



**CEDAR VALLEY  
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

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www.cedarvalleyuu.org



\*\*\*\*\* 2026 \*\*\*\*\*

- MAY 3 10:00 A.M. JULIA WARD HOWE – Al Hays, Kathi Bower \***  
**11:30 A.M. Adult Forum**
- MAY 10 10:00 A.M. MOTHER’S DAY – Callie Amiday, Mollie Wallsteadt \***  
**11:30 A.M. Adult Forum**
- MAY 17 10:00 A.M. SACRED TEXT: POETRY SUNDAY – Pastor Emma Peterson, Mandy Joy \***  
**11:15 A.M. ANNUAL CONGREGATIONAL MEETING**
- MAY 24 10:00 A.M. MEMORIAL DAY: REMEMBER, HONOR, AND RESPECT – Mandy Joy, Karen Impola\***  
**11:30 A.M. Adult Forum**
- MAY 31 10:00 A.M. FOR THE SAKE OF BEAUTY: FLOWER COMMUNION and NEW MEMBER SUNDAY**  
**11:30 A.M. Adult Forum – Pastor Emma Peterson, Al Hays \***

\* ~ 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

In the summer of 2021, with the encouragement of the Shared Ministry Council and the Personnel Committee, the CVUU Board granted our staff (and Minister!) two weeks of paid time off for “COVID-Recovery”. We scaled back our operations and took a bit of a summer break. It was a tangible, cost-free way to show appreciation for our paid staff who served our congregation during unprecedented times. Our staff expressed tremendous gratitude for that time off. In exit interviews, departing staff noted that generous gift made them feel cared for and their hard work acknowledged. It was my hope that we would someday make this Summer Break a recurring event. Ministry (because all that happens at the CVUU is our Shared Ministry) is challenging, even without a global pandemic! Our staff consistently go above and beyond to take care of this congregation and they deserve a bit of a breather. According to the unanimous Board vote at the April Board meeting, CVUU leadership agrees!

We are excited to announce a recurring Summer Break in the last two weeks of July beginning this coming church year. Other than for one hour on Sunday mornings for anyone wanting a bit of fellowship, the CVUU will be closed from Saturday, July 18<sup>th</sup> through Friday, July 31<sup>st</sup>. We encourage everyone to take a break and enjoy some of Iowa’s peak summer weather. Since staff budgets are determined yearly, this is a no-cost way for the CVUU to take care of our paid staff. Recently, Board President *Carolyn Hildebrandt*, Finance Chair *Steve Chamberlin*, and myself attended a training on staffing in non-profits. Per that training, employees report time off as a more desirable benefit than a raise! Time off also increases staff retention and helps stave off burnout. I am thrilled that the CVUU has made a statement about how we value and care for our employees. When the time comes, enjoy your Summer Break! And if you see a member of the CVUU staff, thank them for all they do to keep this place running.

*Pastor Emma*

[Editor’s Note: Be sure to read ‘*The CVUU is on Summer Break*’ article at the end of this newsletter for more in-depth information.]



## 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

Our former minister, *Rod Debs*, was fond of a folktale called “Fortunately, Unfortunately”. There are many versions of this tale throughout the world so it must, in some way, be a reflection of the human condition. The version I remember is:

There was once a farmer with two sons. *Fortunately*, each one was strong, healthy and willing to give his all to help his father on the farm. One day, a group of army recruiters rode through the village looking for new recruits. *Unfortunately*, they found the older son and took him off to war. *Fortunately*, the farmer still had one son left. A few years later, while the younger son was working in the barn, he slipped and fell off the loft. *Unfortunately*, he broke his leg. The next day, another group of army recruiters rode through the village looking for more recruits. *Fortunately*, they had no use for a young man with a broken leg, so the second son was off the hook for then.

I’m sure we’ve all had similar experiences in our lives. As I write this article, we are entering tornado season in the Midwest. During our last tornado watch, I was at the Community Cancer Center in Waterloo, receiving an infusion. *Fortunately*, we were all safe and warm in the clinic as the storm raged outside. *Unfortunately*, there was thunder, lightning, and golf-ball sized hail that cracked the car windshields of several church members who were at a CVUU meeting, and the window of another church friend’s house. *Fortunately*, my dog was safe at home and unaware of the thunder because he is almost completely deaf. *Unfortunately*, he had his nose pressed up against the glass of our front window near a large tree that could have thrown a limb and broken the glass. *Fortunately*, when I got home my dog was safe and nothing seemed amiss. *Unfortunately*, the next day, I noticed that the metal door at the back of my garage had blown off. *Fortunately*, it was already broken and I was about to pay a handyman to take it off. *Unfortunately*, I have no idea where the door went. Maybe to the land of Oz?

