



**CEDAR VALLEY  
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

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

- AUGUST 2 10:00 A.M. WHEN THE MUSIC STARTS TO PLAY – Various speakers, Karen Impola \*
- AUGUST 9 10:00 A.M. BROKEN HEARTS AND MOSAIC HEALING – Rev. Dr. Matthew Johnson, John Miller \*
- AUGUST 16 10:00 A.M. PROCESSING THE PRESENT – Callie Amiday, Kathi Bower \*
- AUGUST 23 10:00 A.M. NOT GOING CRAZY IN THESE CRAZY TIMES – Nancie Groszkruger, Karen Impola \*
- AUGUST 30 10:00 A.M. ARE IDEAS ABOUT RACE AND RELIGION OVER FIFTY-SEVEN YEARS AGO STILL RELEVANT? – Judy Harrington, Kathi Bower \*

\* ~ denotes *Worship Associate*



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

## GREETINGS FROM THE PRESIDENT

As most of you know, on July 7<sup>th</sup> Pastor Emma Peterson submitted her resignation from her position at the CVUU, and the Board accepted it. In the months preceding her resignation, the Board became aware of ways in which Pastor Emma's expectations of her ministry and the congregation's expectations had diverged in fundamental ways. After a long and thorough period of discernment, it became clear to the Board and to Pastor Emma that her ministry at the CVUU could not continue. We agreed that her resignation was in the best interests of both her future ministry and the congregation's as well.

The Board recognizes all of the good things that Pastor Emma did for our church while she was with us. For this reason, we recognize that this may be an emotional and challenging time for many of us.

Two questions I have been fielding since her resignation are (1) How exactly did Pastor Emma's expectations of her ministry differ from those of the CVUU, and (2) How can we have a church without a minister?

In answer to the first question, the Board will be sharing more details about Pastor Emma's resignation soon. However, please be patient. This will involve an opportunity for discussion and self-reflection which will help prepare us to enter a search for a new minister at the appropriate time.

In answer to the second question, we will do exactly what we have been doing all along! We are a strong, lay-led congregation with lots of experience running the church while our ministers have been gone, such as during sabbaticals, study and vacation leaves.

In the meantime, we will be working on better communication between the Board, the Finance Committee, and the Shared Ministry Council. We will also be receiving help from the National and Regional Unitarian Universalist Association (UUA). In fact, on Sunday, August 9<sup>th</sup> we will receive a visit from the Rev. Matthew Johnson, Congregational Life Consultant, MidAmerica Region of the UUA. He will be providing a Sunday service and will make time to talk with us about our future as well.

We are sorry for this sudden change in our church leadership. However, we are confident that our community can navigate the challenges involved and continue to thrive and grow. If you have questions or concerns, please feel free to reach out to any member of the Board or Shared Ministry Council. As always, we are grateful for anything you can do to support our beloved community during this difficult time.

With Love at the Center,  
*Carolyn Hildebrandt*



## 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 and Karen Impola.

## CHILDREN'S RE!!

June and July were busy months, but they also became representative of the rest and recharge that I needed. When we are rested it allows us to work with passion, rather than struggle through exhaustion. I learned a lot throughout both June and July that I will take with me as we move forward into August. MUUSA was absolutely wonderful, and I'm so grateful for those who approved my attendance!

There is no Soul Matters theme for this month, but we'll still have plenty of fun! We start the month strong with a lesson on Sunday, August 2<sup>nd</sup> about *covenant*—what it means, and how we can create our own covenant. The lesson will be led by *Dennis Harbaugh*, and will use both his ideas on covenant as well as material from *Tapestry of Faith* to guide us. We'll also spend some time outside and make picture frames inspired by nature, as well as continue to decide on what we want to bring with us to our new church home and what needs to go.

We return from our two week summer break with Movie Night! Please join us on Saturday, August 8<sup>th</sup> at 7:30 p.m. in the Sanctuary for a showing of *Dungeons & Dragons: Honor Among Thieves*, which we did not get a chance to finish during our previous D&D night. Snacks will be available, and everyone is encouraged to dress comfortably!

This summer has felt very confusing and chaotic, and I know others are suffering the strain that comes with the challenges we've had to face. Please know you are not alone, and that it's important to feel your feelings. Sit with them, even if they're uncomfortable or you aren't certain what to make of them, but don't let them consume you. You are going to be okay, even when it doesn't feel right inside. You will be all right.

