



**CEDAR VALLEY  
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

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\*\*\*\*\* 2014 \*\*\*\*\*

SEPTEMBER 7 See article **RETREAT SUNDAY AT HARTMAN RESERVE / CHAPEL SERVICE**  
~~ refer to article for complete details

SEPTEMBER 14 10:00 A.M. **WHO ARE WE? WHERE ARE WE GOING?**  
– Rev. Eva Cameron; Karen Impola\*  
11:30 A.M. **Adult Forum**

SEPTEMBER 21 10:00 A.M. **TOGETHER WE SHARE THE SPARK: CARING CONNECTIONS**  
– Lynda Sutherland, John Miller\*  
11:30 A.M. **Adult Forum**

SEPTEMBER 28 10:00 A.M. **ANOTHER KIND OF LOVE: GROWING CULTURAL COMPETENCY**  
– Rev. Eva Cameron, TBA\*  
11:30 A.M. **Adult Forum**

\* ~ denotes *Worship Associate*

**REGULAR SUNDAY SCHEDULE**

- 10:00 A.M. UU Services**
- 10:15 A.M. Children's RE** (beginning the 14<sup>th</sup>)
- 11:00 A.M. Coffee / Announcements**
- 11:30 A.M. Adult Forum** (beginning the 14<sup>th</sup>)



*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.*

## CONVERSATION WITH EVA

I hope you had an excellent summer and are settling down to the gentle rhythms of fall. It always takes a while to readjust to the new schedules, but I hope you will make coming to join us one of those items. It takes each one of us to be a community. We can't do it on our own and there is so much to be gained from being in community—encouragement, learning, support, growth, adventure, interacting with other generations, skill-building, love. I hope you'll invite a friend or two who seems a likely prospect to consider the value of spending time in community this year.

*Lynda* and I have planned a year of fun adventure for our Annual Theme! We will be religious explorers, as we learn and practice Crossing Boundaries together. We hope you are as excited about this as we are. We are planning on making up a Passport book with lots of ideas about how to challenge yourself this year, and reflect on those experiences. . .as we grow together in our sense of mission and purpose as a community, and as individuals.

We plan to continue hearing stories from you this year, in our story-for-all-ages time slot in the Sunday service. We are thinking that it would be interesting to hear stories from you of a time you chose to cross an obvious boundary if you would be willing to share. Please let me know if this sounds interesting to you! People really enjoyed hearing your stories last year. It's a great way to get to know each other a bit better.

See you in church!

*Eva*



For man, autumn is a time of harvest, of gathering together. For nature, it is a time of sowing, of scattering abroad.

~Edwin Way Teale,  
*Autumn Across America*



**FVUUM**

The Friendship Village UU Ministry in Waterloo continues with its monthly chapel from 11:00 a.m. to 1:00 p.m. on the fourth Wednesday of the month. The location is Village Place, door C, third floor lounge; Village Place is just opposite the Lakeside Landing building. Mark your calendars for this month's meeting which will be **Wednesday, September 24<sup>th</sup>**. Note: watch the Weekly Updates for any changes in scheduling.

For more information or to R.S.V.P. that you will be able to join them in their service, contact *Marilyn Desmond* at 233-3454. You need not be a resident to attend.



UU 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.

## PRESIDENT'S CORNER

*Eva* has announced the theme for this church year— Crossing Boundaries. I think this is a great theme, as it enables us to consider many points in our congregational and personal lives where we perceive ourselves as crossing a boundary to encounter new people or new experiences. It will challenge us to broaden our perspectives about who we are and what we can be as a congregation.

One boundary is defined by our church building and the people who come to it. We enter each Sunday (and other times during the week) to be with people with whom we share similar perspectives and similar spiritual questions. It is both a stimulating and a comfortable space for us. However, are we letting this boundary define too much who we are and what we do? Are there ministries and activities that could reach people who might not be ready and willing to enter our physical space? Aren't we really a religious movement with a particular message about an open and loving faith that could be delivered in a variety of ways, rather than solely the group who happens to show up at 10:00 a.m. on Sunday?

Another boundary to be crossed is that between our congregation and various diverse segments of the larger community who could benefit from our services and support. Many of us are already involved in a variety of service activities, whether as professionals or as volunteers, but our congregation's visible, collective involvement has been limited. Involvement in such activities as the Pride Fest has shown how much fun and satisfaction we can get out of showing our UU colors to an important segment of the community. We need to search for more collective outreach activities, ones that really get people excited, and then move towards crossing some more boundaries.

A third boundary that we are challenged to cross is between us and other UU congregations in Iowa. We know there are lots of good UU groups out there, and perhaps we have visited some of them, but how much do we really interact with them? One way to cross this boundary is through our involvement in the Iowa UU Witness and Action Network (IUUWAN). The purpose of this network is to give UUs a stronger collective voice on public issues that engage our central values, particularly those that occur at the state level. Our network will work with other statewide groups to mobilize our voices when they are needed on these issues. As is shown elsewhere in this issue, they are planning a very exciting kickoff event in Des Moines on Saturday, September 27<sup>th</sup>. I hope that a number of you will make the trip to Des Moines to meet other interesting UUs (actually, come to think of it, I've never really met a boring UU) and to hear some excellent speakers.