As we move into yet another volatile meteorological and political season, I hope we can be grateful for what is going well in our personal and church lives. Moving to the new church will present exciting new challenges, and many opportunities to apply the folktale I just shared. *Fortunately*, we are a group of strong and resilient people with many talents and abilities. Let us come together to meet those challenges with strength, cooperation, and ingenuity!

*Carolyn Hildebrandt*  
CVUU President



## FIRST FRIDAY—PIZZA AND FUN!

Join us this month for pizza on **Friday, May 1<sup>st</sup> at 5:30 p.m.** in the Fellowship Hall. There will be plenty of pizza and breadsticks. If you would like to bring something to add to the pizza buffet, please do. Bring a friend!

*Michaela Rich*



*Henry David Thoreau*, a Transcendentalist writer and naturalist, died on May 6, 1862 at age forty-four in Concord, Massachusetts.



## MAY SERVICES

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

**May 3<sup>rd</sup>**

**Julia Ward Howe** ~~ Al Hays, Kathi Bower (WA)

**May 10<sup>th</sup>**

**Mother's Day** ~~ Callie Amiday, Mollie Wallsteadt (WA)

**May 17<sup>th</sup>**

**Sacred Text: Poetry Sunday**

~~ Pastor Emma Peterson, Mandy Joy (WA)

You are invited to bring an original poem or a poem you particularly love to share during the service. The Annual Meeting follows this service at 11:15 a.m.

**May 24<sup>th</sup>**

**Memorial Day: Remember, Honor, and Respect**

~~ Mandy Joy, Karen Impola (WA)

**May 31<sup>st</sup>**

**For the Sake of Beauty: Flower Communion**

~~ Pastor Emma Peterson, Al Hays (WA)

You are invited to bring a flower to share for our Flower Communion ritual. If you can't bring a flower, that's all right, please just come and enjoy this beautiful ritual! This is also *New Member Sunday!*



On May 5, 1819 *William Ellery Channing* preached the sermon "Unitarian Christianity", known as the Baltimore Sermon, for the ordination and installation of Jared Sparks as the first minister of the First Independent Church of Baltimore. In 1912, the name was changed to First Unitarian Church. Only those in the first three pews could hear the sermon (which lasted an hour and a half) because the acoustics were so bad. The sermon was translated into seven languages and circulated in many countries. One of the most influential sermons ever preached in America, the Baltimore Sermon served to unite religious liberals under the name Unitarian, which they previously avoided.



## ANNUAL MEETING

The Annual Meeting of the Cedar Valley Unitarian Universalists is scheduled for Sunday, May 17<sup>th</sup> at 11:15 a.m. A regular Sunday service will precede this meeting.



## 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.

**May 3<sup>rd</sup>**

**Where Does Our Money Go?**

The Finance Council will lead a discussion of the proposed CVUU budget for 2026-2027; this will be voted on at our Annual Congregational Meeting on May 17<sup>th</sup>. This is a good opportunity to be better informed about the ways in which our funds are spent.

**May 10<sup>th</sup>**

**Soul Matters May Theme**

*Kat Beane Hanson* will lead a discussion on the May Soul Matters theme, "Awakening Curiosity".

**May 17<sup>th</sup> at 11:15 a.m.**

**Annual Congregational Meeting**

The Annual Meeting will take the place of a forum on this Sunday; note the slightly earlier time.



**May 24<sup>th</sup>**

**My Trip to Finland**

*Karen Impola* will share her experiences and insights from her extended stay in Finland in February-March of this year.

**May 31<sup>st</sup>**

**Thank You For Voting**

*Cherie Dargan*, a well-known activist and author in our community, will discuss Erin Geiger Smith's book, *Thank You For Voting: the Maddening, Enlightening, Inspiring Truth about Voting in America*. This will provide some in-depth insights into a process we may too often take for granted with an emphasis on convincing the nonvoters of the importance of speaking their voices in local, state, and national races.

*Al and Pam Hays for Adult RE*



## MAY 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:

***Craftersnoon Small Group***

(on a Saturday this time!)

Saturday, May 9<sup>th</sup> from 1:00-3:00 p.m.

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

***Coffee Hour Small Group***

Saturday, May 16<sup>th</sup> from 10:00-11:30 a.m.

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

***Silent Book Club Small Group***

Wednesday, May 27<sup>th</sup> from 6:00-7:30 p.m.

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

Contact me with questions!

*Kat Beane Hanson*  
Small Group Coordinator

## CHILDREN'S RE!!

Spring has been beautiful, though tumultuous. With thunderstorms, and dandelions sprouting from the ground, it evokes a sense of unease as well as one of renewal. The storms are necessary however, because they grow the spring flowers that bring life to our world.

We had a wonderful time at our annual Egg Hunt! There were an estimated twenty-six children in attendance. It was such a joy to see everyone there, and share the activity with our community. Thank you to everyone who made the activity possible, it could not have been done without you!



