



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

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***** 2026 *****

OCTOBER 4 10:00 A.M. NEAR-DEATH EXPERIENCES – Carolyn Hildebrandt, John Miller *

OCTOBER 11 10:00 A.M. ROOTS AND SEEDS – Laura Jackson, Kathi Bower *

OCTOBER 18 10:00 A.M. POLITICS: THE GOOD, THE BAD, AND THE UGLY – John Miller, Al Hays *

**OCTOBER 25 10:00 A.M. SERVICE FOR ALL AGES: SPIDERS, ENDINGS, AND THE WEB OF LIFE
– Callie Amiday, Karen Impola ***

* ~ 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

Our new church year is fully underway!

We enjoyed a fabulous Kick-Off Sunday with a delicious pancake breakfast followed by a service led by Lay Minister, *Callie Amiday*. During the service we each had an opportunity to choose a cardboard brick, write a wish on it for the coming year, and then add it to a structure representing our theme for this year: *Building Together, Growing Together*.

Great news! We have a new Music Director (see related article)! *Opal Utsler* (she/they) is a third-year music student at UNI, majoring in Teaching and Choral Conducting. They have a resonant bass-baritone voice and play the piano very well. We look forward to a year full of inspiring music under their direction! Because their contract includes taking one Sunday off each calendar month, we are still free to invite our favorite CVUU musicians (*Jess Lieb, Nate Callahan, Bill Brown*, etc.) to sing and play, and don't forget, we still have our Guest Musician Program. So if you know of someone who could lead the music for a Sunday service, please let me know.

Many congregants are asking, "When will we get a new minister?" The UUA has told us that if we continue to work on healing, strengthening our covenantal relations, and improving our church governance, we could advertise for an interim minister as early as this coming January or February. Interim ministers are usually hired by April and are ready to start in August.

In the meantime, *Mollie Wallsteadt, Rosa Torres, Juanita Williams* and *Kathi Bower* are leading a series of Small Group healing sessions. In addition, they will be leading periodic congregational health check-ins, probably during the Forum time.

The Board is busy taking a UUA class called Board Foundations 105. We are also reading and discussing a book called *Governance and Ministry: Rethinking Board Leadership* by Dan Hotchkiss. Everyone, especially if you are currently in church leadership or plan to be so someday, is invited to join!

Since we are an organization run almost entirely by volunteers, we are constantly in need of help. So please don't hesitate to step forward and lend a hand if you are so moved!

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!!

Autumn has arrived! This is my favorite time of the year, both a period of transition and one of beginning. The school and church year are now in full swing, and as we move on to new things, let us remember the strength that comes from ourselves and our communities.

We had a wonderful time last month with our combination First Friday/Movie Night, where we watched *The Wild Robot* with all of our friends. Everyone also had a blast at our Craft Expo, with wonderful volunteers who made the event meaningful and fun for everyone who attended. Thank you to everyone who helped lead a craft and cleaned up afterwards; we could not have done this without you!

Our Soul Matters theme for this month is **Courage**. There are so many ways a person can be courageous, from the courage to be oneself to learning how we face our fears. We will explore not only how to feel brave, but how we can put our courage into action. Seeking truth, living our values, and caring for others are all ways that we can show courage, even if we may feel afraid by what that courage looks like and what we think it should be. One activity I'm looking forward to is designing Courage Badges to represent what each child thinks courage looks like and teach them to engage with the hurdles that courage can help us overcome.

Religious Education has two events to look forward to this month, beginning with our next combination **First Friday/Movie Night**. Please join us on Friday, October 2nd at 5:30 p.m. for pizza and a movie. Children will be encouraged to eat dinner downstairs, and then make their way to the sanctuary at 6:00 p.m. to watch *Paranorman*, an animated movie about a clairvoyant boy who must save his town from a centuries-old curse.

There will not be RE on Sunday, October 25th. Instead, children will stay in the service for a **Service for all Ages** that day. Afterwards, during our 11:30 a.m. Second Hour, we will be having a **Trunk-or-Treat**. Our Trunk-or-Treat is open to the community, and we plan to host another trunk decorating contest! If you're interested in offering your trunk and/or candy for the kids, please put your name on the sign-up sheet found in our Fellowship Hall. If you cannot attend October's events, no worries! We have a D&D night coming up November 14th with more details to come!