Join me as we challenge ourselves with these and other boundaries!

NOTE: *Pam* and I will be gone for much of September, getting to know our new granddaughter in Washington, DC. For any urgent issues that might involve the President while I am gone, please contact *Lisa Kratz*, our able Vice President, at <lisa.kratz@uni.edu>.

*Al Hays*  
President of the Board



The first meeting of the **Transcendentalist Club** took place on September 19, 1836 in the home of George Ripley in Concord, MA, with Ralph Waldo Emerson, Frederick Henry Hedge and Bronson Alcott attending.

## WHAT'S HAPPENING IN RE?

As I write this, I just finished an interview with a candidate for our childcare positions. As much as I hate interviews, performing them as well as being interviewed, I enjoy meeting the candidates. Especially ones who have applied for a childcare job at a Unitarian Universalist church. It's pretty much guaranteed that the applicants are not familiar with our beliefs and our church. They may not have even known that it existed in this community.

When the interviewees walk into the CVUU, they always have this look of trepidation. I immediately show them around to ease their fears of snakes being sacrificed or the possibility of witches flying around on broom sticks.

Today's interview started out the same way and then eased after I started the interview, but one thing I loved about this candidate is she asked a really good question. She asked, "What do UUs believe and what can I expect inside of a classroom?" After climbing up on my UU soap box, I explained our beliefs and then handed her the wallet sized UU Principles to take with her. Her response, "Good thing I took my World Religions class already!" She got it! I loved that she felt comfortable enough to ask that. (Now, I'm crossing my fingers as I hope she will accept the position.)

After a longish summer break, I was thrown back into the swing of things by explaining our religion. It made me excited to start up RE again this year and teach our kids about Unitarian Universalism. I'm excited to teach the kids how to answer the question of what our beliefs are within the CVUU and discover what their beliefs may be.

Thank you to all of the volunteers who have offered to help this year! You are an intricate part of the RE program and of our kids' lives.

Angie Stafsholt, DCRE



## ELECTRONIC GIVING

Your annual pledge helps us forecast, with confidence, the level of financial support Cedar Valley Unitarian Universalists will receive in the year ahead. It is through the pledges and contributions of our members that our congregation is able to carry on its work.

As you return from your summer activities, we remind you that we offer Electronic Giving as a way to automate your offerings. It is convenient for you and provides much-needed consistency for the church. Collection basket offerings can fluctuate significantly from week to week, but when contributions are automated, the church receives funds on a steady, uninterrupted basis.

There are several forms of electronic giving. Some people use their bank's "bill paying" option. For those who would prefer a totally automatic method, we are using Vanco for this, and authorization forms are available from the Treasurer, *Janet Gallagher* (319-833-0260, treasurer@cedarvalleyuu.org). You may also pick up forms at the Scrip table on Sunday.

## LYNDA'S MUSINGS

Hello again! The summer passed so quickly, but at the same time it felt like I was gone for so long from this community. My body and spirit needed the break, but now it feels good to be starting into a new church year. This month I am going to report on "My Summer Vacation."

One of my summer adventures this year was a special class, "Crossing Boundaries: Multi-faith Leadership in the New America." Thirty Meadville students, alumni and friends gathered at the Chautauqua Institution, a summer community on the shores of Chautauqua Lake in southwestern New York state. The community was begun by a Methodist minister in 1874 and is dedicated to the exploration of the best in human values. In recent years, they have made a concerted effort to move past their Christian beginnings and to find common cause with other faith traditions. There is a thriving UU presence, and our first worship service was with the UU congregation in an open-air building called the "Hall of Philosophy." We couldn't have had a more inspiring beginning!

Throughout the week, we attended inspiring and thought-provoking musical and dance performances, lectures by nationally and internationally renowned speakers on important religious, social and political issues, interfaith worship and programs, and classes and discussions to process what we were learning. It was a total immersion experience.

My most memorable moment, though, was an impromptu gathering of students one evening by the lake shore. On the Tuesday of our week at Chautauqua, we learned that Margot Adler, long-time NPR reporter and author of *Drawing Down the Moon*, had passed away. Margot was the first taste of seminary for four of us, who took her class "Contemporary Paganism: Its Contribution To UU Ritual" in June of 2012. We quickly printed the words to several of the chants she taught us and walked through the dark to the beach. We chanted to the memory of Margot Adler, in sorrow and gratitude, under the stars and moon. It was moving and comforting to have this ritual way to express ourselves and support each other, and to give tribute to the great, passionate, funny, wonderful warrior spirit that we knew Margot to be.