The adults and children were joined in the Earth Day service on Sunday, April 19<sup>th</sup> by Drum Iowa's founder, MyQuan Bailey. He not only shared his drumming talents during the service but at the Second Hour he told us how Drum Iowa came about, its purpose, and a bit about the handsome drum he was using. He followed that with some simple drumming—explaining and having the attendees join in. MyQuan is well educated, articulate, and it was a joy to listen to him tell of his passion.



The Soul Matters theme for May is *Awakening Curiosity*. This theme explores how curiosity can be a bridge to imagine new possibilities and change in the world. It teaches us how we can bridge to a more just and diverse world, as well as a world for our future selves. May features five sessions, and there will be RE on each Sunday of the month. Many lessons touch on our UU values such as Pluralism, and I am particularly excited for us to create future self-portraits during our fifth lesson so that we can consider the bridge to our future selves and the world we will inhabit.

Our D&D Lock-In, previously scheduled for Friday, March 27<sup>th</sup> has been rescheduled for Friday, May 8<sup>th</sup> from 6:00-10:00 p.m. Please join us for food, snacks, live sessions of Dungeons & Dragons, and a showing of the *Dungeons & Dragons* movie to accompany us in the background!

As we approach the end of our church year, there is often the opportunity to reflect on the past—all of the ways the program has grown, events that we've had, and the inclusion of children in our services and community. I am so happy to see the program grow, and I am excited to see what the new church year will bring.

*Ronan Parker*  
Coordinator of Children's Religious Education



## CARING CONNECTIONS TEAM

The Caring Connections Team is excited to welcome *Karla Brennscheidt* to our team. Karla is new to the CVUU and was looking for ways to get involved. We are thrilled to have her join us. If you would like to be a part of our team, please contact *Stacey Bartz* or join us at one of our monthly meetings. We meet on the first Saturday of the month at 10:30 a.m. in the Fellowship Hall at the CVUU.

The Caring Connections contact person for the month of *May* is *Margie Miller*.

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"Caring for others is an expression of what it means to be fully human."  
~~~~~  
~~~Hillary Clinton

## CONGREGATIONAL LIFE

*CVUU Continues to Grow*

On April 12<sup>th</sup> five new members joined the CVUU; *Ashley and Josh Swanson, Lisa Harkema, Frankee Willis and Eric Morse*. Please take time to seek them out and introduce yourselves to our new members, friends, and visitors. This month, like April, promises to be a month full of thought-provoking services, celebrations, and congregational activities. Check out our calendar for the numerous Small Groups and events that are occurring this month. Reach out to and invite someone to join you at a CVUU Small Group or event, call a member you haven't connected with or seen lately, send a card 'just because'. It takes the entire congregation to interact with one another and to make each and every one of us feel valued and seen for our unique inherent dignity and worth.



In the coming weeks and months, now more than ever, it is important to stay informed. Read the Weekly Updates and newsletter. Listen to the Sunday announcements. If you use social media, follow the CVUU Facebook public page, as well as any of our Facebook groups. It will be a busy summer as we prepare the new building and grounds—as well as our current home—for our big move. Think about how you want to be involved, and how you can help. Groups will be formed in the coming weeks to plan for the many needs, wants, hopes, and dreams for our new building. Exciting times are ahead!

*Jill Miller*  
on behalf of the Congregational Life Council



## IOWA CANTERBURY FORUM

If you are reading this newsletter in the latter part of April, here is the current, updated information on this spring's Canterbury Forum. It will be on Zoom at 7:00 p.m. on Sunday, April 26<sup>th</sup>. Due to a medical issue, Dr. John Roberts talk will be replaced with Dr. Robert Dise, retired chair of the Forum Committee, speaking on *The Birth of Monotheism*.

In his talk he will explore the fascinating and all-too-little-known story of the earliest monotheisms, revealing how their core beliefs about the One God still lie at the heart of the great monotheisms of our world today. Dr. Dise is emeritus associate professor of history at the University of Northern Iowa who has taught the history and cultures of the ancient Near East, Greece, and Rome.

A link to the April 26<sup>th</sup> meeting will be sent a week before the program to all on the Canterbury Forum email list. If you know someone who would like to attend but is not on the email list, tell them to contact <canterburyforum@gmail.com>.



## 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.

March's charity was for the *Iowa Abortion Access Fund* which has been among our annual charities for a number of years. Donations totaled \$335; thanks to everyone who contributed.

April's charity was for the *Northeast Iowa Food Bank*. The CVUU volunteers there for two hours one Saturday a month doing various jobs. It must be considered time well spent as many of those folks return again and again, but the food bank can also use dollars to buy necessary items they don't get donated. Every bit helps this worthy, local organization! We'll have that total for you in the next issue.,

May's charity is for the *1619 Freedom School* which is right here in Waterloo. It was founded by *Nikole Hannah-Jones*, an author and Pulitzer Prize-winning reporter who is 'one of our own' from Waterloo. This five-days-a-week, after-school program is dedicated to delivering intensive literacy instruction and a culturally responsive curriculum to bridge the academic opportunity gap among low-income public school students.

