EVENTS

Stewardship Sunday is March 1st! Join us for the service at 10:00 a.m. and to hear a very special announcement about our campaigns. Enjoy lunch in the Fellowship Hall directly following the service to celebrate *Our Incredible Journey*!

Thank you to the folks who have already pledged! Each pledge is sincerely valued. Pledges are due by March 15th, and our goal this year for the “*Support Our Present*” part of the campaign is \$232,500. For our “*Create Our Future*” New Home Fund campaign, remember that the more we raise, the more we can do! To make a pledge online, click here or obtain a paper copy of the pledge form in the Fellowship Hall at the CVUU.

Have questions? Contact one of our pledge team members: *Joanna Waggoner-Norquest*, *Jennifer Hopkins*, *Seth Chadwick*, and *Sally Browne*.

We look forward to seeing you on March 1st!



CHILDREN'S RE!!

Spring is beginning to peek through what remains of the ice and snow. I hear birds outside and see the beginnings of new growth from our eager Earth. The trees remain bare to remind us that we are in a period of transition, with one season to end and another just beginning. Regardless of whether this is truly the end to our winter season, we thank it for the opportunity to rest that it gave us.

The Valentine Party was a massive success! We had a great crowd, with eighteen people in attendance. Everyone had so much fun sharing snacks, making cards, and being in the company of friends! Thank you especially to everyone who helped with cleaning up afterwards.



Our Soul Matters theme for March is *Paying Attention*. There is a power in paying attention, not only to ourselves and our own needs, but to the needs of others and the world around us. When we make others and their thoughts feel heard, when we notice inequality in our community and fight for its change, or even when we look inward and acknowledge our own feelings—these are all moments in which we are taking the opportunity to pay attention. Throughout the month we will learn what it means to pay attention, and the power that there is in doing so. I am excited for our lesson on being in the moment, with an activity where we will use bubbles to help us practice our breathing and presence. Please note that Sunday, March 15th will be a Free Play day to allow for an opportunity to relax during Spring Break.

We have some wonderful events coming up, so join us! We will be offering children's activities during **First Friday Fun Night on Friday, March 6th at 5:30 p.m.** From slime-making to movie-watching, we always find something fun to do! There will also be a **Lock-In on Friday, March 27th from 6:00-10:00 p.m.** with pizza, a movie, and D&D themed fun! We plan to have a short session, with characters for you to choose from, and a quick introduction to the game if you've never played. Please bring snacks to share, and dress comfortably or in costume—your choice!

There are many long-term goals for this program, ones that we try to work hard and achieve. There is growth to want and changes to consider, but above all what I've sought is to make the space for parents and families to be a part of our congregation. We want to continue to offer nursery care each week for parents who need it and split our classes to allow for more age-appropriate learning opportunities, but to do so we need congregants to engage with the program.

If you aren't sure where to start, ask! Sitting in on classes, helping out in the nursery, or being the occasional volunteer educator are all great opportunities to interact with the kids, and it helps immensely to keep the program running. Great strides have already been made to include families in both activities and worship, and for that I am so appreciative of the willingness to make that happen. The more that we do to make families feel welcome, the more they will feel that they are.

Ronan Parker
Coordinator of Children's Religious Education



The ruin of a nation begins
in the homes of its people.

Ghanaian Proverb

CONGREGATIONAL LIFE

The Congregational Life Council's focus is to help attendees find more connection with each other and deepen our relationship with our Beloved Community.

There are many opportunities for each of us to do this (in addition to Sunday morning services!): Small Groups, First Friday pizza/potluck nights, singing in the choir, joining in solidarity with CVUU service and protest opportunities, helping with Hospitality. . .to name just a few. We hope you're in the loop of communication (i.e. getting and reading our Weekly Updates, checking our FB Discussion Group messages and, of course, reading this newsletter!).



For those who've been coming to the CVUU for a while and haven't become a member yet, we have a couple of upcoming opportunities for you.