I hope that this summer, each of you was able to have some new, different, and/or rejuvenating experiences. As I reflect on how my own outlook has expanded, I realize how much we all need change and rest and challenge, not only once a year, but throughout our days, weeks and months. I am happy to be back with this wonderful, warm congregation and to bring the energy and insight gained from my Border Crossings this summer; and I am excited to learn about the great things you each bring back with you, as we begin our regular fall schedule.

Lynda Sutherland,  
Student Ministerial Intern



On September 6, 1847, Transcendentalist *Henry David Thoreau* concluded his residence at Walden Pond, just outside Concord, Massachusetts, during which time he not only lived with great self-sufficiency but also kept a detailed journal and completed "A week on the Concord and Merrimack Rivers", 1849. Thoreau's book about his time on Walden Pond, "Walden" (1854), continues to have a profound impact on Unitarian Universalism to this day.

## NEW WEBSITE

With our new name, comes a new website! We are online at <<http://CedarValleyUU.org>>. This website, which is still partially under construction, is being maintained in parallel with the old one.

In addition to the website, we also have a new Wordpress site—<http://CedarValleyUU.wordpress.com>—for podcasts and newsletters which is linked in to the main website. The email addresses with the UUSBHC.org domain are being phased out. There are new ones with the CedarValleyUU.org domain. UUSBHC.org will be archived and redirected to the new one later this year.

We are looking for folks who want to be involved in providing and updating content. No special technical skills are needed for this. We are also looking for a second webmaster. Special skills would come in handy for that position. Contact *Jan Gallagher* at <[webmaster@cedarvalleyuu.org](mailto:webmaster@cedarvalleyuu.org)> or 833-0260 for details.



Unitarian clergy organized the *Unitarian Temperance Society* on September 23, 1866 at the National Unitarian Conference at Saratoga, New York, “to work for the cause of temperance in whatever ways may seem to it wise and right; to study the social problems of poverty, crime, and disease, in their relation to the use of intoxication drinks. . .”



## CALENDAR/NEWSLETTER DEADLINES FOR OCTOBER

The next deadlines for the October issue will be:  
Calendar ~ Monday, September 15<sup>th</sup>  
Newsletter ~ Friday, September 19<sup>th</sup>.

The next calendar deadline has been moved up from Wednesday to Monday as *Janet* will be out of the office the rest of that week. Please make a note to get your calendar items in by that Monday morning. The newsletter deadline stays the same (Friday). *Janet* (calendar) and I (newsletter) always appreciate your items/articles early, if you have them ready. If you are not sure which of the two of us needs your information, send it to both of us and we'll sort it out! We have timely work to do each month and appreciate everyone's help so we can keep things running smoothly.

. . . *and a housekeeping note of sorts.*

With the beginning of a new church year, this issue is bursting with information from staff and committee members to keep everyone informed of the numerous services/activities planned in the coming weeks/months. Many contributors have taken time to write articles; a couple have not only written articles but have supplied us with flyers that you'll find at the end of this issue. Mark your calendars for a fulfilling month!

*Gerry Chamberlin*  
Newsletter Editor

*Mary Wollstonecrat Godwin* died on September 10, 1797 at age thirty-eight. Her exact date of birth is unknown. She was a tireless worker for women's intellectual, domestic, and political freedom and one of the early devotees of women's rights. Her best known of many works is “A Vindication of the Rights of Women”, 1792. Godwin wrote about the power of human reason to improve life. She died after giving birth to Mary Shelley, author of *Frankenstein*. Godwin did not hold membership in a Unitarian church, but she was friends with prominent Unitarians and was heavily influenced by them.



The time is near for “Art in the Valley”. A promotional flyer for this event has been placed at the end of this newsletter. We encourage you to print and post the flyer. The event has also been posted on our CVUU Facebook page. Please share the event and invite your family, neighbors and friends.

We are still accepting donations. Appropriate items include: paintings, drawings, prints, ceramics, fiber arts, and sculptures. Or you may donate “original” works of art (something you made).

We still need volunteers for the event. Volunteer to help before, during or after the event. Volunteer to make baked items. Please “pitch in”. We need your help to make “Art in the Valley” a success.

If you are able to help or have something to donate, contact: <[art@cedarvalleyuu.org](mailto:art@cedarvalleyuu.org)>.

Remember to mark your calendar for Saturday, October 4<sup>th</sup>. Hope to see you there.

Thank you,

*Bill Brown*  
Art in the Valley Committee Chair



## COMMUNITY MEALS

On the fifth Tuesday of each month that has five Tuesdays, we work with First Christian, St. Luke's Episcopal, United Church of Christ, Community of Christ, and *Larry Gordon* (from the Quaker group) to serve a free meal at First United Methodist Church at West 8<sup>th</sup> and Washington Streets in Cedar Falls. *Thanks to all who helped in July and at past meals.*

Our next Community Meal will be *Tuesday, September 30<sup>th</sup>*. Volunteers are needed to set up tables and chairs that morning, donate cupcakes, serve from 4:30 p.m. to 6:00 p.m., and clean up from 5:45 p.m. until approximately 6:30 p.m.