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*



## MAY DEADLINES

### FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the *June-July* issue! The calendar deadline for this issue will be **Wednesday, May 20<sup>th</sup>** (send info to the office); the newsletter deadline will be **Friday, May 22<sup>nd</sup>** (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 **May 20<sup>th</sup> and 22<sup>nd</sup>**—the calendar and newsletter deadlines for the *June/July 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.

Please begin planning ahead for the next newsletter—the 'summer' issue—as it covers **two months**. In your committee meetings, please take this into account.

See the Summer Break article on the last page of this newsletter about the *new July deadline* for the August issue, which explains why this change was necessary.

*Gerry Chamberlin*, Editor  
newsletter@cedarvalleyuu.org



## GREEN LIVING CORNER

*Introducing PAN...*

### PESTICIDE ACTION & AGROECOLOGY NETWORK

This month our readers will be introduced to PAN, as some may not be familiar with—or even aware of—their existence and what they do. The following is taken from their website.

**Who We Are.** PAN uses grassroots science, strategic communications and coalition organizing to build power with communities across the U.S. and around the world to confront the harms of industrial agriculture and build solutions. We are one of five regional centers who cooperate to transform systems of food and farming across the globe.



**Our Mission.** PAN's mission is to end reliance on hazardous pesticides and achieve health, resilience, and justice in food and farming.

**Our Vision.** We work toward food and farming systems that lead to this tomorrow:

- \* Our bodies and children are free from pesticides and the diseases they cause.
- \* Our soil, water, and air are clean and are held safe for future generations.
- \* Agriculture supports vibrant, thriving local economies, communities and ecosystems.
- \* Worldwide, the work of producing food is honored and compensated fairly.
- \* Workers all along the food chain are treated with dignity and earn a living wage.
- \* No one's life is cut short or constrained by poverty, racism, or other forms of structural or systemic violence across the food system.

The following is an excerpt of a letter that came in an early April email from PAN.

“Congress is considering a Farm Bill that would give pesticide companies sweeping immunity from lawsuits, preempt states and localities from passing stronger pesticide regulation, and exempt pesticides registered with EPA from all other permitting and approval requirements. This would open the door to increased risks for environmental contamination and pesticide exposure. The current bill also strips SNAP funding and fails to reform a system that continues to fail farmers and farming communities.

Demand legislation that supports safe and sustainable food systems that are not reliant on toxic pesticides and that don't bow to corporate influence. Unfortunately, the bill that was passed out of committee in the House of Representatives would grant pesticide companies immunity from litigation, preempt states from protecting their residents from pesticide exposure, and create more harm than good in our food and farming systems. Now, the bill goes to the Senate Agriculture Committee for another round of markup and voting before a full vote on the Senate floor.

Congress has the ability to help U.S. farmers and farmworkers transition to safer methods of growing and raising food. But the current version of the bill would further lock us in a dangerous system that perpetuates harm to vulnerable people, public health, and the environment. Congress can change this, but they must act now. Call on Congress to reject this hollow farm bill.”

PAN's commitment is to a truly green revolution, one that builds a healthy, thriving system of food and farming, and supports the human right to food, justice, and self-determination. In future issues we'll share more about PAN; in the meantime, visit their website: <<https://www.panna.org/>>.”

The *Humanist Manifesto* was published on May 1, 1933. Signed by thirty-six prominent thinkers, among them scientists, philosophers, and academics, including seven Unitarian ministers and one Universalist minister, the Manifesto affirmed fourteen points of religious humanism and became a rallying cry for liberal religious thinkers.



## FLOWER COMMUNION SUNDAY

The annual UU Flower Communion service will be celebrated at the CVUU on Sunday, May 31<sup>st</sup> and a *New Member Welcome* will also take place that day. Join us for a delightful time of celebration.

What is Flower Communion? This service was created in 1923 by Norbert Capek (1870-1942), who founded the Unitarian Church in Czechoslovakia, and who died in a Nazi concentration camp for his beliefs. He purposefully created this symbolic ritual for his Unitarian church to bind people more closely together.

At the CVUU we ask people to bring a flower(s) of your choice, from your garden, or whatever source you have available. Typically, some congregants bring extra flowers to share with others who do not have access to flowers. Each person is asked to place their own flower in a vase at the front of the church. This signifies that each of us has joined together by our own free will. The vase containing the flowers symbolizes the fellowship we all experience. After the service we will each take a flower from the vase other than the one we brought. The significance of the Flower Communion is that just as no two flowers are alike, so no two people are alike, and yet everyone is unique and has a contribution to make. Just as many different flowers come together to make a beautiful bouquet, so too do unique individuals come together to create our beloved church community here at the CVUU, nationally, and globally.