I've spent a lot of time these past few months going through everything that's been collected across the history of our Religious Education program. From old lessons to people's donated art and toys, it is rich with community history. Even though the past that I find is not mine, I still feel a certain warmth as I go through a program built from the love of its community. Some of this vast collection will remain with us, and some of it will not, much like people come and go. Regardless, each piece of it holds memories and I hope as we move forward and into our new building, we can make as many memories from this chapter of our story.

Ronan Parker
Coordinator of Children's Religious Education



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.

John Murray Spear, who organized the first Universalist anti-slavery conventions, died on October 6, 1887 in Philadelphia, Pennsylvania, at the age of eighty-one.



OCTOBER SERVICES

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

October 4th

Near-Death Experiences

~~ Carolyn Hildebrandt, John Miller (WA)

October 11th

Roots and Seeds ~~ Laura Jackson, Kathi Bower (WA)

Laura is a biology professor, director of UNI's Tallgrass Prairie Center, and a former member of our congregation. Here are her own words on her topic. "Natural objects (flowers, clouds, birds) and processes (seeds sprouting, storms, winged flight) are widely used as metaphors, and I find that encouraging. I will share my love for the mysterious "otherness" of plants, particularly their roots and their seeds, and explore the lessons we can learn from them, both metaphorically and literally."

October 18th

Politics: the Good, the Bad, and the Ugly

~~ John Miller, Al Hays (WA)

Given the tone of all the political advertising these days, John will speak about the ugly side of politics and the good things that can be done with positive messaging.

October 25th – Service For All Ages

Spiders, Endings, and the Web of Life

~~ Callie Amiday, Karen Impola (WA)

This all-ages Halloween service will celebrate spidery wisdom, scary endings, and the interconnection of the past, present, and future. Feel free to bring something that represents an ending, change, or transition—like a picture or small token of remembrance for a loved one or pet who has passed on—a symbol of something that is gone, a cycle or time that has ended. Costumes are encouraged. *Trunk or Treat* will be held during the Second Hour.



FIRST FRIDAY / MOVIE NIGHT

**Pizza and Fun! October 2nd at 5:30 p.m.
in the Fellowship Hall**

Join us for pizza and fun in the Fellowship Hall on Friday, October 2nd at 5:30 p.m. We had a great turnout in September! More pizza and breadsticks will be ordered so we don't run out! If you'd like to bring something to share for the meal, please do. Consider bringing a friend to add to the fun!

Stay in the Fellowship Hall to hang out after the pizza, or head up to the sanctuary for Movie Night! It was popular last month so we're doing it again—we'll be watching *Paranorman*. If you have any questions contact *Michaela Rich*.

ADULT RELIGIOUS EDUCATION

Forums take place following the Sunday services at 11:30 a.m. unless publicized otherwise. Most, if not all, are available on Zoom and in person at the church.

October 4th

Congregational Health Check-In

This is a chance for people who care about the congregation and about seeing us be a healthy group, to come to an interactive discussion about how we are doing with our commitment to openness and growth. This is an initial experience for us to hear what leadership has been focused on and what we as CVUU active participants want in our mutual relationship with leadership. We hope it will become at least a quarterly opportunity. The check-in today will be co-led by a member of the Congregational Life Council and the Shared Ministry Council.

October 11th

Soul Matters October Theme – Courage

The Soul Matters theme for October is "Courage". *Kat Beane Hanson* will lead a discussion of this important theme.

October 18th

Talkback

John Miller will provide a talkback opportunity following his sermon presentation, "Politics: The Good, the Bad, and the Ugly."

October 25th

Halloween-related activities in place of a Forum today

There will be a multi-generational activity related to Halloween, including *Trunk or Treat*.

Al and Pam Hays
Forum Organizers

NEW MUSIC DIRECTOR!

Welcome to our new Music Director, *Opal Utsler*! Opal is a lifelong Iowa resident who grew up in Indianola and moved to Cedar Falls in 2025. They will be graduating from UNI with their Bachelor's in Choral Music Education in December of 2027.

Highlights of their music career have been their participation in the UNI Opera, Des Moines Gamer Symphony Orchestra, and in master classes at Des Moines Area Community College.



When not making music, Opal enjoys spending time with their fiancé and cat, going to movies, playing games with their friends, and reading. An avid nature enjoyer, they look forward to taking long road trips and hiking through mountains and woods across the country. Opal is very excited to bring their passion for music to the CVUU and become more involved in the community.