Please sign up in the Fellowship Hall or contact *Ruth Walker* at <[ruthdbwalker@yahoo.com](mailto:ruthdbwalker@yahoo.com)> or 277-7044.



Autumn is the hush before winter.

~French Proverb



## KIDS RE BEGINS!

It's that time of year when we hear feet running up and down the stairs and the coffee times get a little bit louder as the kids jump back into the CVUU!

On September 7<sup>th</sup> we will not have regular RE as it is our Retreat Sunday which will be held at Hartman Reserve. There will be fun activities for the children led by Hartman staff and our childcare staff will be there to help.

On September 14<sup>th</sup> RE will start its regular Sunday schedule. Here is the RE Breakdown (it's changed a little from years past):

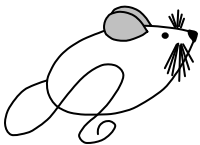
Chalice Children ~~ 3 year olds-Kindergarten  
*Celebrating Me and My World*

Rainbow Kids ~~ 1<sup>st</sup> - 3<sup>rd</sup> grades  
*Faithful Journeys - A Tapestry of Faith Curriculum*

Intermediate Class ~~ 4<sup>th</sup> and 5<sup>th</sup> grades  
*Riddle and Mystery - A Tapestry of Faith Curriculum*

Middle School ~~ 6<sup>th</sup> - 9<sup>th</sup> grades  
*The Gospel According to the Simpsons*

All classes will be held from 10:15-11:00 a.m. during the service. The kids will start out in the service at 10:00 a.m.; after the children's story, the kids will be dismissed to their RE classes. The exception will be the Jr. High class which will report to their RE class right at 10:00 a.m.



Well, our cousins who live down the street in the vicinity of Applebee's, told us that on a warm night in July, they heard *Trish Cook* singing karaoke to a packed house—and she received a standing ovation. Way to go, Trish!

*The Church Mouse*



## HUMANIST ORGANIZATIONAL MEETING

Humanism is a progressive life-stance that, without supernaturalism, affirms our ability and responsibility to lead meaningful, ethical lives capable of adding to the greater good of humanity. It was a strong force within the Unitarian movement in the mid to late 1900's and our congregation has many Humanist members. We'll be meeting Thursday, September 11<sup>th</sup>, at 6:30 p.m. in the Fellowship Hall to discuss how we can increase the level of Humanist programming within the church. Contact *Jan Gallagher* for details at <hinners@mchsi.com> or 833-0260.



### Jewish Grandmother

A Jewish grandmother is giving directions to her grown grandson who is coming to visit with his wife:

"You come to the front door of the apartment complex. I am in apartment 14T. There is a big panel at the front door. With your elbow push button 14T. I will buzz you in. Come inside, the elevator is on the right. Get in, and with your elbow hit 14. When you get out I am on the left. With your elbow, hit my doorbell."

"Grandma, that sounds easy, but why am I hitting all these buttons with my elbow?"

"You're coming empty handed?"

September 18, 1887 is celebrated in the state of Meghalaya as Unitarian Day, the date on which Hajom Kissor Singh, held the first *Khasi Hills Unitarian Church* service in Jowai, India. One woman and two men joined Singh as the first members of the new church, which adopted a statement of faith in 1888: "We believe (1) in the unity of God; (2) in the Fatherhood and Motherhood of God; (3) in the Brotherhood of Man; (4) in Love, Union, Worship, and Faith; and (5) in Immortality." The Unitarian movement spread, and more than thirty churches now claim 10,000 members in the Khasi Hills region. This holiday is celebrated in a time of renewal and re-gathering of the community. Beginning on this day, each family has a night when the whole congregation comes to worship in its house and share dinner. At that time the family and house are blessed.



## SEPTEMBER SERVICES

Sundays at 10:00 a.m. unless stated otherwise

### September 7<sup>th</sup>

**Retreat at Hartman/Chapel Service** ~~ Rev. Eva Cameron, the Festival Sunday Team, Del Carpenter (WA)

Join us for a family-friendly start to our Annual Retreat, as we celebrate the rest, refreshment and wonder people have found in nature for generations. This year we are at Hartman Reserve, and our President *Al Hays* has all sorts of good things planned for the kids and the adults. Come on out!

*Ed. Note:* Please check the Retreat article for complete details!

### September 14<sup>th</sup>

**Who Are We? Where Are We Going?**

~~ Rev. Eva Cameron, Karen Impola (WA)

A reflection on some of the themes that emerge at the Retreat, we will look at our history, and what it means to be Unitarian Universalist today and into the future. As we look at Crossing Boundaries, it's wise to know where ours reside.

### September 21<sup>st</sup>

**Together We Share the Spark: Caring Connections**

~~ Lynda Sutherland, John Miller (WA)

There aren't many religious paths that stress individualism more than Unitarian Universalism, yet we come together as a community of faith week after week. I believe connectedness is the heart of our faith and it makes us unique and strong.