This description of Flower Communion is based on *The Flower Communion: A Service of Celebration for Religious Liberals* by Reginald Zottoli. The full article can be viewed at: <[www.uua.org/files/documents/zottolireginald/flowercommunion.pdf](http://www.uua.org/files/documents/zottolireginald/flowercommunion.pdf)>. For additional information on this topic go to: <<https://www.uua.org/worship/holidays/flower-ceremony>>.



## MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting in the sanctuary on Monday, May 11<sup>th</sup> at 1:00 p.m.

The movie being discussed is *The Magic of Belle Isle* with Morgan Freeman. It is on DVD at the Cedar Falls Public Library and can be watched free with ads on Philo; with a subscription on Amazon Prime, YouTube, and Fubo; and for rent from Google Play and Fandango for \$2.99, and Apple TV for \$3.99.

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!



## GRASS IS GROWING & WILL NEED MOWING!!

The CVUU uses volunteers to mow our grounds which require mowing once per week with regular rain during the season. The season generally runs from the middle of April through the end of October. Some edging and trim work may also be needed.



We will provide training on our equipment if you have not operated it previously. Contact *Bill Brown* or *Roger Hahn* if you are willing to help. Note that this is for our grounds on Cedar Heights Drive.



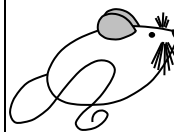
## SOME OBSERVANCES FOR THE MONTH OF MAY INCLUDE:

- National **Foster Care** month
- National **Chamber Music** month
- National **Electrical Safety** month
- National **Arthritis Awareness** month
- National **Bike** month National **Better Hearing** month
- National **Inventors** month National **Vinegar** month

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Teacher Appreciation Week is Monday, May 4<sup>th</sup> - Friday, May 8<sup>th</sup>.



The damaging April hailstorm was so loud it really scared the little mice, and afterwards we discovered there were a few new skylights to brighten up our Cedar Heights attic! All too soon your Building & Grounds folks got them covered up, so now we're back in the dark.



*The Church Mouse*

## UUWORLD

When your recent issue of the *UU World* arrived—the Spring/Summer 2026 issue—did you put it aside? Is it sitting on your “mail-to-be-dealt-with” counter? Anyone who is devoted to Peter Mayer and his music will want to read the excellent article beginning on page 38. If you've misplaced that issue or accidentally sent it to recycle, check it out online at: <<https://www.uuworld.org/issues/spring-summer-2026>>. There are other interesting articles in this issue as well.



## HOMEGOING, HOMECOMING: A RITUAL OF TRANSITION

The long awaited co-service of the CVUU and the UCC on Sunday, April 19<sup>th</sup> at 4:00 p.m. at our 'new home' was well-attended.

Titled "*Homegoing, Homecoming: A Ritual of Transition*", Pastors Sue and Emma carefully orchestrated a meaningful service for both congregations. The UCC organist, Greg Meyer played both organ and piano, one of the UCC members joined the CVUU choir for a choral piece, and our Interim Music Director, Alan Beving served as cantor and choir director. There was much good food and conversation at the potluck that followed in the Fellowship Hall. Everyone worked so hard for this to be a memorable event. This transition for both congregations is an emotional one.



April had its share of storms and damage across our state—some at our own Cedar Heights location. We wish everyone a more calm May.

Just prior to the busy Easter weekend we learned of the deaths of two people dear to our congregation who had been dealing with health issues. Kate Warhol, wife of member Dick Warhol, passed away peacefully on Monday, March 30<sup>th</sup>. A memorial service was held on Saturday, April 4<sup>th</sup> at the WHC Diamond Event Center in Cedar Falls with a visitation the previous evening. Condolences to Dick and the family.

Longtime CVUU member Bob Robinson died on Tuesday, March 31<sup>st</sup> at the WHC Deery Suites in Cedar Falls surrounded by his family. The service was held on Tuesday, April 7<sup>th</sup> at the Diamond Event Center in Cedar Falls with a visitation the evening prior. Those who have been privileged to know Bob for over forty years will miss his keen mind and wit, along with his fabulous stories (complete with details right down to the month, day, and year of when they occurred). Appropriate for this retired Navy Commander, his Navy Bean Soup was served at the luncheon following the service. Deepest sympathy to the Robinson family.

Kudos to Moria Brown who was one of a few nominated for the International Excellence Award through the UNI Office of International Engagement. The award honors individuals who have made exceptional contributions to international education, intercultural understanding, and global experiences that directly benefit the Cedar Valley community within and beyond academia. Although due to a previous commitment Moria was unable to attend the awards ceremony on April 14<sup>th</sup>, she felt very honored to have been nominated.

The April show at the Waterloo Community Playhouse—*Sweeney Todd*—boasted UUs on stage and back stage. Erik Norquest (Judge Turpin), Jess Lieb (Ensemble), Sonya Smith (Ensemble and Bird Seller), and Hannah Posekany (Hair and Makeup Lead) put their hearts into the production! The vocals, choreography, and pace of the show was superb—congratulations to each of you.