*Ronan Parker*

Coordinator of Children's Religious Education



## AUGUST FIRST FRIDAY

After the "pause" of First Fridays in July due to the holiday weekend, we invite you to join us in the Fellowship Hall on Friday, August 7<sup>th</sup> at 5:30 p.m.! There will be plenty of pizza and breadsticks. If you would like to bring something to add to the pizza buffet, please do. Feel free to bring a game and a friend!



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.

**Mary Austin Holley**, a Unitarian, died in New Orleans, Louisiana, at age sixty-one on August 2, 1846. She wrote about the history and geography of Texas' independence from Mexico and statehood.



## AUGUST SERVICES

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

**August 2<sup>nd</sup>**

### When the Music Starts to Play

~~ Various speakers, Karen Impola (WA)

Music is found in every human society. What is it for? What does it add to our lives? Can music be a spiritual practice?

**August 9<sup>th</sup>**

### Broken Hearts and Mosaic Healing

~~ Rev. Dr. Matthew Johnson, John Miller (WA)

When our hearts break—at the grief in our own life, at the state of the world, about losses and tragedies—we sometimes want to make the pieces the same as they were. But it doesn't work. What if healing is making a mosaic with those beautiful colors and powerful shapes? What if the breaking is one thing but the healing is many things?

**August 16<sup>th</sup>**

### Processing the Present ~~ Callie Amiday, Kathi Bower (WA)

We will honor and process our thoughts and feelings in the present moment with the hopes of turning towards the future.

**August 23<sup>rd</sup>**

### Not Going Crazy in These Crazy Times

~~ Nancie Groszkruger, Karen Impola (WA)

A talk about how we can cope, keep a balance, and the relationship between feelings and thoughts.

**August 30<sup>th</sup>**

### Are Ideas about Race and Religion Over Fifty-seven Years Ago Still Relevant? ~~ Judy Harrington, Kathi Bower (WA)

Following Martin Luther King's assassination in 1968, a Cedar Falls-Waterloo group of women organized Know Your Neighbor panels, speaking to many groups about racial and religious concerns. Recalling an address Judy gave in 1969, are her thoughts outdated or are they still relevant today?



**Soul Matters**

Sharing Resources  
Supporting Leaders  
Deepening Connections

## SOUL MATTERS

*Soul Matters* takes a break in July and August, so check back in the September newsletter to see where the next themes will take us. In the meantime, if you have questions about the Soul Matters Small Group, direct them to *Kat Beane Hanson* who is the Small Group Coordinator.



## ADULT RELIGIOUS EDUCATION

Following tradition, there will be no forums from June through August. Since the Forum time will be vacant, others may want to plan events or meetings during that time, so watch for announcements.

The Forum is the only regularly scheduled Adult Education that CVUU currently offers, although we have numerous and varied Small Groups—movie discussion, crafting, nature walks, a silent book club, and the Buddhists, to name a few.

We would love to have an official Adult Education Committee. Some wonderful ideas were developed (many years ago) by a now defunct committee, and we think with all our new members, and especially younger members, the time is right to generate some compelling new ways to learn together.

*Al and Pam Hays*  
Forum Organizers



## CONGREGATIONAL LIFE

### *Working Together*

On Saturday, August 15<sup>th</sup> from 9:30 - 11:30 a.m. in the current Fellowship Hall, the Board will be holding a Planning Retreat for the upcoming liturgical year. All are welcome to participate. The purpose of the retreat is for the Board, Council/Committee chairs and interested parties to work together to plan out the major services and events of the coming year. Working together to plan the calendar strengthens and builds communication among all of us. Come early at 9:00 a.m. to socialize, grab some coffee and snacks. The retreat will begin at 9:30 a.m.



Please check the calendar, read the Weekly Updates, or check out any of our social media groups for other fun events and interesting ways to get involved and work together.

### *New Member Spotlight* ~~ **Eric Morse**

Hello everyone! I'm *Eric*, he/him pronouns, and I've lived in Iowa for just under six years. Originally from Minnesota, I moved here during the pandemic to be with my amazing partner *Frankee*. We have three crazy dogs and a large teenager and live about thirty minutes outside Waterloo, so life is busy even when we're not working as hard as we can. I'm a contractor, which is something I've only relatively recently started doing within the last few years, after realizing I enjoyed the work when we were renovating our current home. I enjoy reading, gaming, traveling with Frankee, watching TV and movies, hiking, camping, learning Japanese, and recently got back into painting miniatures. Super nerd over here. Very excited to be a part of this amazing congregation!