### September 28<sup>th</sup>

**Another Kind of Love: Growing Cultural Competency**

~~ Rev. Eva Cameron, TBA (WA)

Multiculturalism and intercultural exchange can be fun, but it also can be frustrating and difficult. Let's explore some of the concepts of this developmental look at how humans understand other cultures in a way that allows for us to love others wherever they are on their journey of understanding the other. Talking about race and people of other cultures can seem so fraught with pitfalls and misunderstandings and contention, it leaves some of us wary to cross that boundary at all.



Winter is dead; spring is crazy; summer is cheerful and autumn is wise!  
~Mehmet Murat ildan

## GREEN LIVING CORNER

### Happy Birds and Small Wildlife! “Songbird Packets” for Iowa Yards

It’s an exciting time, as we mark the beginning of the season (August 1<sup>st</sup> through May 31<sup>st</sup>) when the Iowa Department of Natural Resources (Iowa DNR) helps small landholders like us order and plant trees and shrubs for wildlife in our yards.

You may think our back (and front) yard efforts would be puny and of no account, but our yards are important to conservation. Why? Because, all told, ordinary American backyards make up a landmass about the size of the state of California. (Didn’t know that? Neither did we until recently.) So you can imagine the positive impact we can have on our small wildlife, birds, and natural environment.

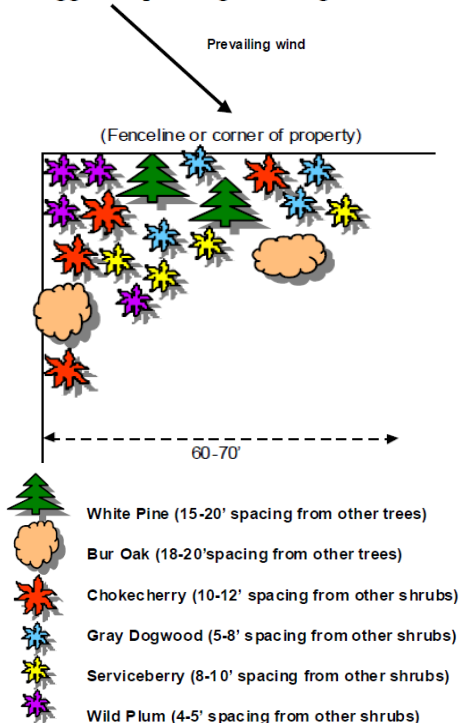
For \$25 this fall you can order the Songbird Packet from the Iowa DNR, along with instructions on how to plant and care for it. Call 1-800-865-2477 and tell them you want to order the “Songbird Packet.” To order online from the regularly updated availability list, go to: <<https://programs.iowadnr.gov/forestryseedlings/customer/AvailableInventory.aspx>>. You can see the catalog with great plant descriptions and growth habits at: <<http://www.iowadnr.gov/Portals/idnr/uploads/forestry/nursery/2013seedlingcatalog.pdf>>.

To illustrate, here’s their information sheet with a *sample* layout of one way you might plant the shrubs and trees from the Songbird Packet. (We varied it and spread ours out between back yard and front.)

#### DNR Songbird Packet

Suggested layout for area to attract songbirds and other small wildlife. May be used in urban, suburban or rural settings. Clumped design will make for a very “natural” look, while providing suitably thick winter shelter. Fruit-bearing shrubs and oak acorns will yield a natural food supply, but site might be enhanced by placing bird feeders and a source of water on the inside of the planting. If situated close to a home site, this design will offer endless hours of enjoyable wildlife viewing opportunities. Contact your local DNR Wildlife Biologist, Forester, or the DNR Wildlife Diversity Program staff for further advice.

#### Suggested planting for Songbird Packet



~Donna Davis  
for the Green Living Committee



On September 7, 1792 **Charles Chauncy** published “The Mystery Hid from Ages and Generations, or, The Salvation of All Men”. He was a Unitarian minister who adopted the Universalist position of universal salvation. He argued that the punishments of Hell are not eternal and that eventually all people will be redeemed.

**Herman Melville**, an important American novelist and Unitarian, died at age seventy-two on September 28, 1891.



As our focus turns to school and work commitments, remember to check on our senior members, friends and neighbors during these warm days, to be sure they are comfortable and safe.

Remember our “shut-ins” with thoughts, prayers, calls or a visit. *Gordon Harrington* and *Brian Forster* are at Friendship Village; *Earl Van Fleet* is at Rosewood.

Contact *Rev. Eva* with pastoral concerns or if you are in need of assistance.



### ADULT FORUMS IN SEPTEMBER

Join other UUs on Sundays at 11:30 a.m. to learn and share your thoughts about UU-related topics. If you would like to help facilitate a future session, please contact *Heather Flory* at <[forums@cedarvalleyuu.org](mailto:forums@cedarvalleyuu.org)>.

#### September 7<sup>th</sup>: *No Adult Forum*

Due to the Congregational Retreat, there will be no Adult Forum this Sunday.

#### September 14<sup>th</sup>: *Congregational Life Meeting\**

Are you interested in helping the CVUU strengthen our congregation and expand our presence in the Cedar Valley? Now’s your chance to make a difference! Take action TODAY by helping us plan for one or more of the following congregational needs.