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.

## CVUU CONFLICT RESOLUTION, PART 2

Last month, I wrote about the importance of showing our love for each other at the CVUU even (or especially) when we disagree with each other. We can do this by following the UU values of justice, equity, transformation, pluralism, interdependence, and generosity, all with love at the center.

Several policies at the CVUU are intended to set the stage for getting along with each other, even when we don't always agree. Two of these policies were included in last month's article: our covenant of right relations and code of conduct. In this month's article, I'm providing a few highlights from the third policy: the Conflict Resolution Policy. We hope that you'll become familiar with these policies and make them part of your personal values, as you do with our UU values, so that you can help our beloved community continue to thrive and grow.

### **Highlights from the CVUU Conflict Resolution Policy**

- Unitarian Universalist congregations affirm and promote the inherent worth and dignity of every person. It is imperative that any conflict within the church community be resolved in a manner which protects the members of the congregation.
- Conflict is a part of most every interpersonal relationship. Managing conflict is the responsibility of all members, guests, and visitors within the church. Within a Unitarian Universalist church, different views and beliefs are discussed in a free and supportive environment.
- It is the responsibility of all members, guests, and visitors to be supportive of one another.
- Every person has responsibility to attempt to establish effective communication pathways with other people with whom you have a conflict, as described in the steps below.

### **Steps for Resolving Interpersonal Conflict**

1. Examine your own role in the conflict. Why is this matter important to you? Do some soul searching.
2. At this step, and at all succeeding steps that become necessary, own your issue. Anonymous complaints are not acceptable.
3. Get a reality check from a trusted third party. Compare your perceptions. Did they see it or hear it in the same way?
4. Based on your telling of events and your feelings about it, would they feel the same way?
5. Talk directly with the person with whom you have the disagreement.
6. Agree on a mutually acceptable time and place to talk in private and as soon as possible after the incident.
7. Use "I" statements in your discussion ("I feel..." not "You did..."); use active listening.
8. If a direct conversation is too difficult, consider putting your thoughts into writing. Be available to hear the response.
9. If you feel that safety is an issue, use an appropriate third party or the Shared Ministry Council to provide a safe environment for the discussion.
10. If the conflict is more with how a person is performing a job (staff), address the concern to the proper supervisor so that the individual does not feel "supervised" from all sides.

The full Conflict Resolution Policy, along with other CVUU policies and procedures, are provided in the *CVUU Congregational Handbook* on the CVUU website: [www.cedarvalleyuu.org](http://www.cedarvalleyuu.org) > About > About Us > Leadership and Operations.

*Heather Flory, on behalf of the Shared Ministry Council, whose role at the CVUU includes resolving conflicts for members who cannot do so on their own, facilitating opportunities for members to develop the necessary skills to participate in shared leadership, and more. The Shared Ministry Council consists of Heather Flory (co-chair), Nancie Groszkruger (co-chair and Board liaison), Floralyn Groff, Debra Kyler, Michaela Rich, David Nation, and Pastor Emma Peterson.*

Never be afraid to try something new.  
Remember that a lone amateur built the Ark.  
A large group of professionals built the Titanic.



Our Soul Matters curriculum this month quotes UU minister Rev. Victoria Safford, who preached at Pastor Emma’s Ordination service. Rev. Safford writes, “To see, simply to look and to see, is an ethical act and intentional choice; to see, with open eyes, is a spiritual practice and thus a risk, for it can open you to ways of knowing the world and loving it that will lead to inevitable consequences. The awakened [and curious] eye is a conscious eye, a willful eye, and brave, because to see things as they are, each in its own truth, will make you very vulnerable.” We welcome you to get curious, and join us to consider our Soul Matters theme this month.



*Le Christopher’s* meal in Waterloo at the Jubilee United Methodist Church will be taking a break this month due to the second Sunday being Mother’s Day. Those Jubilee members who cook and serve the meal are always so welcoming and friendly.

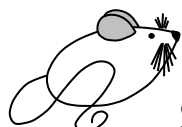
Several UUs enjoy attending these special meals that boast hospitality, friendship, and delicious southern food—a sort of gift from the Jubilee members to the Cedar Valley community. Carpooling could be an option.

If you enjoy good food and plenty of conversation, plan ahead and mark your calendar for **Sunday, June 14<sup>th</sup>** when *Le Christopher’s Southern Cuisine* will again start serving at noon at their church! The tables are set attractively and the meal is all-inclusive – entrée, sides, salad, dessert, beverage – for \$20 cash. To top it off, Rev. Funchess greets everyone at the door with his warm and engaging smile!