*Jill Miller*

on behalf of the Congregational Life Council



*International Left-handers Day is*

*August 13<sup>th</sup>.*

**PLEASE NOTE:**  
**BIG CHANGES TO THE SOCIAL ACTION  
COLLECTIONS IN JULY AND AUGUST!**

The July Social Action Collection for *House of Hope*, originally scheduled for July 26<sup>th</sup>, has been rescheduled because of our summer break and will be taken on Sunday, August 2<sup>nd</sup>.

The August collection for *Cedar Falls Community Meals*, originally set for August 30<sup>th</sup>, has been cancelled because we still have plenty of funding for that program.

The schedule of Social Action Collections for FY 2026/2027 is now being put together and will be available in the September newsletter.



**CEDAR VALLEY PRIDEFEST 2026**

Volunteer with the CVUU at the Cedar Valley Pridefest on August 29<sup>th</sup>

Volunteers needed! Cedar Valley Pridefest will take place Friday and Saturday, August 28<sup>th</sup> and 29<sup>th</sup> in downtown Waterloo. CVUU is excited to once again host a booth on Saturday, the 29<sup>th</sup> beginning at 12:00 p.m.!

We are looking for volunteers to staff the booth for a few hours at a time (paint rainbows on people, talk to people about how great the CVUU is, etc.). We are also looking for volunteers to provide baked goods/cookies, including some gluten-free cookie options.



Here is the sign-up sheet to help at the booth and/or to provide baked goods to be served: 2026 Cedar Valley PrideFest Sign Up - Google Docs. Here is the link to the Cedar Valley Pridefest webpage: CEDAR VALLEY PRIDE - Cedar Valley Pride.

Contact *Austin Evens* or *Lizzy O'Loughlin* with any questions.



*Le Christopher's* meal in Waterloo at the Jubilee United Methodist Church is served on the second Sunday of most months and several UUs enjoy attending these special meals that boast hospitality, friendship, and delicious southern food. Carpooling could be an option; think about it!

If you enjoy good food and plenty of conversation, mark your calendar for **Sunday, August 9<sup>th</sup>** when *Le Christopher's Southern Cuisine* will again be 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!



**Pope Paul IV** denounced Unitarians in Italy on August 7, 1555, indicating that there were significant numbers of Unitarians in Italy at that early date.

**Edna Pearl Bruner**, a field worker for the Universalist Church in America, died on August 3, 1997 at age ninety-three.

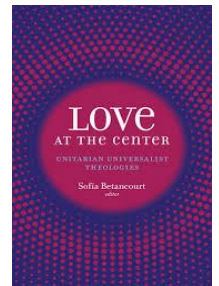
[Editor's Note: Rev. Bruner has a documented story that runs close to home here in the Cedar Valley, thanks to *Dorothy Grant's* book on our history. She began her pastorate at the Universalist Church in Waterloo in 1931. A religious educator, she trained teachers and developed a curriculum and library for a church school of about sixty pupils. She organized monthly 'family nights' at the church for entire families. She kept all departments of the church functioning smoothly. Attendance at services more than doubled and she enlarged her audience further by radio broadcasting her sermons. She was active in denominational affairs and in the community too. She gave book reviews and spoke to various groups on topics of current significance, and worked for the Red Cross and Community Chest drives. In October 1940 she resigned to accept an appointment as General Field Worker of the Universalist church. Upon leaving she said, "The ten years with you have been rich indeed. I shall leave with deep personal regret." As the National Religious Education Field Worker, she traveled all over the US; she visited the Cedar Falls Fellowship in the spring of 1956.]



**UUA COMMON READ**

Each year, the UUA Common Read invites congregations into shared reflection, learning, and action through a common book and accompanying resources. The Common Read for 2026–2027 is *Love at the Center: Unitarian Universalist Theologies*, edited by Rev. Dr. Sofia Betancourt. In this text, more than two dozen UU leaders explore what it means to place love at the center of our faith and practice.

In these pages, you'll find personal testimony to love's power, reminders of the centrality of love throughout the long histories of Universalism and Unitarianism, and theologies of love drawn from many different expressions of Unitarian Universalism—from the natural world to the justice rally, to a loved one's deathbed, to the quiet moment before a worship service begins. May *Love at the Center* serve as an invitation to deepen your own understanding and practices of love.



At the behest of Rep. Bella Abzug (D-NY), in 1971 and passed in 1973, the U.S. Congress designated **August 26<sup>th</sup>** as "**Women's Equality Day**". The date was selected to commemorate the 1920 certification of the 19<sup>th</sup> Amendment to the Constitution, granting women the right to vote. This was the culmination of a massive, peaceful civil rights movement by women that had its formal beginnings in 1848 at the world's first women's rights convention, in Seneca Falls, New York.