- Marketing: help the congregation grow by promoting the CVUU to the larger community through use of our website, social media, etc.
- Membership: ensure that guests, visitors, and new members are welcomed at the CVUU, and that existing members are engaged and provided with meaningful volunteer opportunities.
- Caring: identify needs of members and develop a plan to help meet those needs based on responses from the congregation.

\* *The Congregational Life Committee is dedicated to promoting activities that contribute to the general health and spiritual growth of the congregation. These monthly meetings are open to all, including new members and guests.*

#### September 21<sup>st</sup>: *Spiritual Practice Discussion Series – Part 1*

In a society that is becoming increasingly “spiritual but not religious”, what does the phrase “spiritual practice” actually mean? Can an atheist have a spiritual practice, and if not, what alternate phrase might be appropriate for those who don’t consider themselves spiritual? What spiritual practices do each of us have, and how many do we have in common? This is the first in a series in which we will explore various types of spiritual practice.

#### September 28<sup>th</sup>: *Popcorn Theology Series – Part 1*

Join us to explore issues of theology and ethics through film. This UU curriculum was previously used with CVUU youth and is now being offered to the adults! Each month, we will watch a brief excerpt from a popular movie (i.e., *Star Trek*, *Forrest Gump*, *Little Buddha*, *Oh God!*, or *Bruce Almighty*), followed by a guided discussion. Throughout this series, the movie of the month will be announced in the Weekly Update prior to each session.



## WOW! - WEDNESDAY NIGHT ACTIVITIES BEGIN ON SEPTEMBER 3<sup>rd</sup>

CVUU isn't just for Sunday. On Wednesday nights during the school year, we have something called W.O.W. That officially stands for Worship on Wednesday. UU definitions of "worship" are broad: Wednesday night activities include making music, sharing a meal, small group or committee meetings, and general good times.

Here's the ongoing lineup for Wednesday nights:

### 5:15 - 5:45 p.m. ~ Childrens Choir

Led by *Tim Purdum* this is for Preschoolers and school-age kids; parents are welcome too. Contact Tim Purdum for more information: <musicman@cfu.net>.

### 5:30ish - 6:30ish ~ Dinner

It's a simple, healthy meal; our usual format is rice, a bean dish, a meat dish, salad, and fruit. Most food is gluten-free, and there are options to satisfy vegetarians, vegans, and omnivores. Features locally-grown food when possible. No reservations are necessary. Suggested donation is \$5 per adult, \$3 per child, or \$10 per family. Contact *Karen Impola* for more information: <impola@uni.edu> or 610-8259.

6:15 p.m. - until activities are done ~ childcare is available for parents participating in activities.

### 6:30 - 7:15ish (sometimes closer to 7:30 p.m.) ~ Adult Choir

No auditions required. Ability to read music helps, but isn't necessary. We will rehearse music for Sunday services. The choir performs on Sunday mornings once or twice a month. Contact *Jess Lieb* for more information: <fortelieb@gmail.com>.

### 7:15ish (after choir; sometimes this is closer to 7:30 p.m.) ~ Theoretical String Band

Any instruments welcome; it's only all-strings in theory. TSB works out collaborative arrangements to accompany hymns on Sunday mornings. Contact *Jess Lieb* for more information: <fortelieb@gmail.com>.

Check the newsletter and website for information about other Wednesday night activities. Activities in the past have included various small group meetings, discussion sessions, classes for youth, etc.

Even if you're not participating in any other activities, you're always welcome to join us for dinner. Isn't it nice to have someone else cook on a weeknight? And for newcomers, it's an excellent way to get to know people in a cozy environment.



**John Harvard** died on September 14, 1638 at the age of thirty-one. He was a congregational minister in Charlestown, Massachusetts who left numerous books and some money to a college newly mandated by the General Court to be formed in Newtowne, Massachusetts. The school was then renamed in his honor and the town's name changed to Cambridge. Harvard College became a center of Unitarian intellectualism and the dominant training ground for Unitarian ministry.

## CVUU 2014 CONGREGATIONAL RETREAT

Sunday, September 7<sup>th</sup>

Hartman Reserve Nature Center

10:00 a.m. until 2:00 p.m.

### SOMETHING GREAT FOR EVERYONE!

Picture this: a beautiful early fall Sunday, spent in a lovely natural setting, surrounded by other caring, thoughtful UUs, together dreaming and visioning ways to make our CVUU a place that serves us spiritually and serves the larger community. If you attend the CVUU 2014 Congregational Retreat, you can be an important part of this picture!

We will meet for worship and fellowship and then spend two hours reflecting on the three questions below. This reflection will lay the groundwork for our Board, our Councils, our Committees, and our Staff to create achievable action steps for the fall and spring. Three central questions must guide this reflection:

- Who are we as a congregation? (This is a continuation of the discussions we had during the naming process.)
- What do we want to be as a congregation?
- What goals should we set to get where we want to be?