First is our **New to CVUU session on Sunday, March 29th** at 11:30 a.m. This session will offer a chance for newer attendees to share what they're looking for in a spiritual community and learn a little more about the CVUU.

Second is the **I Want to Be a Member session on April 12th**, at 11:30 a.m. This will offer a chance to learn more about the opportunities of CVUU membership and become an official member.

Please let *Pastor Emma* or me know if you plan on attending so we can have enough materials. All are welcome!!

We encourage you to look for ways that fit for you to find your people and your niche at the CVUU. We strive to be an open community that welcomes everyone into deeper relationships with us.

Warmly,
Juanita Williams
on behalf of the Congregational Life Council



CARING CONNECTIONS TEAM

The members of our Caring Connections Team are determined to serve this congregation month after month. Have you thought about joining them in their efforts to provide various means of assistance?

CVUU member *Stacey Bartz* is the new leader for the team. They meet on the first Saturday of the month at 10:30 a.m. at the church. Anyone who is interested in joining the team or would like to know more about what they do to help members of the church, is welcome to attend!

The contact person for the month of **March** is **Betsy Brant**.



What did the baker's son do over spring break?
He just loafed around!

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 January collection was for our own UUA's *UUSC-Guest At Your Table* which advances human rights in the U.S. and internationally through grassroots collaborations. Our members generously supported this effort with \$1,878!



In February, as always, we pause our outreach collections as our focus turns inward to our own *Annual Pledge Campaign*. This year it is combined with our *New Home Fund* campaign. Make sure to read the brochures which have been sent and check out the east wall of the sanctuary which boasts art related to this year's theme!

March's charity is for the *Iowa Abortion Access Fund* which has been among our annual charities for a number of years.

Although the Social Action Collections are taken on the last Sunday of the month, you may donate early to them 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



MARCH DEADLINES FOR THE CALENDAR AND NEWSLETTER

The next newsletter will be the *April* issue! The calendar deadline for this issue will be **Wednesday, March 18th** (send info to the office); the newsletter deadline will be **Friday, March 20th** (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 **March 18th and 20th**—the calendar and newsletter deadlines *for the April 2026 issue*. There are always 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.

In an effort to streamline Leann's and my work with these monthly newsletters, we have been asking contributors to consider using her Wednesday Calendar Deadline to send the two of us your dates, events, articles, etc. Some who have tried it are finding it helpful to have one less deadline to remember! The Friday newsletter deadline will still be an option, but if you are looking to simplify your CVUU work, give the calendar deadline a try for sending your information to both of us.

Gerry Chamberlin, Editor
newsletter@cedarvalleyuu.org

GREEN LIVING CORNER

A Bit of Good News

These days, our attention is rightfully focused on the human and constitutional tragedies unfolding in our country. Sadness and anger buffet my thoughts. I hold on to hope for the future.

Supporting us, no matter what, is our home, the earth. The earth's population faces rising oceans and increasingly harsh climates. Some countries—Bangladesh and Fiji for example—are widely flooded so that large areas are unlivable. More people over the earth are being forced to emigrate for environmental as well as economic and political reasons.

I recently saw some good news! *Time* magazine, in December 2025, published a short column by reporter Simone Shah. While the U.S. is backing off on trying to develop renewable energy, some other countries are charging ahead.

"In the first half of 2025, solar and wind power outpaced coal as the leading source of electricity worldwide. Globally, solar has become increasingly affordable and accessible.... Pakistan stands out with 25% of utility electricity generated from solar as of last June. Panels have appeared on luxury villas, smaller, poorer residences, factories, government buildings and hospitals as well...China added twice as much solar capacity in 2025 as did the rest of the world combined. Solar power also became the E.U.'s largest source of electricity for the first time in June.



"Solar and wind accounted for 88% of new U.S. electrical generating capacity for the first eight months of 2025, according to the Federal Energy Regulatory Commission. Even with the president boosting fossil fuels, renewable energy is becoming too good to ignore. To read more about how climate change is affecting the world, visit <time.com//section/climate>."