## 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 May collection was for the **1619 Freedom School** which is right here in Waterloo. The total collected was \$514!

The June collection was for the **Cedar Valley Victim Resource Coalition** and \$400 was collected.

The July charity was for the **House of Hope**. Note that due to the Summer Break the last two weeks of July, this collection will be moved to Sunday, August 2<sup>nd</sup>.



The August 30<sup>th</sup> collection for **Cedar Falls Community Meals** has been cancelled as there is ample funding for that program. See related article in this issue.

Although the Social Action Collections are typically 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*



## AUGUST DEADLINE FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the **September** issue! The calendar deadline for this issue will be **Wednesday, August 19<sup>th</sup>** (send info to the office); the newsletter deadline will be **Friday, August 21<sup>st</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 **August 19<sup>th</sup> and 21<sup>st</sup>**—the calendar and newsletter deadlines for the *September 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.

If you'd like to send your items to Leann and me early, boy would that be terrific. It really helps avoid the congestion at deadline time...thanks!

*Gerry Chamberlin, Editor*  
newsletter@cedarvalleyuu.org



Poppies are one of the official birth flowers for August.

## GREEN LIVING CORNER

### COMPOSTING 101, Part 2

Some questions that have come up since the previous composting article are:

#### **Where should I put the composter?**

I believe the best place for the composter is where it will get used. For me, it's right outside the garage walk-out door. It's a short jaunt from the kitchen door and somewhat hidden from the street (although a compost container/pile in sight of walkers could be encouraging for more people to do it). Some may want to put it at the end of their yard (lot line), but this makes wintertime deposits more difficult and a longer trek through the snow.

#### **What about bugs and critters?**

If food scraps are composted only in commercial covered containers, bugs and critters can't get in it.

The open "chicken wire and four stakes" type won't lure critters and bugs, if it is reserved for non-food biodegradables—leaves, sticks and twigs, cardboard, and grass clippings.

#### **What about odor?**

My experience all the years I have been composting, I have never smelled any unpleasant odors.

#### **Household Biodegradables for the compost:**

- \*Paper napkins
- \*Q-tips (w/o plastic stem)
- \*Shredded paper (not store receipts as they have a certain resin on them)
- \*100% Cotton balls (beware, some are rayon blends and not biodegradable)
- \*Toilet paper rolls
- \*Outdated spices
- \*Pet hair
- \*House plant trimmings
- \*Vacuum cleaner contents (as long as you haven't vacuumed up any plastic stuff)
- \*Compostable food "take-out" containers
- \*Dryer lint (as long as it has not dried any polyester clothes or blankets).



My thinking is—if it originally came from the earth and hasn't had any synthetics added, it can break down in the compost.

Maybe you can think of something in your own life that you would normally toss into the trash without a single thought. Now you may have more awareness about what to throw in the compost.



#### **ITEMS NOT APPROPRIATE**

- \*Fats and oils
- \*Meat and bones
- \*Cow's milk products
- \*Any other animal products
- \*Traditional beeswax candles.

~Debbie Kyler



Born on August 21, 1811 **Henry Bergh** was the son of a wealthy shipbuilder and followed in his father's business for a while. Although he studied at Columbia College in New York City, he did not graduate. Under the ministry of Henry Whitney Bellows at All Souls Church in New York, Bergh became a Unitarian. On a trip to Russia, he became interested in the treatment of animals and often intervened when he saw animals abused on the streets. Following his return to the United States, Bergh persuaded the New York legislature to charter the American Society for the Prevention of Cruelty to Animals. He was elected its president and worked for that cause the rest of his life.



## MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting in the sanctuary on Monday, August 10<sup>th</sup> at 1:00 p.m. sharp!

The movie being discussed is *Remarkably Bright Creatures* starring Sally Field and Alfred Molina. Because it is a Netflix movie, it is available for streaming exclusively on Netflix. If anyone doesn't have Netflix and would like to see the movie, wishes to be added to the email list, or has questions about the group, contact *Nancie Groszkruger*. Come and enjoy the discussion together!



## SOME OBSERVANCES FOR THE MONTH OF AUGUST INCLUDE:

National **Cheerleading Safety** month  
 National **Cowgirl** month National **Crayon** month  
 National **Dog** month National **Goat Cheese** month  
 National **Truancy Prevention** month  
 National **Wellness** month National **Water Quality** month  
 and  
 National **Make-A-Will** month!  
 (Have you included CVUU in your will?)



