



## CONVERSATION WITH EVA

I am sitting here, listening to a song that has the lines, "I am the heart, I am the hands, I am the voice of spirit on Earth". It then repeats the words replacing the "I" with "you". As we explore our theme: Standing on the Side of Love, one element we will need to consider is the whole idea of love. We will need to be developing spiritual practices that ground us in the kind of love that reminds us of our own preciousness, our own capacity for goodness. . .that we might begin to stretch ourselves to see that in others.

The Buddhist teacher Pema Chodron recommends the practice of Tonglen. She writes, "In order to have compassion for others, we have to have compassion for ourselves.

"In particular, to care about other people who are fearful, angry, jealous, overpowered by addictions of all kinds, arrogant, proud, miserly, selfish, mean—you name it—to have compassion and to care for these people, means not to run from the pain of finding these things in ourselves. In fact, one's whole attitude toward pain can change. Instead of fending it off and hiding from it, one could open one's heart and allow oneself to feel that pain, feel it as something that will soften and purify us and make us far more loving and kind.

"The Tonglen practice is a method for connecting with suffering—ours and that which is all around us—everywhere we go. It is a method for overcoming fear of suffering and for dissolving the tightness of our heart. Primarily it is a method for awakening the compassion that is inherent in all of us, no matter how cruel or cold we might seem to be."

. . .she goes on to explain how to do this practice. The Christian tradition offers us the practice of confession and forgiveness. What is your practice? What reminds you to do your practice? Do you do it every day, every week, when you are feeling crummy or irritable? What's your invitation into practice? Think about it, and share with me. I'd love to know! Together we can inspire each other toward better practices of love and compassion!

Keep on living and loving!

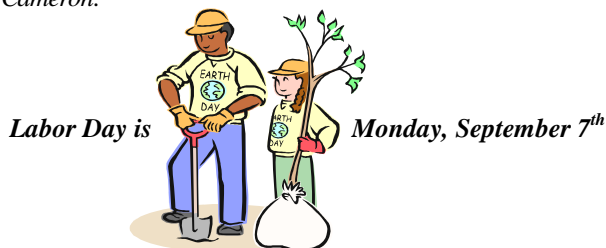
*Eva*



Our caring thoughts are with *Laura Walter* and *Don and Dorothy Wendt*.

A most meaningful Memorial Service was held August 15<sup>th</sup> for long-time UU *Vivian Shane*. Our thoughts are with *Dick* and family; she will be missed by so many.

The members of the Caring Committee are *Esther Kieffer* (Chair), *Betsy Brant*, *Sally Browne*, *Bob Robinson*, *Cathy Ryan*, *Donna Davis*, and *Eva Cameron*.



On September 17, 1741 General George Washington appointed *John Murray*, an early leader of Universalism, as chaplain of the Rhode Island Regiment, over the objections of the clergy.

## CHILDREN and YOUTH RELIGIOUS EDUCATION

It is time for the children and youth to start Sunday School which *begins on September 13<sup>th</sup>*. We have many fun activities planned this year. There are some new changes so be sure to look over this newsletter carefully.

The first big change this year is our Sunday School fees for children and youth. This year the fees will be \$25 for children or youth up to a maximum of \$65 per family. We do have payment plans and scholarships, see the *Parent Letter and Registration Form* for more information.

One of our major changes is that we plan to have Sunday School each and every Sunday during the 11:15 a.m. time slot. The Halloween Party and Haunted House this fall, and the Easter Egg Hunt later in the spring, will be at 12:30 p.m.

### Classes this year will be~

- ◆ Early Childhood Class: 3, 4, 5 year-olds (meets at 9:45 a.m.)
- The following classes meet at 11:15 a.m.
- ◆ Primary Class: Kindergarten, 1<sup>st</sup> and 2<sup>nd</sup> grades
- ◆ Intermediate Class: 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> grades
- ◆ Middle School: 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grades
- ◆ High School: 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup> grades

Remember that we are flexible with the grade levels. We do hope to continue the Youth program with the other churches in the Cedar Valley.

**Please Check the Classroom Doors** in September for a list of students and who the teachers and helpers will be this year.

**Children's Chapel** ~~ will begin on September 13<sup>th</sup>.

### Elementary Sunday School curricula for the 2009-2010 year:

#### EARLY CHILDHOOD EDUCATION

**Peace and Justice** – Peacemaking Skills for Little Kids  
Meet the I-Care Kitten and learn the I-Care Rules.

**UU Stories** – Chalice Children

This full-year curriculum celebrates the wondrous qualities of children and the animals, objects, and people around them.

**We Are Many** – We are Many, We Are One

Learn about our UU community and its traditions.