On October 20, 1776 *William Emerson*, a Unitarian minister, chaplain to the Minutemen, and grandfather of Transcendentalist Ralph Waldo Emerson, died of typhoid or dysentery. He should not be confused with his son of the same name, who was born on May 6, 1769, and died on May 11, 1811.

GREEN LIVING ARTICLE AND PHOTOS

This month take special note of all the pollinator garden photos, the majority of which were taken by member *Elaine Hughes*. There are several that make up this month's Green Living article at the end of this newsletter, and there are three interspersed among various articles on other pages. You can see from the pollinator group photo the progress from planting day to some weeks later—exciting!



CONGREGATIONAL LIFE

Congregational Health Check-in

Sunday, October 4th at 11:30 a.m. during the Forum time in the Sanctuary, there will be a Congregational Health Check-in. This is a time to come together and have an interactive discussion about how CVUU is doing as a congregation with our commitment to openness and growth. It is the first of several Congregational Health Check-ins that have been scheduled throughout the new church year. This is an opportunity hear what leadership has been focused on and to share what we as CVUU active participants want in our mutual relationship with leadership. Come join together, ask questions, hear about new opportunities, as we review how we are continuing to build and grow together.



New Member Spotlight ~~ Bruce Ecker

Bruce Ecker has spent most of his life in the Cedar Valley, with the exception of a year living in Denver, Colorado, and nine years in Chicago. He and his wife Kim have been together for thirty-seven years and now live in Waverly.

Bruce has always been critical of organized religion. A few years ago, he attended a Peter Mayer concert at the CVUU (he's been a fan of Mayer's music for decades) and while here, he had the chance to fully absorb the Seven (or eight) Principles and connect with several members in attendance. That experience showed him a community in which he could align, and it ultimately led him to join the CVUU. Welcome Bruce!

Jill Miller
on behalf of the Congregational Life Council



Abigail Smith Adams, the wife of U.S. President John Adams, died at age seventy-three on October 28, 1818. A Unitarian, she was the chief figure in the social life of her husband's administration and one of the most distinguished and influential First Ladies in American history.

Jonathan Mayhew was born October 8, 1720 on Martha's Vineyard in Massachusetts. Although he was the son of Calvinist preacher Experience Mayhew, Jonathan accepted a call to West Church (Unitarian) in Boston in 1747. Mayhew was learned, lectured widely, and became an early outspoken advocate of national independence. He was a pioneer of religious freedom, fervent patriot, and reformer. He died on July 9, 1776.



Photo taken of these *Showy Black-eyed Susans* at the 9204 pollinator garden by CVUU member, *Elaine Hughes*.



This month's theme is "Courage" so we are going to explore the many different facets of courage. In addition to the heroic acts that alter history, there are also the daily choices that prevent history from altering us! Bending the arc of the universe toward justice deserves praise, but so does the ordinary work of integrity and not allowing yourself to be bent. We need to make room on the stage for these common acts of courage.

Join us this month on Sunday the 11th during the Forum time to share what courage means to you. If you have questions about the Soul Matters Small Group, direct them to *Kat Beane Hanson* who is the Small Group Coordinator.



NEW HOME PATIO CONCERT

It is time to put a little of our "New Home" to use. Your CVUU musicians would like to thank you for all your hard work towards making our New Home dream come true. We will do so on October 3rd from 6:00 to 8:00 p.m. on our New Home patio, 9204 University Ave., Cedar Falls. All you have to do is bring a lawn chair, your favorite beverage, snack, and sit back to enjoy the music. No work on your part, just enjoy the show. Hope you can make it. Contact *Bill Brown* if you have any questions.



SOCIAL ACTION COLLECTIONS

The Social Action Collections are an important activity for the CVUU, and we have continued to do well in supporting worthy charities that are chosen annually by this congregation.

The September charity was for **Iowa Safe Schools** and we'll have that total for you in the next newsletter.

The October charity is for **Black Hawk Grundy Mental Health**—an organization that has made our list many times over the years.

If you would like to see the results of how the voting went for the 2026-27 Social Action Collection year, that roster can be found at the end of the September newsletter.

