



**CEDAR VALLEY
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

319-266-5640

www.cedarvalleyuu.org



***** 2026 *****

- NOVEMBER 1 10:00 A.M. **GHOSTBUSTERS: ATTITUDES TOWARD THE SUPERNATURAL**
– Al Hays, Kathi Bower *
- NOVEMBER 8 10:00 A.M. **HUMANISM** – Lynn Brant, Callie Amiday *
- NOVEMBER 15 10:00 A.M. **WE LAUGH, WE CRY** – Nick Reans, Heather Flory, Sheri Huber-Otting; Al Hays *
- NOVEMBER 22 10:00 A.M. **BEING THANKFUL** – Maegan Blaylock, Kathi Bower *
- NOVEMBER 29 10:00 A.M. **ON CREEDS AND COVENANTS** – Russ Campbell, 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

During this period of Thanksgiving, my heart is filled with gratitude for everything that the CVUU means to me and to our beloved community. We have been through difficult times, and yet we continue to return, again and again, with renewed energy and hope for the future.

Thank you for believing in the mission of our church and the power of our Covenant. Even though we recite our Covenant only once a week during Sunday services, many of us aspire to live by it every day. Thanks to everyone who is doing the regular work of the church, and all who are doing the extra work to renovate CVUU-West and to get CVUU-East ready for sale. What a mighty group we are!

If you are reading this message in late October or early November, we will have already enjoyed our annual Treats & Talents Auction led by our very own ‘Bob the Builder’, *Mike Knapp*. The sound track I’m hearing in my head is a verse from one of our favorite hymns, #1017: “We are building a new way, Growing stronger every day, We are build—ing a new way.”

A frequent question people ask is, “When will we get a new minister?” My answer is, “We need to search for an *interim minister* first, and after that (typically a year or more) we can search for a *settled minister*.” This is so we can learn from our past and clarify what we need now and in the future before we commit to a settled minister. For more information, please see the article titled *CVUU Special Care Status* in this newsletter.

The typical timeline for an interim search is as follows:

January-February: Announce our intention to start a search. Form a search committee. Create a search packet to be shared with prospective candidates.

April: A list of prospective candidates will go live on a private UUA website. The search committee will interview our top three candidates, most likely via Zoom. After that, we will invite our top candidate to come for an in-person visit.

April-May: Offers are made, and interim ministers are hired.

August: Interim ministers start their ministry.

I hope that we will find a wonderful interim minister! In the meantime, thank you for all that you do!

With Love at the Center,
Carolyn Hildebrandt
Board President

[Editor’s Note: Once we took ownership of the UCC building, there has been some confusion as to how to differentiate between our two buildings for meetings, work, etc. Using their USPS mailing numbers—3912 and 9204—seemed simple enough, but some members still don’t know which is which. University Ave. runs east and west (if you’ve ever driven that road on a sunny day, you know which way is east/west!!) so in Carolyn’s article above, her reference to *CVUU-East* and *CVUU-West* is what this newsletter will be using going forward to define the two buildings.]



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.

CHILDREN’S RE!!

Autumn is always my favorite time of year. There are endless reasons to love the season, and though November is when autumn reaches its end, there’s still so much of it left to enjoy throughout the month. Thank you to everyone who attended and helped out with cleanup during our second combination *First Friday & Movie Night*! It’s been a blast hosting movies for the kids!

Our Soul Matters theme for November is *Healing*. We will explore how we can help ourselves, others, and our community-at-large heal. There are so many different ways we can work on healing—from honoring the people who have shaped us in ways both positive and negative, to simply taking the time to notice the good things that we have. There is a fun Wonder Box activity I’m looking forward to that incorporates a science experiment to demonstrate how kindness can uplift us and help us heal. We will also practice some self care, with different “self care” stations to show all of the ways we can treat ourselves kindly!