Wow, that was some Easter Brunch you folks had after the service on April 5<sup>th</sup>! Folks kept coming and coming until at one point there were very few places to sit in the Fellowship Hall. Someone said there were over seventy who were fed but all I saw was that every white plate you own—large and medium—ended up in use and even the paper plates had to be brought out! Those who helped in the kitchen were busy keeping pace with it all, including the clean-up which took longer than usual. They were a good crew though and didn’t leave us even a crumb....sigh.

**The Church Mouse**



## LABYRINTH NEWS

### World Labyrinth Day ~ May 2, 2026

On the first Saturday of May people from all around the globe will be walking for World Peace. This event began in 2009 and is sponsored by The Labyrinth Society and Veriditas. It has evolved into a day that is intended to create a global wave of Peace passing from one time zone to the next all around the world.

Walking the Labyrinth is an opportunity to experience mindful meditation by walking a single circuitous path to the center and then back out again.

If you are interested in walking a labyrinth on May 2<sup>nd</sup> with other labyrinth lovers and other CVUUs and friends, come to the labyrinth at the Nazareth Lutheran Church on Main Street and University Ave. at 12:45 p.m. for the 1:00 p.m. walk.

Other labyrinths in the Cedar Valley include:

- ❖ St. Luke’s Episcopal on Melrose, just off Waterloo Rd., on the back side of the church.
- ❖ Cedar Valley Arboretum, west of the parking lot outside of the Arboretum.

If you would like to learn more about labyrinths, check out The Labyrinth Society website. If you would like to know more about labyrinths in the Cedar Valley, contact me.

Namaste,  
Floralyn Groff



**Richard Cromwell**, the son of Oliver Cromwell and his successor as lord protector of England, was deposed on May 6, 1659 when Charles II ascended the throne, ending the tolerance extended to Unitarians during the Commonwealth (1649-1660).



### **NEW HORIZONS BAND SPRING CONCERT**

The New Horizons Band will offer its spring concert on Monday, May 11<sup>th</sup> at 7:30 p.m. in the Great Hall of the Gallagher-Bluedorn Performing Arts Center on the UNI campus.

Under the direction of Diana Blake, the band features musicians who are fifty-five and older. There are two concerts per year (December and May) which are free, with a free-will offering during treat time following the concert. These donations go into the general music scholarship fund at UNI for all music scholarships. You won’t want to miss this fun evening of wonderful music (or the treats!).



**Theodore Parker**, a radical Unitarian theologian, minister, and reformer, died on May 10, 1860 of tuberculosis at age forty-nine in Florence, Italy.

**Jared Sparks** was born to an impoverished family in Willington, Connecticut on May 10, 1789. He worked to educate himself and won a scholarship to Phillips Exeter Academy. He continued his education at Harvard University and Harvard Divinity Schools. In 1819, Sparks accepted a call to the ministry of the Unitarian Church in Baltimore, Maryland, and William Ellery Channing preached his ordination sermon, "Unitarian Christianity". Sparks became chaplain to the U.S. House of Representatives and publisher of the "The Unitarian Miscellany". Sparks resigned his ministry in 1823 to become editor of the *North American Review*. As professor of ancient and modern history at Harvard, he was the first to teach non-ecclesiastical history in any American college. He pioneered the method of instructing by giving lectures and succeeded Edward Everett as president of Harvard University. He was also the first to publish the writings of George Washington and other revolutionary heroes.



### 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 May 23<sup>rd</sup>.

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



You have the most attentive *Building & Grounds* folks who care for the property so that it remains in good shape. In late March, Roger and Bill bought asphalt patch and took care of several of the dips and holes in the parking lot. It was getting to be like an obstacle course, but now that it's a smoother surface it's easy to miss so be sure to thank them next time you see them!

The Church Mouse



**Paul Revere**, an American patriot and Unitarian, died at age eighty-three on May 10, 1818.



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/>.



GA is a matter of weeks away! General Assembly 2026, *Meet the Moment: Together Everywhere*, will unfold in two parts with a midweek pause. From Sunday, June 14<sup>th</sup> to Tuesday, June 16<sup>th</sup> delegates will engage in fully virtual General Sessions focused on the business of the Association. Programming resumes Friday, June 19<sup>th</sup> through Sunday, June 21<sup>st</sup> 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.



### IUUWAN NEWS

#### Iowa Unitarian Universalist Witness Advocacy Network

The purpose of IUUWAN is to form connections, collaboration, and unity among UUs in Iowa and to deepen an understanding of how our faith compels us to act for social justice. The way this unfolds varies in our state's thirteen UU fellowships—some as small as eight or ten members.. We maintain a website and host a Facebook page, which you are welcome to follow.



In June IUUWAN is again co-sponsoring the 6<sup>th</sup> Annual Central Iowa Trans Lives Festival in Des Moines from 10:00 a.m.-5:00 p.m. on Saturday, June 6<sup>th</sup>. In 2025 this popular event was attended by over 1,500 people! Check out the website: <https://www.ucdsm.org/trans-lives-festival/>.