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



OCTOBER DEADLINE

FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the **November** issue! The calendar deadline for this issue will be **Wednesday, October 14th** (send info to the office); the newsletter deadline will be **Friday, October 16th** (send articles to me). This information can also be found in bold type on the calendar page of this newsletter.

Mark your calendars now for **October 14th and 16th**—the calendar and newsletter deadlines *for the November 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



When witches go riding,
and black cats are seen,
the moon laughs and whispers,
'tis near Halloween.



SUNDAY, OCTOBER 25th is MOTHER-IN-LAW DAY

Always the fourth Sunday in October, Mother-in-Law Day is modeled after Mother's Day. The first observance was celebrated on March 5, 1934, in Amarillo, Texas.



Cabbage White Butterfly on Anise Hyssop—males have only one black spot on the upper side of each front wing. Photo taken at the 9204 pollinator garden by CVUU member, *Elaine Hughes*.

GROUP BOOK READING

There will be a group book reading forming. The book has been recommended by Rev. Matthew Johnson from the Unitarian Universalist Association (UUA) titled, *Governance and Ministry: Rethinking Board Leadership*.

It is to be a finite read until the book is done, but then people in the group will have the option of becoming a task force on making changes to the board or leaving some things in place that are working.

All members are welcome to join, including those in leadership. The duration of the read and times to meet will be determined by the interested people via email. The book is being bought at a discount by the church. The books will be available on a lending basis, or can be purchased for those who wish to have their own copy. That can be decided by members of the group after we meet.

For questions or to express interest, contact *Jill Miller* or *Nancie Groszkruger*.



LABYRINTH NEWS

Building a Labyrinth Vision as We Grow Together

Come join us at our new home, 9204 University Ave. on October 18th from 3:00 to 5:00 p.m. This gathering will be for visionaries who would like to explore the possibilities for building a labyrinth at the new home. This will be a focus group to brainstorm and share ideas that need to be considered. We'll meet on the patio in the back if weather permits, otherwise we'll meet inside. For questions or more information contact *Floralyn Groff*.



On October 18, 1893 Unitarian women's rights activist **Lucy Stone** died at age sixty-five.

Samuel Johnson was born on October 10, 1822 in Salem, Massachusetts. A graduate of Harvard College (1842) and Harvard Divinity School (1846), he was a regular preacher at Unitarian churches in eastern Massachusetts for several years. In 1853, he became the minister of the Unitarian church in Lynn, Massachusetts, where he remained until 1870. His Lynn congregation was notable for having “equal seating” and voluntary donations, rather than pew purchasing. Johnson published *Book of Hymns* with Samuel Longfellow (which Theodore Parker called “Book of Sams”) and later *Hymns of the Spirit*. A Transcendentalist and abolitionist, he wrote three volumes on *Oriental Religion*. Samuel Johnson died on February 19, 1882.



CEDAR VALLEY PRIDEFEST RECAP

A great time was had at the CVUU booth at Cedar Valley Pridefest 2026! The biggest of thank-yous to all the volunteers who braved the rain to set up our booth and welcomed attendees all day long.

Our painted rainbows and baked goods were popular once again! CVUU stickers, flyers, and koozies are also floating about the Cedar Valley community now.



Most importantly, we enjoyed a day surrounded by love and joy, and were reminded how wonderful it is to be a part of the Cedar Valley community. Thank you all, and see you next year!



MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group will be meeting in the Fellowship Hall (3912) on Monday, October 12th at 1:00 p.m.

The movie being discussed is *A Special Day* (1977) starring Sophia Loren and Marcello Mastroianni. It's an Italian film with English subtitles set in Rome during the Nazi era. It can be rented on Amazon, Fandango, YouTube, and Apple TV; it isn't available from the Cedar Falls Library.

Anyone who 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 OCTOBER INCLUDE:

National Toilet Tank Repair month
National Medical Librarians month
National Arts and Humanities month
National Bullying Prevention Awareness month
National Cyber Security Awareness month
National Pescatarian month National Seafood month



IOWA CANTERBURY FORUM

This month's Canterbury Forum is titled “**White Christian Nationalism in Iowa**” and the speaker is *Daniel Henderson*, historian and author of *Confessions of a Recovering Evangelical*. Join us on Sunday, October 25th at 7:00 p.m. on Zoom.