We have a couple of fun activities for children throughout November. First is our monthly *First Friday & Movie Night* on Friday, November 6th at 5:30 p.m. We will be in the Sanctuary during First Friday to watch *Encanto*, a movie about a family with magic powers who help their community, and the only girl among them who has none. It is a wonderful movie about the complicated nature of family, and how people can still heal after growing so far apart. There will also be a *D&D Game Night* from 6:00-9:00 p.m. on Saturday, November 14th. Join us for an awesome night of Dungeons & Dragons live play with friends! We will have snacks available.

It’s been said a thousand times in as many different ways that healing is a journey, but it’s true. Each leg of the journey is a new lesson to help us feel whole, and repair the hurt done to ourselves and to others. Painful experiences change a person, and it is what we do with that change that truly helps us to heal. What *was* may not return to what *is*, and that’s okay. Don’t give up on the journey chasing what was, and walk the path learning to love what is.

Ronan Parker
Coordinator of Children’s Religious Education



CHILDREN’S RE IS IN FULL SWING THIS FALL!

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*.



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



NOVEMBER SERVICES

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

November 1st

Ghostbusters: Attitudes Toward the Supernatural

~~ Al Hays, Kathi Bower (WA)

Here is what *Al* has to say about his service: “As people who pride themselves on reason and science, I think many UUs are skeptical about ghosts and ghost stories. We may even make fun of them, as in this famous movie. However, I think we should remain open to the spiritual dimension that many people try to give voice to through this supernatural method. This service will explore both the sublime and the ridiculous about ghosts.”

November 8th

Humanism ~~ Lynn Brant, Callie Amiday (WA)

Lynn will look at the 2003 Humanist Manifesto and how Religious Humanism relates to and had its origins in Unitarianism, before the merger into Unitarian Universalism.

November 15th

We Laugh, We Cry

~~ Nick Reans, Heather Flory, Sheri Huber-Otting; Al Hays (WA)
Join *Sheri*, *Nick*, and *Heather* for a service about laughing and crying together in these challenging times. Inspired by the UU song “We Laugh, We Cry”, they will share reflections on the importance of feeling our feelings and the value of laughter. They plan to include some laughter yoga, because we all need more laughter in our lives!

November 22nd

Being Thankful ~~ Maegan Blaylock, Kathi Bower (WA)

On this Sunday before Thanksgiving, the subject is gratitude. *Maegan* will focus specifically on gratitude while grieving and how to remain mindful when going through hard times.

November 29th

On Creeds and Covenants

~~ Russ Campbell, Karen Impola (WA)

Creeds are statements of faith, covenants are commitments to action in support of that faith. Universalism has evolved from creeds to covenants (from words to actions).

The CVUU Covenant

We gather together in the spirit of love. We seek to grow in wisdom, promote peace, and strive for social justice. We dedicate ourselves to kindness, understanding, and responsible actions, so that we may grow in harmony with nature and the divine.



ADULT RELIGIOUS EDUCATION

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

November 1st

Talkback

Al Hays will hold a talkback today on his service, *Ghostbusters*.

November 8th

AMOS for UUs

AMOS (A Mid-Iowa Organizing Strategy) is a very effective progressive organizing group, sponsored by multiple churches. They currently operate mainly in Central Iowa but are looking to expand into Northeast Iowa. UUs have been important leaders in AMOS and two of them, Crystal Loving and Sally Boeckhart, representatives from other Iowa UU congregations who have been active with AMOS, will be speaking to us about their experiences working with the group.

November 15th

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 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 plan for it to be a quarterly opportunity. The check-in today will be co-led by a member of the Congregational Life Council, the Shared Ministry Council, and a Board member.

November 22nd

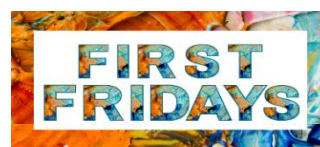
Soul Matters November Theme – Healing

The Soul Matters theme for November is “Healing”. *Kat Beane Hanson* will lead a discussion on this important theme.