As a society and as individuals, we need to put pressure on our leaders to work toward both a workable immigration system and solutions to the climate crisis.

As we of the CVUU move toward our new church home and its needed renovations, I hope we can incorporate positive steps to care for our earth and for its vulnerable people.

We can take strength in knowing progress is being made. We are not alone in our march toward a better future.

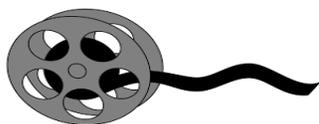
Betsy Brant



March is officially designated as *Women's History Month* in the United States, honoring the contributions of women to history, culture, and society. Initiated as a local celebration in 1978, it became a national observance in 1980 and expanded to a full month in 1987.



Henry Wadsworth Longfellow, an American poet and Unitarian, died at age seventy-five on March 24, 1882 in Cambridge, Massachusetts.



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting in the sanctuary on Monday, March 9th at 1:00 p.m.

The movie being discussed is *The Thursday Murder Club*. Due to it being a Netflix movie, it's only available on Netflix.

This is an open group and all are welcome, so if this Small Group sounds interesting to you and you'd like to be added to the email list, or you have questions, contact *Nancie Groszkruger*. Come and enjoy the discussion together!!



THANKS SO MUCH!

The Congregational Life Council and CVUU Board of Trustees would like to extend a sincere and heartfelt thank you to *Juanita Williams* for her countless years of dedication as the Chair of the Congregational Life Council (CLC). Juanita is taking a well-deserved step back and moving into a mentoring role for the CLC. *Jill Miller* will be the CLC chair for the next few years. Juanita will continue to be on the CLC, focusing on sessions for *New to CVUU*, and *I Want to Be a Member* throughout the year.

Thank you, Juanita, for your passion, drive, and dedication. Congratulations on your well-deserved graduation from being a chair!

Jill Miller
on behalf of the CLC and CVUU Board



WhaleCoast Alaska – Our 32nd Year!

Only one of the two unique, exciting fundraising tours organized by four Alaska UU congregations still has a few spaces at the time of this printing. The *“All-Alaska Tour”* has just five spaces left! (The *“Alaska National Parks Tour”* is sold out.) For over thirty years, WhaleCoast Alaska tours have been the *best* way to visit Alaska. A tour sells out once thirty guests are registered.



The All-Alaska Tour – only 5 spaces left!

July 17 – July 29, 2026; 13 days/12 nights
Explore Fairbanks, Denali National Park,
Anchorage, Juneau, Sitka

Details at <www.WhaleCoastAK.org>. For questions their email is <info@whalecoastak.org>.

SYRACUSE CULTURAL WORKERS

Last month in this space I introduced Syracuse Cultural Workers founded in 1982 and shared how their mission aligns with UU Principles and Values. They strive to nourish communities that honor diversity and creative expression, and inspire movements for justice, equity, and liberation while respecting our Earth and all its beings.



Their website offers an interesting variety of books for children and adults, calendars, posters, T-shirts, greeting and holiday cards, buttons, stickers, mugs, magnets and more to support those movements and the people who build them. They are committed to peace, sustainability, social justice, feminism, and multiculturalism.

Located in Syracuse, NY, the easy-to-use website is <syracuseculturalworkers.com>. I have ordered from them for many years; it's a worthy cause that benefits from the support of like-minded folks like us.