We welcome everyone who cares deeply about the future of our congregation. Bring your ideas and your dreams—for example, do you want our congregation to grow and do you have ideas as to how to achieve that? Can we be a larger presence in the community, and how do we accomplish that?

During the planning session for the adults, a naturalist will lead our kids (K-12) in an exploration of the natural area of Hartman, where they can learn to appreciate our seventh principle—that we are part of an interdependent web of all existence. There will also be regular child care provided for infants and toddlers.

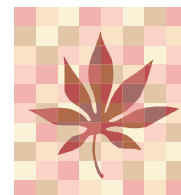
### Schedule of events

- 9:50 a.m. – Meet in parking lot of Hartman Reserve for procession led by the Cedar Glen Pipe Band. (\*\* See below)
- 10:00 a.m. – Procession to the Nature Center led by the Cedar Glen Pipe Band.
- 10:15 a.m. – UU service in the Nature Center (Note: there will be no service at the church building that day.)
- 11:00 a.m. – Welcome and introduction to the retreat
- 11:15 a.m. – Potluck in the Nature Center. Please bring a salad, side dish or dessert. Main course and beverages will be provided. It is helpful if you also bring table service for you and your family, to minimize the dishwashing afterwards.
- Noon until 2:00 p.m. – Program with Reflection and Planning Session for adults while K-12<sup>th</sup> grades will be led in a nature discovery; childcare for young children.

### Follow-up

Councils, committees, and other church groups, as well as staff, will be asked to bring their recommended action steps to the Board Meeting on October 7<sup>th</sup>. (We ain't messin' around folks—we want some concrete actions to come from this process!)

\*\* Important! This retreat is for everyone, so for people with limited mobility, Hartman permits them to drive down to the front of the interpretive center.





## SOCIAL ACTION "WALKIN' THE TALK"

### Social Action Collection

The Social Action Collection starts our new church year on Sunday, September 28<sup>th</sup>, with a collection for One Iowa, the state's largest lesbian, gay, bisexual, transgender (LGBT) advocacy organization. When the congregation votes on organizations to receive a donation, One Iowa always receives more votes than any other agency on the ballot. So it's reasonable to ask what they are doing to inspire our confidence. To answer that question, I looked on their website and found good cause to continue our support of their work.

- When advocating for LGBT health and wellness, One Iowa leads a coalition of partners—health care providers and professionals, government agencies, and other community-based organizations. Between January and March of this year, One Iowa held more than sixty events across the state to educate the LGBT community on the importance of the Affordable Care Act. Some LGBT Iowans were able to afford health insurance for the first time under the ACA.

- As part of their mission to decriminalize HIV, One Iowa has been educating legislators on the importance of modernizing the state's HIV law. Effort paid off in May 2014 with a new law that no longer singles out people living with HIV and AIDS for severe criminal penalties because of their illness. Iowa is the first state in the nation to reform its HIV criminalization statute.

In addition, donations to One Iowa also support the Iowa Pride Network and its network of Gay-Straight Alliance groups for youth and Defending Marriage, a public education campaign to spread the word about the importance of marriage equity.

In May, CVUU members contributed \$132 to the Beyond Pink TEAM; in July \$188.62 to the Cedar Valley Hospice; and in July \$141 to Healthy Cedar Valley Coalition. Thank you for your contributions to our charitable giving.

### IUUWAN Launch Celebration

The Iowa Unitarian Universalist Witness Advocacy Network holds its first large organizing event on Saturday, September 27<sup>th</sup>, from 1:00 to 5:00 p.m. at First Unitarian Church of Des Moines, 1800 Bell Avenue. The purpose of statewide networks is to give voice to UU social justice values. The UUA website states they "strengthen the voice of our individual churches and expand our reach, build on-going relationships with legislative leaders, and develop political skills."

The line-up of speakers and topics for the Launch Celebration is spectacular:

- Opening words by the Reverend Mark Stringer and UUA President Peter Morales (via video).
- Justice issues panel discussion, with representatives from the ACLU, Interfaith Alliance of Iowa, and Iowa Citizens for Community Improvement.
- Fred Van Leiw, speaking on the New Jim Crow, with theater by the Langston Hughes Company of Players, directed by Judge Odell McGhee.
- Keynote speaker B. Loewe, Communications Director for the National Day Laborer Organizing Network, speaking on the intersection of immigrant, racial, criminal, and economic justice.
- Discussion on how to make organizing work with Sally Boeckholt, Scott Clair, and State Senator Matt McCoy.
- Closing words from Jim Coppoc, ISU Lecturer on Native American Studies and the Reverend Erin Gingerich, Community Minister for Social Justice at the Des Moines church.

Please consider attending the IUUWAN Launch Celebration!