November 29th

There is no Forum this day due to the holiday weekend.

Al and Pam Hays
Forum Organizers



FIRST FRIDAY & MOVIE NIGHT

**Pizza and Fun! November 6th at 5:30 p.m.
in the Fellowship Hall**

Join us for pizza and fun in the Fellowship Hall on Friday, November 6th at 5:30 p.m. Thanks to everyone who joined the pizza and movie night in October! We'll have plenty of pizza and breadsticks! If you'd like to bring something to share, please do. Bring a friend! If you have any questions, contact *Michaela Rich*.

Stay in the Fellowship Hall to hang out after the pizza, or head to the sanctuary for movie night to watch *Encanto*!

[Editor's Note: see Ronan's article for a description of the movie.]



CONGREGATIONAL LIFE

A Little (Hospitality) Help From Our Friends...

Hello friends! The purpose of this message is to get more people to volunteer and sign up for Hospitality. Currently you can sign up on the clipboard in the Fellowship Hall or online at the bottom of the Weekly Update. There are several ways to help and get involved—brewing coffee in the morning, bringing something delicious to share (store-bought or homemade), helping to do dishes, wiping down tables, and vacuuming the floor afterwards. Each role is vital and essential, you've no doubt seen me doing many roles on Sundays.



I've been involved with Hospitality for almost three years now, and it's been a wonderful experience for me. As a former barista, I got involved by wanting to take charge of brewing coffee. At the time, there was only dried coffee creamer, so one Sunday I showed up with some flavored coffee creamers and a loaf of banana bread I'd made and put them out for people to enjoy. The positive feedback I got was instantaneous—both affirming and addictive. I'm a firm believer in 'if you can make the world a better place, you needn't wait or ask for permission to do so; just jump in with both feet'.

There are many reasons why I enjoy my role in leading Hospitality. One, it gives me a sense of connection and purpose. Instead of just showing up and being a butt in a pew, I choose to show up and contribute beyond myself. Two, it feels wonderful to feed people about whom I care; I liken this opportunity in hospitality to the love language, acts of service. Three, I'm consciously setting a good example for my daughter. I didn't start cooking for my family until after *Ellie's* mother died. I wanted to give both my daughters delicious, home-cooked meals, made with love; the same way their mother did. By taking this leadership role in Hospitality and reliably providing food each Sunday, I'm teaching my daughter that everyone has something they can contribute, and that many hands make for light work. Four, I never know who I'm feeding and to know that my offering might have been some hungry person's lunch; that's a great feeling.

I want to thank everyone in the CVUU for the opportunity to take on his role. It's a privilege getting to feed you all, and one I don't take lightly. Thank you to everyone who has helped bring food to share and helped to clean up and keep our place looking tidy and neat. I'm excited to move into our new building and want to encourage you to sign up and help be a part of something wonderful!

Hospitality Lead,
Nick Reans

NOVEMBER CONGREGATIONAL EVENTS (at CVUU-East)

****Democracy: Sharing Our Joys, Sorrows, Hopes and Dreams***

Wednesday, November 4th at 6:30 p.m. in the Sanctuary

On this post-election night join us as we come together with our beloved community to celebrate democracy by sharing songs, poetry, stories, thoughts, and feelings. Contact *Jill Miller* for details.

****Congregational Health Check-In***

Sunday, November 15th at 11:30 a.m. (Forum time) in the Sanctuary

Bring your questions, share your ideas and concerns, hear updates on progress being made as we all grow and build together.

****Thanksgiving Day Potluck***

A full article titled *Thanksgiving Potluck* is in this newsletter with necessary details.