The festival is public and open to everyone, admission and parking are free, and the facility is ADA accessible. LGBTQ+ affirming security will also be provided so that everyone can experience a safe and fun event. Hosted by the Queer & Transgender Action Group of First Unitarian Church of Des Moines, an LGBTQ+ Welcoming Congregation. Questions? Email: [translivesfestival@ucdsm.org](mailto:translivesfestival@ucdsm.org).

<p>Central Iowa <b>Trans Lives Festival</b> <b>CALL FOR PARTICIPANT SUBMISSIONS</b></p>	
<p>When and Where?</p>	<p><b>Saturday, June 6, 2026, 10am - 5pm</b> (set up 8am-10am) <b>First Unitarian Church, 1800 Bell Avenue, Des Moines, IA</b> ADA Accessible <i>Security provided so everyone can enjoy a safe &amp; fun event</i></p>

“In Nature’s economy the currency is *not* money.  
*It is Life.*” ~~Vandana Shiva

# THE CVUU IS ON SUMMER BREAK FROM JULY 18–31, 2026!

In keeping with the UU shared values of love and generosity, and in acknowledgement of the hard work done throughout the year by our Minister, staff, and church volunteers, **the CVUU is on summer break from July 18 through 31, 2026.**

## During this time...

- We're giving our minister, staff, and most of our hardworking volunteers a break from church work for two weeks to reset from a busy year at the CVUU.
- The CVUU office will be closed, and our minister and staff will receive two weeks of paid time off.
- We will have no council or committee meetings or other official CVUU activities.
  - **Note:** The building will be open on Sunday, July 19<sup>th</sup> and Sunday, July 26<sup>th</sup>, during the usual service time, but no services will be held.
- We'll be on break together!

## Why is this two-week break necessary and important?

- 1) We are a beloved community who cares for our minister, staff, and each other. This means we want to acknowledge that generosity toward our minister, paid staff, and all members goes a long way in increasing feelings of well-being and loyalty.
- 2) We want to support our minister, staff, and all those members who have devoted so much energy to provide services for the congregation in an ever-changing environment by protecting and nurturing their mental health and resilience.
- 3) It takes a lot of work to keep the CVUU running, and we think everyone deserves to take a break!
- 4) For many years, our congregation used to take a break for most of the summer. Taking even two weeks off gives us an opportunity to remember and reflect on our history and heritage.
- 5) We encourage everyone to use this two-week break as a time to skip church, skip church work, and perhaps get together to play, or even go on RAGBRAI, instead.

## FREQUENTLY ASKED QUESTIONS (FAQS)

### FAQ #1: What about tasks that MUST be done, no matter what?

Unfortunately, because of the broad nature of all of the work that must be done to keep the CVUU running, we know that not everyone will be able to take a full two-week break during this time. For example, the bills still need to get paid, the building and grounds still need to be monitored and maintained, and the newsletter still needs to be prepared and sent out. We encourage anyone serving in one of these critical roles to take extra time off as they are able, and to ask for help so that they can take a much-deserved break, too!

Our hope is that our minister, staff, and as many volunteers as possible will be able to take a full two-week break from church work.

We also encourage other folks to step up and try something new that might be fun and interesting to get out of your usual routine. For example, if you normally complete tasks at a desk or in meetings, you might want to try helping mow the lawn or caring for our garden as a relaxing way to take time off from your usual church work! If you'd be willing to help with the CVUU Building & Grounds, please contact *Jared Blaylock*.

### FAQ #2: Will we have a different newsletter deadline?

Yes! To honor both our office administrator and newsletter editor with some much-deserved time off, the July newsletter deadline (for the August issue) will be moved up to the same day as the calendar deadline: **Wednesday, July 15<sup>th</sup>**. We considered moving the deadline up to July 10<sup>th</sup> but decided on July 15<sup>th</sup> as a compromise. If possible, please submit your newsletter article(s) early, so that *Gerry* has time to review them and ask questions before the CVUU goes on break!

### FAQ #3: What happens if an emergency requires the CVUU to return from break?

If our minister or staff are called back for an emergency during the CVUU's two-week break, we will ask them to take off makeup time as needed by the end of August.

### FAQ #4: Are the minister and paid staff all taking the same time off?

Yes! The church is closed from July 18<sup>th</sup> – 31<sup>st</sup> (except on July 19<sup>th</sup> and 26<sup>th</sup>, when the doors will be open during our usual service time, but no services will be held), and we are taking a break! The minister and staff will each be paid during this time as if they are working a regular work week. They will not need to use any vacation time, and the CVUU will not need to pay anything extra to give them all some much-deserved bonus time off.

### FAQ #5: How can I connect with other CVUUs during our two-week break?

The [CVUU Facebook Discussion Group](#) is always available for sharing and conversation. You can also see the [online CVUU directory](#) to get in touch with others at the CVUU and make some fun plans together.