White Christian nationalism is prevalent in Iowa even though only about a third of Iowans subscribe to that ideology. Daniel Henderson will explore the reasons why it plays such an outsized role in the state, who the major players are, and dive into the real agenda. Having been part of the Christian nationalist scene earlier in his career, Henderson can speak to this movement first-hand. He has written extensively about white Christian nationalism, has several books published on the topic, and a weekly Substack newsletter.

If you are reading this newsletter in the last week of September, as a reminder, here are the details of the September Canterbury Forum. The title is “**Orthodox Christianity: the Church as a Hospital of Souls**” and the speaker is *Fr. Peter Andronache*. Join us Sunday, September 26th at 7:00 p.m. on Zoom.

The Christian churches most familiar to Iowans fall within the western Christian tradition (Roman Catholicism and Protestantism). The eastern branch of Christianity (Orthodoxy) offers another tradition, one rich in worship, art, and theology. The September Forum will be presented by Fr. Peter Andronache, who serves St. Demetrios Church in Waterloo and St. John the Baptist Church in Cedar Rapids. He will outline the Orthodox understanding of our relationship with God, and what that means for our understanding of sin and the spiritual struggle.

A Zoom link to these programs will be emailed one week before the presentation. If you are not already on this mailing list, you can receive a link to the program by emailing <canterburyforum@gmail.com>.



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 welcome new members to our team! Our meetings are at 3912 on the first Saturday of the month at 10:30 a.m. which this month is October 3rd. If interested in joining us in serving our beloved community, please contact *Stacey Bartz*.

The contact person for October is *Jan Anderson*.



Photo taken of this *Prairie Coreopsis* at the 9204 pollinator garden by CVUU member, *Elaine Hughes*.

John Hartigveld of Rotterdam died on October 22, 1678 at age sixty-six. The author of three books on Unitarianism, he argued that it is wrong for a true Christian to hold public office, inflict capital punishment, or bear arms.



At the time of this writing in mid-September, unfortunately for the farmers wanting to harvest, we're still getting plenty of rain. According to the editor of the "Friends of Old St. Michael's" newsletter from Holbrook, Iowa, the *Farmers' Almanac* states "warm and dry weather is on tap for fall, and for winter sudden cold snaps, blustery winds, snow squalls and bitter cold".

Condolences to *Karen Impola's* daughter *Anya Gibson*, who grew up in our congregation. Anya's partner Chloe, who she had been living with for the last two or three years, passed away suddenly last week. Anya has moved back in with Karen and Dave and cards can be sent to her there.

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.



On Sunday, September 13th there were UUs in attendance at the *Le Christopher's* meal in Waterloo at the Jubilee United Methodist Church. As usual, the tables were filled with many people enjoying this meal together. The kitchen and serving staff are so friendly and helpful and the food so yummy!

If you enjoy good food and plenty of conversation, mark your calendar for **Sunday, October 11th** 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!



OCTOBER DROP-IN SMALL GROUP

Craftersnoon

Sunday, October 18th at 1:00 p.m.

Calling all crafters! Bring your current project to work on in the Fellowship Hall (3912).

All creative endeavors welcome!

IUUWAN NEWS

Iowa Unitarian Universalist Witness Advocacy Network

What Do You Know About "Constitutional Amendment 1"?

General election coming November 3rd! Common Good Iowa quotes a Gazette reporter who sums up ballot initiative "Constitutional Amendment 1" like this: "*This amendment would ensure that we can't finance public schools or health care or childcare by any measure that would make the rich pay their fair share of costs. We couldn't restore a higher tax bracket on top incomes, enact a millionaire tax as some states have done, or close a loophole that corporations exploit. Call it The Millionaire Protection Act.*"



Between 2018 and 2024, Iowa lawmakers passed repeated corporate and personal income tax cuts that gave the biggest breaks to the wealthy. Iowa is now running \$1 billion budget deficits, and Amendment 1 backers want to change the rules to lock in those cuts and make it harder to fix our budget mess.

Here are some groups that are clearly saying **VOTE NO** on Amendment 1:

League of Women Voters,

Common Good Iowa,

AAUW-Iowa,

AFL-CIO,

Progress Iowa,

Iowa Hunger Coalition,

Iowa Chapter of Sierra Club,

Iowa Federation of Labor,

Iowa State Education Association,

Iowa Hunger Coalition,

Iowa Catholic Conference,

Iowa Conference of the United Methodist Church,

Iowa Integrated Health Planning and Advisory Council,

Iowa Chapter of National Association of Social Workers,

Iowa Developmental Disabilities Council, and

Iowa Unitarian Universalist Witness Advocacy Network.