Jill Miller

on behalf of the Congregational Life Council



Sir Charles Lyell was born in Kinnordy, Forfarshire, England on November 14, 1797. He was a lawyer who became an eminent geologist and anthropologist and professor at King's College in Cambridge. Lyell worked to reconcile science and religion. Queen Victoria knighted him in 1848 and he became a baronet in 1864. Lyell worshiped in London at Little Portland Street Chapel (Unitarian). On his trips to America, he became acquainted with William Ellery Channing, Henry Whitney Bellows, William Channing Gannett, and Henry Ware, Jr. He became a worshiper in Unitarian churches in both America and England. Lyell wrote and spoke often of his devotion to Unitarianism. He died on February 22, 1875 and is buried in Westminster Abbey.



Worry, loss, death, exhaustion, economic instability, the unraveling of our democracy, the destruction of our planet. It's all overwhelming. We want to stitch up our protective coverings as soon as we can, so our exposed and tender nerves can rest. We want the pain behind us as soon as possible. But this month's curriculum reminds us, gently, that the only way out is through. The path to healing lies in encountering our pain, not running from it.

Join us this month on Sunday the 22nd during the Forum time to share what *healing* 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.



STARTING UP THE CHOIR!

In the coming weeks, I am hoping to get the choir making music again! There are some 'housekeeping' details to work through first, such as who is interested and when are folks available. I've made up an interest form which can be found at: <https://forms.gle/VgED6Cgv5bWAWqnu5>. For those not so tech savvy, I have paper copies for anyone who contacts me. Please feel free to reach out and let me know if this is of interest to you. I'm looking forward to working together with any and all music makers!

Opal Utsler,
Music Director



We have future openings in the pulpit.
Contact Religious Services Council co-chairs *Karen Impola* or *Kathi Bower* if you would like to give a sermon.



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 to support **Iowa Safe Schools** and we collected the grand sum of \$415!

The October charity was in support of **Black Hawk Grunsky Mental Health**—an organization that has made our list many times over the years. We'll have that total for you next month.

The November charity, to be collected at the Sunday service on the 29th, is for the **House of Hope**. As we give thanks this month, let us remember the good work of the House of Hope in our community.

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.

IMPORTANT! It's the time of year when our members will be receiving 'snail' mail from the UUSC. Our Social Action charity in January 2027 is for the UUSC's *Guest At Your Table*. Annually, the CVUU contributes to the Guest At Your Table program, so instead of using the mailing, send your contribution to our Collector labeled 2027 GAYT. Contributions of at least \$150 are matched. Thank you for your participation!

The Social Action Committee



NOVEMBER DEADLINES! FOR THE CALENDAR AND NUUSLETTER

The next newsletter will be the December issue! The calendar deadline for this issue will be **Wednesday, November 18th** (send info to the office); the newsletter deadline will be **Friday, November 20th** (send articles to me). This information can also be found in bold type on the calendar page of this newsletter.

Mark your calendars now for **November 18th and 20th**—the calendar and newsletter deadlines *for the December 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



POLLINATOR GARDEN PHOTOS

This month we have *two more* lovely photos from the pollinator garden at CVUU-West taken by *Elaine Hughes*. If you missed last month's newsletter, you should check it out online so you can see her lovely photos in color. Thanks to Elaine for sharing these with us!



AN EASY CHANCE TO HELP THE EARTH!

Do you or any of your friends or neighbors buy eggs? Many people do, so if those eggs come in the cardboard-like containers, you could help give the containers a second life! (No styrofoam, please.) Our organic egg and veggie farmer uses the cardboard cartons to transport eggs to his customers. It also cuts down on his expenses by not having to buy egg cartons. So if you have clean, sturdy, cardboard-like egg cartons, we can extend their life.

Rather than dumping them in the trash or sending them to recycle, consider donating them for a good cause. Leave them bagged at church, 1) under the mailslots on the second floor, or 2) on the shelf above the coatrack in the entry; please put my name on the bag. I will see that he gets them for distribution. Just one more small way of working together to keep reusable items out of the landfill.

Gerry Chamberlin, Editor



This lovely **Monarch on the Anise Hyssop** just missed showing up in time for inclusion in the October newsletter! CVUU member *Elaine Hughes* took this photo on September 23rd at CVUU-West.