Gerry Chamberlin

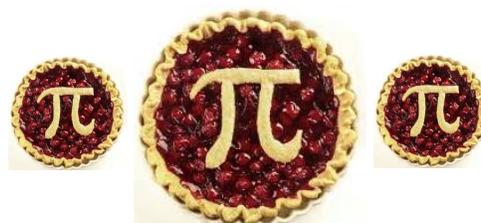


**SOME OBSERVANCES FOR
THE MONTH OF MARCH INCLUDE:**

- National Noodle month
- National Ladder Safety month
- National Ethics Awareness month
- National Women's History month
- National Clean Up Your IRS Act month
- National Kidney month National Kite month



Paul Howard Douglas was born on March 26, 1892 in Salem, Massachusetts. He graduated from Bowdoin college in 1913 and received an M.A. degree in 1915 and a Ph.D. in economics from Columbia University in 1921. In 1920 he became a full professor of economics at the University of Chicago. Active on public issues, Douglas wrote *“The Coming of a New Party”* (1932), advocating a party similar to the Labour Party of Great Britain. In 1942 he joined the U.S. Marines and was wounded at Okinawa in WWII. As a U.S. Senator from Illinois (1948-1967), Douglas worked for civil rights, particularly voting rights. He joined All Souls Unitarian Church in Washington, D.C., although he retained his Quaker membership. Then he and his wife joined Cedar Lane Unitarian Church in Bethesda, Maryland. Paul Howard Douglas died on September 24, 1976.



**HAPPY Pi DAY
MARCH 14th**

MARCH DROP-IN SMALL GROUPS

No need to register or RSVP! These CVUU Small Groups are a drop-in opportunity to connect with the CVUU community. When everything feels like too much, we offer a safe space to come as you are. This month's events, dates, and times are:

Coffee Hour Small Group

Saturday, March 14th at 10:00 a.m.

Join us for coffee (or tea, if that's your thing!) and conversation. *Very casual Saturday morning get-together.*



Crafternoon

Sunday, March 15th at 1:00 p.m.

Bring your most portable current project to work on!
All creative endeavors welcome!



Silent Book Club

Wednesday, March 18th at 6:00 p.m.

Thirty minutes of casual conversation about books,
sixty minutes of free reading as a group – bring a book!



Join us to discuss our March Soul Matters theme, *Paying Attention*, during the Second Hour on Sunday, March 15th.

Keep a lookout for the Weekly Update and the CVUU Discussion Group on Facebook, for additional offerings that might pop up in March, if I have the time and energy.

Contact me with questions!

Kat Beane Hanson
Small Group Coordinator



As this newsletter is being prepared, the Cedar Valley is having some mild weather, and the snow has disappeared (at least for now!). It seems that winters of years ago went by at a slower pace, but the CVUU is so very busy at present that this year many are saying “how can it be March already?!”

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.



Nathaniel Bowditch was born on March 26, 1773 in Salem, Massachusetts. He was reared poor but became a wealthy merchant, president of a marine insurance company in Salem, and an accomplished mathematician, navigator, and scholar. He wrote *The American Practical Navigator*. Bowditch's last words to his son were, “Truth, truth, truth; let that be the family motto.” He was a member of the New South Church (Unitarian) in Boston.

SPRING INTO ACTION AT THE CVUU

As the days get longer and the temperatures get warmer, the Shared Ministry Council encourages everyone who is part of our beloved CVUU community to think about how you might share your energy and talents at the CVUU this spring by getting involved and helping out in new and interesting opportunities. Here are just a few ways you can help:

- Assist with building and grounds tasks: contact *Roger Hahn*, *Bill Brown*, or *Jared Blaylock*.
- 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 kids and youth on Sunday mornings (aka help with the Religious Education program): contact *Ronan Parker*.
- Assist with aspects of Sunday services: contact *Karen Impola* or *Kathi Bower*.
- Help with a leadership position (we have several openings): contact *Heather Flory*.

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.



SMITHSONIAN AMERICAN WOMEN'S HISTORY MUSEUM

To create a more equitable America, the Smithsonian is researching, disseminating, and amplifying the histories of American women through its American Women's History Initiative in preparation for the future *Smithsonian American Women's History Museum*. The museum will expand the story of America through the often-untold accomplishments and accounts of women—individually and collectively—to better understand our past and inspire our future. It is believed that we all benefit from a deeper historical understanding of our nation.