On Sunday, June 7<sup>th</sup> you celebrated *William Taylor's* transition from youth to adulthood with the Bridging Ritual. What a nice way to send your older teens off as they begin their venture (adventure!) out into the world! Congratulations to William and the Taylor family.



*The Church Mouse*



## THE GRASS IS GROWING & STILL NEEDS MOWING!!

The CVUU uses volunteers to mow our grounds which require mowing once per week with regular rain during the season. *Can you give a helping hand?* 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.



## CARING CONNECTIONS TEAM

The Caring Connections Team is dedicated to assisting members of the CVUU in times of illness, need of a ride, or just a little cheering up.

We would welcome new members to our team! If interested in joining us in serving our beloved community, please contact *Stacey Bartz*.

The contact person for August is *Carollyn Hartsfield*.



**James Walker** was born on August 16, 1794 in Woburn, Massachusetts. He received his A.B. from Harvard University in 1814 and graduated from Harvard Divinity School in 1817. He was the Unitarian minister at Harvard Church in Charlestown, Massachusetts from 1818 to 1839 and taught religion, philosophy, and civil polity at Harvard from 1839 to 1853. In 1853, he took over as president of Harvard and remained in that post until his retirement in 1860. Although Walker did not agree with the Transcendentalists, he let them publish their works in the *Christian Examiner*. He continued his contributions to the *Examiner* throughout his life and was a highly regarded public figure and a noted scholar. Walker died on December 23, 1874.

## THE NATURE LOVERS SMALL GROUP

The *Nature Lovers Small Group* plans to meet on Saturday, August 1<sup>st</sup> at Big Woods Lake. They will gather in the south side parking lot at 1:00 p.m. Please join them for a leisurely walk. All are welcome.



On August 6, 1616 *Nicholas Cumler*, a student and strenuous advocate of Unitarianism in Germany, was called to appear before the Senate of the University of Altorf on the charge of holding Unitarian beliefs. However, he had fled several months earlier and was banished from the university.



This summer is proving to be quite busy. Please read the articles that committees and individuals have taken time to write so that you are 'in the loop' of what's going on. See you at church or another event!

Currently we 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.



## FILL OUR GENEROSITY FUND WITH DONATIONS AT STUFF ETC.

Do you have stuff to clear out of your house? Take your items to *Stuff Etc.* for the CVUU Consignment Account. Consignment items are accepted Tuesday through Saturday. You may bring in ONE tote of items without an appointment.

Go to their website <shopstuffetc.com> and check out stuff they need, then take your items to their store. They will pre-sort the items and unsellable items will be given back to you before you leave the store. They are currently looking for fall and winter items, and clothing less than two years old—especially Halloween, Thanksgiving and Christmas items. They accept furniture seven days a week. Money generated supports the CVUU Generosity Fund. Contact *Jill Miller* with any questions, or call *Stuff Etc.* directly at 319-233-8009.

[Editor's Note: the Collector shares that the Generosity Fund has recently benefited by \$109 from the CVUU donations made at *Stuff Etc.*]

## IUUWAN NEWS

### Iowa Unitarian Universalist Witness Advocacy Network

IUUWAN envisions uniting all Unitarian Universalist congregations in Iowa to advocate for policies that promote social and environmental justice and end the oppression of marginalized groups of people in Iowa. Some statewide UU Social Action Networks have paid staff; Iowa's does not. The nonprofit has a volunteer board comprised of UUs in Des Moines, Ames, Dubuque, Cedar Valley, Cedar Rapids, North Central Iowa (Mason City), the Quad Cities and Iowa Lakes. This board meets monthly on Zoom and will have an in-person retreat in August. If you are interested in aiding these efforts please reach out to *Shirley Whiteside* or *Byron Plumley*.



This month UU pastors from some Iowa congregations signed onto a public letter calling out the harms of Christian nationalism on our nation, state, and communities urging Iowans and elected officials to denounce Christian nationalism. We have informed people of the 40% funding cut for legal services to Iowa Migrant Movement for Justice, who assist Iowa immigrants seeking safety in our nation. IUUWAN has aided UU groups in their Pride events in Dubuque and Des Moines. It provided funding to live stream a presentation by Dr. Richard Deming speaking on Cancer in Iowa and Environmental Risk Factors. The Central Iowa Trans Fest welcomed 1,070 guests June 6<sup>th</sup> at First Unitarian Church of Des Moines, co-sponsored by IUUWAN.