SOME OBSERVANCES FOR THE MONTH OF NOVEMBER INCLUDE:

National Family Literacy month
National Home Care and Hospice month
National Native American Heritage month
National Pomegranate month National Adoption month
National Novel Writing month National COPD month
National Gratitude month National Scholarship month

GREEN LIVING CORNER

Footprints on the Planet

The Natural Grocers chain has a monthly magazine with store specials and articles geared toward our planet. (For those who are unaware, there is a store in Cedar Falls.) Each issue has an article titled 'Earth Watch' and the May issue's focus was on "the hidden cost of AI's unquenchable thirst". Here are some portions of the May article.

"Not only is AI energy-intensive to operate—it's also thirsty. The data centers that keep it running can consume up to five million gallons of water daily at the largest facilities, and with more than 5,400 data centers in the U.S., that adds up to billions of gallons annually. AI's water footprint is slipping under the radar. The electricity that fuels data center servers constantly generates heat, and to keep the systems from overheating, many facilities rely on water-intensive evaporative cooling systems. They primarily use fresh water, with about 80 to 90 percent drawn from public supplies. Rather than recycling that water back into the supply, it is evaporated into the atmosphere. Meanwhile, as droughts and water shortages increase across the country, data centers are tapping into critical sources, including underground aquifers. Arizona, which has been in an extended drought since the 1990s, is one of the country's leading data center markets.

"For some of the biggest names, like Google and Microsoft, water use continues to increase yearly, reaching billions of gallons annually. Considering that just three percent of Earth's water is fresh, only about 0.5 percent is safe and accessible for human use, and with much of the U.S. already experiencing long-term droughts, perhaps it's worth considering, is that AI query really worth it?"

The Natural Grocers' full article can be found on their website <naturalgrocers.com> page 16 of the May issue. Their September issue, page 45, has more on AI's data centers—"that the AI boom is a major climate problem. Data center emissions could become 'one of the fastest-growing sources of greenhouse gases in the world'. According to Siddharth Singh, of the International Energy Agency, by 2030 the electrical consumption of the U.S. data centers will be greater than that of all the nation's heavy industries combined—including steel, automotive, chemical, and cement." Find the full article on the website.

What does this mean closer to home? According to an April article in *The Gazette*, an AI data center was under construction on 612 acres in southwest Cedar Rapids near the airport, with plans to include seven data center buildings. Waterloo is planning a new data center. As of early September, after extensive public comments about water use, noise, and long-term community impacts and environmental concerns, the Waterloo City Council voted to pause approvals for data-center development for three months to gather information, study regulations, and to then report back to the public.

Gerry Chamberlin, Editor



Wednesday, November 11th

THANKSGIVING POTLUCK

Where will you be on Thanksgiving? Certainly not alone, as plans are again in the works for a gathering at the CVUU on Thanksgiving Day which is November 26th.

There will be a sign-up sheet for those attending and what they will plan to bring. Please sign up, as that's the way we end up with well-balanced contributions to the meal! The sheet will also include places to sign up for *setting up* and *clean up*, so do volunteer. *Chef Nate* says there will be turkey, lamb, and gravy.



Folks can begin gathering around Noon for some socializing if they wish, and eating will begin around 1:00 p.m. The church's plates/silverware will be used, and coffee, tea, and water will be provided. If other beverages are desired, please use the sign-up sheet and note what you intend to bring. For questions contact *Priscilla* or *Nate*.



When we tug on a single thing in nature, we find it attached to everything else.

~John Muir

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



WhaleCoast Alaska – Our 33rd Year!

A More Authentic Travel Experience

A unique, exciting fundraising tour organized by Alaska UU congregations is being offered again next summer by WhaleCoast



Alaska. Experience majestic scenery, wildlife, Denali National Park, Alaska Native culture, glaciers, and UU homestays. For 33 years, WhaleCoast Alaska tours have been the BEST way to visit Alaska. Register now for this

amazing experience! Questions may be directed to: <info@whalecoastak.org>. You can find a detailed, daily itinerary on the website: <www.WhaleCoastAK.org>.