Their mission is to create space for women's history on the National Mall in Washington, D.C., deepen our nation's stories, and inspire conversation, connection, and change. Women's history is American history. For more information on the museum go to: <<https://womenshistory.si.edu/about>>.

“I believe that telling our stories, first to ourselves and then to one another and the world, is a revolutionary act. It is an act that can be met with hostility, exclusion, and violence. It can also lead to love, understanding, transcendence, and community.”

~Janet Mock, Redefining Realness

*Why shouldn't you iron a four-leaf clover?
You'd be pressing your luck!*



FIRST FRIDAY, MARCH 6TH

Join us on March 6th for First Friday! There will be pizza. No need to bring anything but yourself—and a friend if you'd like! If you're not in the mood for pizza, or if you have something you'd like to share, please add to our pizza buffet. The paper plates will be out to make clean-up easy. This is an event for all ages. Everyone is welcome! We'll get started at 5:30 p.m., eat, and socialize. If you have a game you'd like to play, bring it along!



I've enjoyed being one of the hosts of First Fridays. One of our goals has been to make it simpler and easier for you to attend—it's customizable.

- Food: have pizza, bring something potluck style or do both – you choose!
- Dishes: use paper plates, a plastic fork, or bring your own!
- Play a game after the meal, chat, or simply relax with a cup of tea!
- Attend each month or a time or two when you can—no pressure!

We're UUs—caring and committed, and we each live out our UU values in our own unique way. I hope you can make it to one or more First Fridays.

If you have ideas for First Friday activities, or would like to talk more, let me know.

Michaela Rich



They're back!! *Le Christopher's* meal in Waterloo at the Jubilee United Methodist Church will be returning this month after their winter break! It's a special offering of hospitality, friendship, and delicious southern food to the Cedar Valley community. 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!

A leprechaun, a mythical creature, is a diminutive supernatural being in Irish folklore, classed by some as a type of solitary fairy. They are usually depicted as little bearded men, wearing a coat and hat, who partake in mischief and can be found in gardens, caves, forests, and moors.



John Palaeologus of Chios was burned at the stake in Rome on March 25, 1585 for teaching that Christ should not be worshiped. The Socinians criticized him for taking this position and held that people would be comforted by prayer to a figure who shared their humanity. Palaeologus also rejected the Socinian preference for pacifism.

“THE YEAR TO SAVE THE EARTH”

A MULTIMEDIA EXPERIENCE

A fundraiser concert for our *New Home Fund* will be held in collaboration with Jim Scott on Saturday, March 28th at 7:00 p.m. Mixing powerful songs and a video background of beautiful projected images, Jim Scott's lyrical melodies and outspoken poetry take his audience from grieving to celebration, and from protest to positive vision for the planet. As well as hard reality, the program's message is one of optimism with many invitations to join in the singing.



Prolific composer and guitarist, Jim has played at more than 700 UU churches over four decades of travels, and his songs are in the UU hymnbooks (“Gather the Spirit”). Formerly a member of the Paul Winter Consort, Jim was the composer of their celebrated “Missa Gaia/Earth Mass” and sang their anthem song “Common Ground.”

One of the originators of the UU Green Sanctuary program, Jim also compiled the “Earth and Spirit Songbook”, an anthology of 110 songs of Earth by many contemporary composers. He has toured the world, recorded nine CDs of original music and published a growing line of choral works. He was awarded an NEA grant to develop and present his multimedia concert “The Year to Save the Earth” in Worcester, MA with band and chorus. He's taking it on the road across the US.

Tickets at the door will be \$20. Additional donations may also be given for the CVUU New Home Fund. Check out Jim's music at his website: <<https://jimscottmusic.com/>> and plan to join us at the CVUU for this incredible experience.



CEDAR FALLS WEEKLY COMMUNITY MEAL

This month has five Tuesdays, so the next Community Meal for which we need CVUU volunteers is March 31st!