Sally Browne  
Social Justice Chair



**John Marshall** was born on September 30, 1755 in Germantown (now Midland), Virginia. He fought in the Revolution and became a Unitarian and lawyer. He served as a delegate to the Virginia convention to ratify the U.S. Constitution (1788) President John Adams offered him a seat on the Supreme Court in 1798, but Marshall declined. However, he was elected to Congress, became Secretary of State under President Adams, and was named Chief Justice of the U.S. Supreme Court in 1801. He issued many important opinions for the court, including Marbury v. Madison (1803), which gave the Supreme Court the right to invalidate laws. Chief Justice Marshall wrote the five-volume *Life of George Washington* (1804-1807). He died on July 6, 1835.



### SOME OBSERVANCES FOR SEPTEMBER:

- Classical Music month
- Food Allergy Awareness month
- National Pain Awareness month
- Whole Grains month National Piano month
- National Preparedness month
- National Sickle Cell Awareness month
- Organic Harvest month National Wilderness month

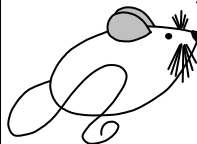
### BUDDHIST PATH

Join us each week at 7:30 p.m. on Thursdays in the balcony for meditation, walking meditation and discussion of Buddhist topics. All are welcome.

This is a great group to which to invite a friend or neighbor, someone who might enjoy having a place to meditate. Come explore the living dharma with us.



Not sure if anyone but us gets to see the volunteers who mow the lawn during the summer. We heard that they've even repaired the mower as well as mow the grass. We use these opportunities to teach our little mice that volunteering is important. Thanks for being such good examples! *The Church Mouse*



### DCRE'S HOURS

Angie will return to normal office hours this month. With the exception of Monday, September 1<sup>st</sup> (Labor Day), her hours are Mondays, Tuesdays and Thursdays from 12:30 to 3:00 p.m., as well as Sunday mornings. If you need to meet at a different time, email her at <dcre@cedarvalleyuu.org> or call her cell (319-230-0210).



# ART in the Valley . . .

original works at affordable prices



Saturday, October 4, 2014  
10:00 am to 4:00 pm

Cedar Valley Unitarian Universalists

3912 Cedar Heights Drive  
Cedar Falls, Iowa

Sale will feature original artworks donated  
from private collections and area artists.



Local artists, including the  
Northeast Iowa Weavers, will be  
selling their own artworks. Works  
will be offered in a variety of  
mediums

- ◆ pen and ink
- ◆ watercolors
- ◆ textile art and weavings
- ◆ pottery
- ◆ jewelry
- ◆ limited edition prints
- ◆ and much, much more!

A new and used book sale will coincide with the  
event. Refreshments will be available for  
purchase.



For more information regarding Art in the Valley or to sell original art work at  
the event, contact [art@CedarValleyUU.org](mailto:art@CedarValleyUU.org)



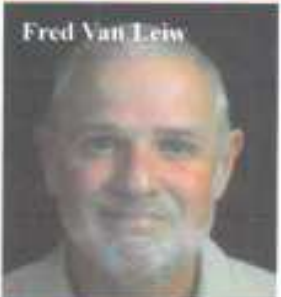
Iowa joins 21 other UU State Advocacy Networks.



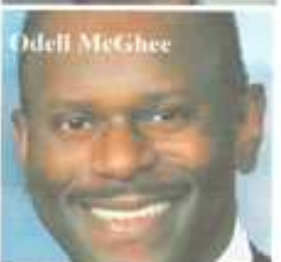
B. Loewe



Adam Mason



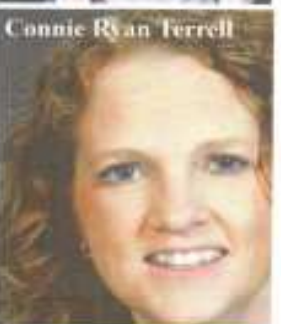
Fred Van Liew



Odell McGhee



Erica Johnson



Connie Ryan Terrell



Jim Coppoc



*Iowa UU's connecting for Justice*

# You're Invited

## Launch Celebration!

Saturday, September 27

1:00 to 5:00 PM

First Unitarian Des Moines,  
1800 Bell Avenue, Des Moines, Iowa

All Iowa UUs Invited!

Admission free!

Exploring Iowa social justice  
issues and solutions.

### Agenda:

Welcome by Reverend Mark Stringer and UUA  
President, Peter Morales

**Panel Discussions:** Social Justice Issues  
and How to Organize

**Theater:** Langston Hughes Players  
and Speaker Fred Van Liew

**Keynote Address:** B. Loewe, communications  
director with National Day  
Laborer's Organizing Network

**Closing:** Jim Coppoc and Reverend Erin Gingerich



Rev. Peter Morales  
UUA President



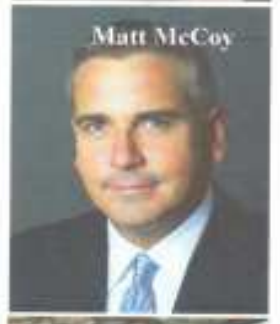
Rev. Mark Stringer



Rev. Erin Gingerich



Scott Clair



Matt McCoy



Sally Boekholz