Alaska National Parks Tour

June 19th – June 29th, 2027 – 11 Days, 10 Nights

\$4,810 per person (double occupancy)

Anchorage, Seward, Kenai Fjords National Park, Denali National Park, and Fairbanks

[Editor's Note: Of the thirty spaces available for this tour, **only twelve remain** at the time of this typing!]

IOWA CANTERBURY FORUM

If you are reading this newsletter prior to Sunday, October 25th, this is a reminder of October's Canterbury Forum titled, **"White Christian Nationalism in Iowa"**. The speaker is *Daniel Henderson*, historian and author of *Confessions of a Recovering Evangelical*. Join the forum on Zoom at 7:00 p.m. This is the final Forum for 2026!

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.

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>.

[Editor's Note: The Forums will begin again on Sunday, January 24th, other dates include February 28th, and April 25th, so mark your 2027 calendars now!]



It seems as though we just started writing 2026 and already, here we are in November—a time of transition from colorful leaves to chilly winds, and maybe even some snow!

Here is a poem about November by John Stuart Thomson, (1897):

*Give me the suns of November days,
The speeding hours and the hast'ning shades;
Find me a wood, where the slanting rays,
Engold the leaves in the maple glades.*

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.

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



"America's history is steeped in a broth of racism so strong if you tried swallowing it in one gulp you might gag on the stench."

~~~Neil D. Hamilton,  
author of *The Land Remains*

## IUUWAN NEWS

*Iowa Unitarian Universalist Witness Advocacy Network*

### What Do You Know About "Constitutional Amendment 1"?

General election coming November 3<sup>rd</sup>! 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:

*\*Progress Iowa, \*Iowa Hunger Coalition,  
\*Iowa Developmental Disabilities Council,  
\*League of Women Voters, \*Common Good Iowa,  
\*Iowa Conference of the United Methodist Church,  
\*AAUW-Iowa, \*AFL-CIO, \*Iowa Catholic Conference,  
\*Iowa Chapter of Sierra Club, \*Iowa Federation of Labor,  
\*Iowa State Education Association, \*Iowa Hunger Coalition,  
\*Iowa Integrated Health Planning and Advisory Council,  
\*Iowa Chapter of National Association of Social Workers, and  
\*Iowa Unitarian Universalist Witness Advocacy Network.*

**\*\*In-person absentee voting began October 14<sup>th</sup> and is available in the Election Office at the Black Hawk County Courthouse (316 East 5<sup>th</sup> 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*.



### 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 CVUU-East on the first Saturday of the month at 10:30 a.m. which this month is November 7<sup>th</sup>. If interested in joining us in serving our beloved community, please contact *Stacey Bartz*.

The contact person for November is *Margie Miller*.