****In-person absentee voting begins October 14th** and is available in the Election Office at the Black Hawk County Courthouse (316 East 5th Street in Waterloo) during regular business hours (8:00 a.m. - 4:30 p.m.). The deadline for in-person absentee voting is 4:30 p.m. on the Monday before the election.

Anyone with questions contact *Shirley Whiteside*.

Amendment 1 is a gift to big corporations & the rich

It makes it harder to raise just two taxes — the taxes that can be structured so the wealthy and profitable corporations pay their fair share:

- Individual income tax
- Corporate income tax

It leaves in place a simple majority for raising all other taxes or fees — items that hit working Iowans and struggling families hardest:

- Sales tax
- Property tax
- Health insurance premium tax
- Gas tax
- Franchise tax
- Beer tax
- Court fines & fees
- Vehicle registration fees
- Tuition*

* Indirectly — a simple majority of lawmakers could cut state aid to colleges & universities, forcing them to raise tuition to help make up the difference.

Paid for by Fair Taxes for Iowa's Future

Protect our schools, health & water NOT TAX BREAKS FOR THE RICH

"People who imagine that history flatters them, are impaled on their history like a butterfly on a pin and become incapable of seeing or changing themselves, or the world."

~James Baldwin, African-American novelist-essayist

Adam Neuser, minister of St. Peter's Church (Unitarian) in Heidelberg, Germany, died on October 12, 1576. Said to be the first Christian to insist on the complete humanity of Jesus, he disputed church authorities over the Trinity. Neuser is credited with introducing Socinianism into Germany. Five years before he died, he fled to Turkey to escape persecution and became a Muslim.



NORTHEAST IOWA FOOD BANK

We will be volunteering again in October 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 October 24th.

If you have a couple of hours to spare on the fourth Saturdays, let me know. We'd love to have you join us and reap the 'feel good' experience by working together in community service and socializing at the same time—all very uplifting. If this sounds like something you would enjoy, contact me (phone, text, email, or CVUU FB page).

Margie Miller



TREATS & TALENTS AUCTION

This year's *Treats & Talents Auction* will be held on Saturday, October 24th.



In keeping with all the construction at the new-to-us building, our theme for this year will be **Bob the Builder**. So get out your hard hat and prepare to take this year's auction to a whole new plane. I don't want to hammer the need for your participation, but your support keeps us plumb in line to complete our mission as a liberal religious home in our community.

Participants will be encouraged to come dressed in construction themes that paint a picture of our progress at the new CVUU location. I'm on the level about the success of our annual fundraiser. If you were at last year's auction, you saw what can be achieved. So don't screw around. Pencil this date on your calendar and plan to attend.

Social hour and silent auction will begin at 6:00 p.m. with the live auction starting at 7:00 p.m. Refreshments and liquid libations will be provided. Childcare will also be available. Join my crew for this year's fun at our annual Treats & Talents Auction.



Guess I nailed it, though as a rule I don't usually work with a blueprint, so hope I didn't finish too quickly or peak too early on the layout of this project.

Mike Knapp, Auction Chair

Cedar Valley
CROP HUNGER WALK

CVUU AND THE ANNUAL CROP WALK

The Social Action Council is once again supporting the annual CROP Walk to fight hunger. The walk is taking place on Sunday, October 4th from 1:00-4:00 p.m. beginning at the First Congregational UCC Church, 608 West Fourth Street, Waterloo. We will be walking through Waterloo's Historic Church Row Neighborhood. Walkers will learn more about our immigrant neighbors and hear their stories. The walk is approximately three miles and there will be a van circulating to pick up anyone who needs a ride along the way.

Registration and Lunch begins at 1:00 p.m. The Send-off is at 1:45 p.m. and the walk begins at 2:00 p.m. Last year there were 100 walkers from 25 churches and \$17,500 was raised. Twenty-five percent of the money stays with the Northeast Iowa Food Bank; the remaining seventy-five percent will be used for world hunger relief in the US and around the world.

We want a strong CVUU turnout for the walk! You can walk, or make a donation...or do both! *Byron Plumley* will collect donations of cash or checks and record the names of contributors. Checks should be made out to Church World Service/CROP. Byron will be available at the CVUU on Sunday, September 27th to collect donations, or at First Congregational on October 4th. For questions or more information, contact Byron.