You can find IUUWAN on the web at <iuuwan.com>, or Facebook Iowa Unitarian Universalist Witness Advocacy Network. **Note:** there are imposter facebook pages (a former page was taken down by Facebook and unrecoverable by administrator, but the page is still out there) and a 'group' created by someone but not legitimate. *The correct Facebook page* can be accessed from the little 'f' at the bottom of the <iuuwan.com> website and recognized by this logo. A cover photo of colorful ribbons (see below) tied to a fence is another clue to the correct page.



Colorful ribbons tied to a fence.

On August 5, 1873 British Parliament passed the *Statute Law Revision Act*, replacing the Trinity Act of 1813 with more tolerant laws. The 1813 act repealed the penalties for denying the Trinity but left it a crime punishable under the common law. The act passed on this day removed all penalties and gave Unitarians equal rights with all Dissenters from the Church of England.



**Stephen Dolet**, a book printer, was burned at the stake in Lyons, France on August 3, 1546 for denying the Trinity. He was a friend and disciple of Michael Servetus, and like Servetus, he increased the danger against himself by using insensitive language when speaking to his accusers.



## ***NORTHEAST IOWA FOOD BANK***

We will be volunteering again in August at the Food Bank as long as there are enough volunteers who sign up. We like to have 8 to 15 people if possible—all ages. Our usual schedule is from 12:00 - 2:00 p.m. on the fourth Saturday which will be August 22<sup>nd</sup>.

On June 27<sup>th</sup> the CVUU volunteers consisted of nine adults and two children who made up 300 boxes and filled them in just under the two hours! The completed boxes were stacked on five pallets (sixty boxes each pallet) and a good time, doing good work, was had by those in attendance.

Working together in community service 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).

*Margie Miller*



## **REFLECTIONS FROM THE MINDFULNESS MEDITATION WITH WILL KABAT-ZIN**

The CVUU Sangha was pleased to host a mindfulness meditation and dialogue experience with Will Kabat-Zinn on Monday, July 6<sup>th</sup>. We used several methods for getting the word out about the experience to the Cedar Valley and thirty-three people came to meditate. Earlier this spring we sponsored a daylong retreat that incorporated a sound meditation to begin the day, a dharma talk, and several silent meditation sessions. Here are some reflections from the evening with Will:



“This is my first experience with mindful meditation and I really enjoyed it.”

“I’m excited to find a group that I can practice meditation with.”

“I enjoyed the quiet stillness of the session. It was also nice to see other non-UU people there...some I know from other settings. Thank you for setting this up.”



## **NEW HOME UPDATE**

There is lots of news about our progress toward moving into our new home at 9204 University Avenue! It’s still hard to say exactly when the move will be, but “sometime this fall” is a good guess.

By the time you read this, flooring removal and asbestos abatement in the southwest half of the building (the office/classroom wing) should be completed. Many people showed up in late June to empty out the rooms in that wing. Big thanks to all! The furniture and miscellaneous objects are now in the Fellowship Hall. They are roughly sorted into three categories—keep, donate, and trash. On Saturday, August 1<sup>st</sup> from 10:00 a.m. to 2:00 p.m., we will have an informal “yard sale” to help clear out the space. You can stop by and take any items in the “donate” or “trash” sections, in exchange for a freewill donation. See *Karen Impola* if you have questions.

The next step in completing the southwest wing involves replacing the flooring and reconfiguring the bathrooms. The end result will be three accessible, gender-neutral bathrooms, one of which will have a shower. (There is a fourth bathroom in the hall between the kitchen and the sanctuary.)

Other projects include replacement of seven large windows, new sidewalks, new soffit and fascia boards where needed, and landscaping. Some of the work is being contracted out, but volunteers have already been trimming and hauling many loads of brush, and the Pollinator Garden folks have started planting. Good work, all!

Many people have advised living in the building for a while, and getting a sense of how it works, before making any big structural changes. For the time being, we will leave the Sanctuary and Fellowship Hall as they are; the only major reconfiguration happening is to the bathrooms. We’ll temporarily parcel out classroom and office space, with the understanding that this could change down the road.

We have exciting times ahead of us as we make the new church our home!

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On August 6, 1965 the ***Voting Rights Act*** was signed by President Lyndon Johnson. Many Unitarian Universalist ministers had participated in the protest march from Selma to Montgomery, Alabama which paved the way for this historic change in civil rights for African-Americans.



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