~~~~~  
"Without a sense of caring,
there can be no sense of community."
~~~Anthony J. D.'Angelo

## CVUU SPECIAL CARE STATUS

As you may have heard, the CVUU is in “Special Care” status with the UUA (Unitarian Universalist Association) due to the circumstances that led to our minister’s sudden departure last summer. This article provides some highlights about how Special Care Status works.

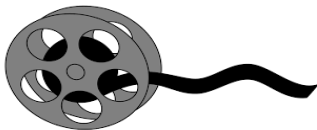
When a ministry ends in serious conflict, dysfunction, or unresolved trauma, the UUA places a temporary hold on the congregation’s ability to search for a new settled minister.

- **The Pause:** Instead of letting a hurting congregation rush into a new search, UUA Congregational Life staff require a pause to assess the congregation’s history, culture, and immediate needs.
- **Mandatory Transitional Work:** The UUA will restrict standard search and settlement. Instead, they typically require the congregation to engage in specific developmental or transitional ministry (such as hiring an interim or developmental minister) to address underlying patterns of conflict.
- **Staff Support & Coaching:** During this status, UUA staff provide targeted resources, conflict engagement training, and leadership coaching to help the congregation prepare for a healthy, sustainable future ministerial match.
- **Profile Transparency:** When the congregation is eventually permitted to search again, UUA staff review their search profiles to ensure they are fully transparent with ministerial candidates about past challenges and conflicts.

For more information about the Special Care Status and the UUA process to search for a new minister, see this UUA report: [uua.org/files/2024-06/WCC\\_2024\\_implementation\\_plan.pdf](http://uua.org/files/2024-06/WCC_2024_implementation_plan.pdf).



**Henry Solly** was born in London on November 13, 1813. Reared Unitarian, he was a member of the first class at University College in London that would receive Unitarians (1829-1832). He became minister at the Unitarian chapel in Yeovil, Somerset, England, and served other English churches in Tavistock, Shepton, Mallet, Cheltenham, Lancaster, and Carter Lane in London. Solly also founded the Working Men’s Clubs, the Charity Organization Society, and the Garden City movement. His main concerns were for the welfare of working men and the poor, universal suffrage, education, temperance, and the abolition of slavery. Like many English Unitarians of his time, Solly was socially radical but conventional in his theology. Henry Solly died on February 27, 1903.



## MOVIE DISCUSSION SMALL GROUP

The Movie Discussion Small Group’s monthly meeting will be at 1:00 p.m. in the Fellowship Hall (CVUU-East) on Monday, November 9<sup>th</sup>.

The movie being discussed will be *Casablanca*, which can be borrowed from the Cedar Falls Library, and stars Humphrey Bogart and Ingrid Bergman. It can be viewed on HBO Max with a subscription; it’s for rent on Amazon, YouTube, Google Play, Apple TV, and Fandango.

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!

## BUILDING AND GROWING TOGETHER THROUGH TRAINING

As part of the CVUU’s special care status with the UUA described in the left column, the UUA recommends special training for as many members as possible. The Shared Ministry Council (SMC) is here to help! We are following a training plan approved by the Board at their 9/10/26 meeting to provide UUA-recommended training to the Board, others in leadership, and anyone from the congregation who is interested in learning more as part of their own spiritual growth. The following courses will be available to CVUU leaders and members during January–March, 2027. Our plan is to schedule times to meet to watch the self-paced training videos provided by the UU institute for each course, and discuss the information presented. We hope that you will join us for any or all of these trainings! Stay tuned for an interest survey later this year so that we can schedule training based on interest and availability.

### Effective Boundaries for Lay Leaders

- This training equips congregational leaders to strengthen the relational and organizational foundations that sustain thriving UU communities. Effective boundaries support mission alignment, reduce harm and promote the wellbeing of leaders, volunteers and the wider congregation.
- Participants will explore boundaries at three levels: clarifying and maintaining their own roles and responsibilities, recognizing and honoring the boundaries of others and understanding how governance, policies and structural supports uphold accountability, safety and trust within congregational life.

### Fostering Safer Congregations, 110

- **Important note: This course includes sexual harassment and emergency preparedness training. We may also provide separate emergency preparedness training, based on interest.**
- Our congregations strive to be safe and welcoming places to all. It is impossible to make a congregation 100% safe; however, there are steps that you can take to make your congregation safer while still creating a supportive space for learning, growth, and challenge as well as actively working for the inclusion and safety of all people.