Every Tuesday a free meal is served to anyone who shows up at First United Methodist Church, 718 Clay Street, in Cedar Falls. On the fifth Tuesday of the months having five Tuesdays, the CVUU works with four other congregations to provide this meal. (The other churches are Community of Christ, St. Luke's Episcopal Church, Cedar Falls United Church of Christ, and First Christian Church.) The last two times we were scheduled to help, the meal was canceled due to circumstances beyond our control. Let's have good participation in March!

A signup sheet is on the Social Action table in the Fellowship Hall. Please sign up as you are able or contact *Shirley Whiteside*.



Sir Issac Newton, a celebrated English mathematician and Unitarian, died at age eighty-four on March 20, 1727 and was buried in Westminster Abbey, London.



NORTHEAST IOWA FOOD BANK

We will be volunteering again this month at the Food Bank. Our usual schedule is from 12:00 - 2:00 p.m. on the fourth Saturday, which is March 28th.

In January the group cut mesh bags for and bagged 3,900-plus pounds of potatoes! Along with the adults, the efforts were enhanced and completed with the help of *Lena* (5) and *Miles* (10), who were good workers! We hope to have their assistance again in March.

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). 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



WORLD'S GREATEST SPRING BREAK FOR KIDS

Are you searching for activities to entertain your children or visiting grandchildren during spring break week? Again this year, the Grout is participating with other area organizations in the "World's Greatest Spring Break For Kids".

Take your family to downtown Waterloo during Spring Break Week, March 16-20th, to discover, explore, and play. Join the Grout Museum District and other downtown attractions sponsored by the McElroy Trust. Enjoy \$1 admission per child and \$1 per accompanying adult. Watch daily 15-minute \$1 planetarium shows on the hour, running from 10:30 a.m.-4:30 p.m. Enjoy a "pop-up" Imaginarium for \$1. With an accompanying spring break passport, take part in themed days. Complete each day's themed crafts and activities to get a stamp in your passport. Stamped passports will be entered into a drawing for a prize.

For more details call the Grout or, better yet, check out the wonderful website: <www.mcelroytrust.org/spring-break/>.



The Annual Meeting of the Cedar Valley Unitarian Universalists is scheduled for Sunday, May 17th at 11:15 a.m. A regular Sunday service will precede this meeting. Watch this space for more information as it becomes available.



GREEN SANCTUARY 2026 GOALS for CVUU

A green suggestion from the UUA—"Mitigation: reducing emissions from energy usage, transportation, waste, and consumption."

Appropriate to our congregation's 2026 upcoming tasks, this goal is key, for all three –

- * our current situation on our church property,
- * our new church home, and
- * our own homes.



Begin thinking about GA this year! General Assembly 2026, *Meet the Moment: Together Everywhere*, will unfold in two parts with a midweek pause. From Sunday, June 14th to Tuesday, June 16th delegates will engage in fully virtual General Sessions focused on the business of the Association. Programming resumes Friday, June 19th through Sunday, June 21st with worship, featured speakers, and *Meet the Moment* themed programs that can be experienced online, at the studio site in Louisville, or in participating local congregations. This flexible model makes GA more accessible, sustainable, and connected for UUs everywhere.



John A. Andrew was born on March 31, 1818 in Windham, Maine. He was reared orthodox but became Unitarian at the Church of the Disciples in Boston during the ministry of James Freeman Clare. A lawyer, Andrew also visited prisons, took on many cases pro bono, and became an advocate of prison reform. He was an outspoken opponent of slavery, and became the governor of Massachusetts in 1860, after raising funds to support abolitionist John Brown's family. Andrew also helped found the 54th Massachusetts Regiment, the first African American fighting unit. A Transcendentalist, Andrew was active in the Unitarian denomination, often speaking at conferences and annual meetings. He died on October 30, 1867.



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/>>.



"What if there were no hypothetical questions?"

~Steven Wright