MINDFULNESS MEDITATION RETREAT

The CVUU Buddhist Path Mindfulness Meditation Retreat will be October 9th -11th (Friday-Sunday). The retreat is again being held at the Creighton University Retreat Center outside of Griswold, Iowa.

An informational bulletin, along with registration forms, is posted in the Fellowship Hall. At the time of this writing, there are about ten spaces left. We hope you will consider attending this meaningful and relaxing retreat!

Feel free to contact either *Nate Callahan* or *Mary Kay Madsen* with any questions.



The celebrated painter and illustrator *Newell Convers Wyeth* (often noted as N. C. Wyeth) was born on October 22, 1882. His work appeared in dozens of books, including Robert Louis Stevenson's *Treasure Island*, and in such magazines as *Saturday Evening Post*, *Harper's*, *Scribner's*, *Collier's*, and *The Ladies' Home Journal*. Wyeth's historical and allegorical murals are in the Boston Public Library, Missouri State Capitol, and the National Cathedral in Washington, D.C. Wyeth and his wife were members of First Unitarian Society of Wilmington, Delaware. He died on October 19, 1945.



GREEN LIVING CORNER

What a Difference a Pollinator Garden Makes in a Short Time!

Early this past spring, after tours of the property and advice from professional conservationists, some members of the Pollinator Garden Group met to discuss a potential site for a pollinator garden at our new church home. *Donna Davis* recruited volunteers to work on the project. On April 14th *Dawn Ask Martin* and *Donna Davis* masked a small area and after eight weeks *Shirley Whiteside* and *Byron Plumley* uncovered, mulched and watered it. When the site was ready, thirteen volunteers met to do the planting and watering on the 13th of June.

Left side front to back:
*Kathi Bower, Rosa Torres,
Betsy Brant, Cathy Ryan,
Jill Miller, Dawn Ask Martin.*

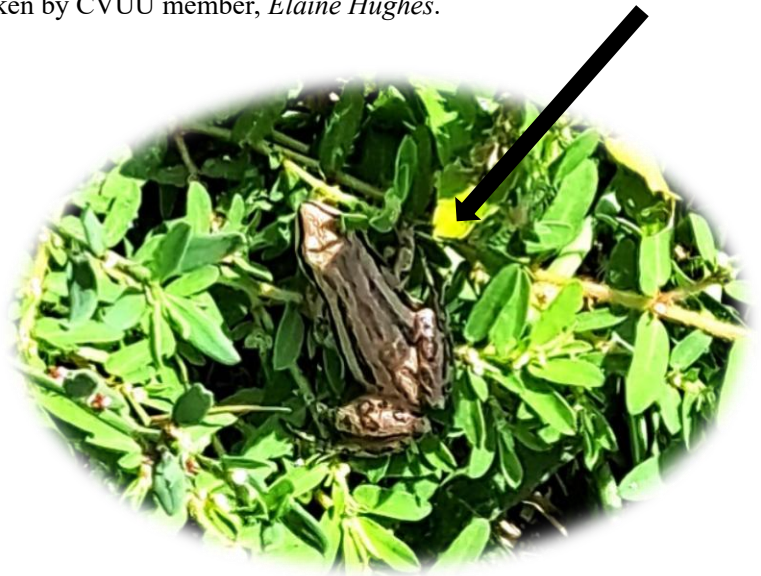


Right side front to back:
*Jess Lieb, Sarah Moore,
Elizabeth Myers, Sally Browne,
Elaine Hughes. (Not pictured –
A. M. and Donna Davis.)*

Just six weeks and three days later there were plants blooming and the pollinators began arriving along with a very tiny frog!!
The following five photos were taken by CVUU member, *Elaine Hughes*.



**Butterfly Milkweed, Royal Catchfly, Anise Hyssop,
and Showy Black-eyed Susans**



Bumble bees swarmed the Anise Hyssop. Several tiny bees and flies were spotted on the flowers. A Red Admiral Butterfly, a Cabbage White Butterfly, and a Buckeye Butterfly were in the garden – and a Monarch Butterfly was seen flying in the area.



Red Admiral Butterfly



**Cabbage White Butterfly
(females have two black spots)**



Butterfly Milkweed with a tiny bee!