- This training provides resources for religious educators, ministers and other congregational leaders to prevent and address violence, abuse, harassment, inappropriate behavior, and other threats to safety.

### Covenant Calls Us In: The Why of Behavioral Covenant 109

- In this course, we will be providing you with the background necessary to engage in creating and/or reviewing and revising your congregation’s covenants and policies and procedures for dealing with destructive behavior. Dealing with destructive behavior is some of the hardest work that a congregation has to deal with, and at the same time it’s essential to maintaining a culture that provides people with the ability to bring their whole self to the religious community.



**Daylight Saving Time Ends  
Sunday, November 1<sup>st</sup>!**

On November 14, 1843 **Jenkin Lloyd Jones** was born in Cardiganshire, Wales. He graduated from Meadville Theological School in 1870 and was a Unitarian minister in Winnetka, Illinois from 1870 to 1871, and All Souls Church in Janesville, Wisconsin from 1871 to 1880. He served as secretary of the Western Unitarian Conference from 1875 to 1884, and led the Conference on a path independent of Boston headquarters, wishing to leave Christology behind. Jones founded Unity and was the leader of the Unity movement, a radical modernist movement in Midwest Unitarianism in the late 19<sup>th</sup> century. He was secretary of the World's Parliament of Religions from 1892 to 1895 and director of the Abraham Lincoln Center in Chicago, Illinois from 1905 to 1918. Jones was at odds with the American Unitarian Association because of his radical theology. He was also a pacifist and opposed American entry in World War I. Jenkin Lloyd Jones died on September 12, 1918.



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

At the time of this writing, our CVUU October commitment at the Food Bank is Saturday the 24<sup>th</sup> (just a few days after this newsletter will be published), so details of what was accomplished will be included in next month's newsletter.

This month, due to the Thanksgiving weekend, we will not be volunteering on our usual fourth Saturday from Noon to 2:00 p.m. I may hear from the Food Bank of other dates/times when they could use help prior to Thanksgiving, so let me know if you have an interest.

If you have a couple of hours to spare to be with other UUs 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. If this sounds like something you would enjoy, contact me (phone, text, email, or CVUU FB page).

*Margie Miller*



**Painted Lady on Anise Hyssop**—amazing that the Anise Hyssop is still in bloom!  
Photo taken on October 3<sup>rd</sup> by member,  
*Elaine Hughes* at CVUU-West.



*As seen in a local grocery store on bags of unshelled peanuts:*

**"Salted Peanuts  
Grown in U.S.A.  
Contains nuts"**



### ***FOLLOW-UP ON THE ANNUAL CROP WALK OF OCTOBER 4<sup>th</sup>***

The CROP hunger walk is an international effort sponsored by Church World Service. CWS addresses immediate needs and also advocates for long-term change that supports clean water and nutritious food.

The Cedar Valley Interfaith Council sponsors the annual walk in an effort to combat hunger internationally and in our local communities. For several years the CVUU Social Action Council has supported the walk. The two-mile walk includes forty signs along the way that inform participants about food issues among families in the Cedar Valley including among our immigrant neighbors. Much of the information is provided by the Northeast Iowa Food Bank. The NE Iowa Food Bank serves sixteen counties in communities facing food insecurity.

The Sunday, October 4<sup>th</sup> walk began with registration and lunch at the First Congregational, UCC church on Fourth Street in Waterloo. This year the lunch included dishes from the Liberian and Congolese community along with American hot dogs. The walk took us through the Church Row neighborhood.



This year the CROP walk included twenty churches with 105 walkers (eighteen were our immigrant friends). The walk raised \$10,000 to date with a little more expected to trickle in. Twenty-five percent will go to the NE Iowa Food Bank. CVUU provides volunteers for the Food Bank each month. Thanks to *Margie Miller* for her coordination of that effort.

The CVUU contributed \$780 and had six walkers. Thanks to *Michael Jamosky, Linda Lechty, Xander Gruver, Betsy Brant, Mary Day, and Byron Plumley* for joining the walk.

[Editor's Note: Many thanks to Byron for making this so much fun in the weeks leading up to the event!]



**Joseph Tuckerman** began his work with the poor of Boston under the sponsorship of the Association of Religious Improvement on November 15, 1826. He worked particularly with children, seeing that they went to school and had shoes and clothes. He helped to establish Sunday schools for poor children and was a leader in the Sunday School Society (Unitarian) until he died on April 20, 1840.



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