**Personal Power** – Celebrating Me and My World (Lesson 8-14)

Provides experiences and opportunities to grow in a sense of trust, caring, and to develop a self-identity and a sense of connectedness with all of life.

#### PRIMARY CLASS

**Peace and Justice** – In Our Hands

Use your imagination, knowledge and feelings to explore issues of Peace and Justice.

**UU Stories** – UU Super Heroes

Which UU was Superman? What did P. T. Barnum do?

**We Are Many** – Special Times: Christianity

Celebrate birthdays and special Christian holidays.

**Empowering Ourselves** – What if Nobody Forgave?

What do you do when someone says something mean to you?

#### INTERMEDIATE CLASS

**Peace and Justice** – Ten Amazing People

Learn about people who have changed the world.

**UU Stories** – UU Kids Book

Learn about famous UUs like Beatrix Potter and, do you know what was named after Martha Mitchell?

**We Are Many** – Native American

**Empowering Ourselves** – Being Your Best

How can we be better people?

If you have any questions, please feel free to contact me.

*Kathy Klink-Zeitz, DRE*



## COMMUNITY MEALS

On the fifth Tuesday of each month that has five Tuesdays, we work with First Christian, St. Luke's Episcopal, and United Church of Christ to serve a free meal at First United Methodist Church at West 8<sup>th</sup> and Washington Streets in Cedar Falls.

Our next Community Meal will be Tuesday, September 29<sup>th</sup>. Volunteers are needed to set up tables and chairs that morning, donate cupcakes, serve from 4:30 to 6:00 p.m., and clean up from 5:45 until approximately 6:30 p.m.

Please sign up in the Fellowship Hall or contact *Ruth Walker* at <ruthdbwalker@yahoo.com> or 266-8822.



## THANK UU AWARD

As we enter the new church year, the Committee on Ministry (CoM) resumes its tradition of monthly recognition of members of the congregation whose special efforts—sometimes obvious, other times not well-known—enrich our UU community. Our September Thank UU Award goes to *Mimi Kuester* for her former leadership with the Family Choir, participation in the Religious Services Council, and important role in developing our new Music Director's job description. Mimi's music leadership began with the 2006 St. Louis General Assembly, where she attended a Family Choir workshop. Back home, she shared the accumulated materials and excitement about the possibilities with *Carolyn Hildebrandt*, who enthusiastically supported the idea, since our congregation was "between choirs."

Leading the Family Choir was hardly an isolated assignment. Mimi began attending Religious Services Committee meetings, as she understood the importance of selecting music that was an appropriate 'fit' for upcoming services. Starting in July 2008, Mimi became co-chair of that committee (now called the Religious Services Council), along with *Karen Impola*, with the intent of rotating leadership by year. Mimi continues to enjoy this dynamic and thoughtful group; her current official contribution is to take meeting minutes.

For many years, *Carolyn Hildebrandt* had nurtured and led the music program of our congregation. In August 2008, she had to step away from that arduous role, leaving a huge void. With a sense of urgency and mission, *Karen Impola* agreed to chair the Music Committee. In addition to lining up Sunday morning accompanists and other music offerings for services—such as Family Choir and the Theoretical String Band—the committee began the process of education and advocacy for a paid part-time Music Director. A number of individuals and committees ultimately participated in the fund-raising and establishment of the current part-time Music Director position, which *Tim Purdum* has filled as of January 1, 2008. This month, CoM particularly wants to commend Mimi for her diligence in providing important documentation that resulted in the finely crafted job description.

We will honor Mimi during the Sunday service, September 6<sup>th</sup>.

*Committee on Ministry*

## CONSCIOUS LIVING CORNER

As we return to a new church year, with fresh energy and enthusiasm, I'm excited about the possibilities that await us in the Conscious Living Group and Green Sanctuary.



Even though we have laid low over the summer, there has been a lot of action on the garden front. In order to reap a harvest, you have to plant early on and think far ahead! Many of us are savoring and celebrating the bounty of organic, locally grown, healthy produce from our very own church garden, thanks to the hard work and commitment (and forethought!) of our gardeners!

The Conscious Living Group and Green Sanctuary (as well as the garden project) are expressions of our congregation's efforts to live out our Seventh UU Principle: "Respect for the interdependent web of all existence of which we are a part."

We are looking for a few good people to help us plan ahead, plant our seeds and "tend our garden," to lay the groundwork for our "harvest" this church year.

The core group that has worked to bring accreditation as a Green Sanctuary Congregation and also provide monthly Conscious Living programs during the church year, needs some new energy! We would like to include more people who have ideas and enthusiasm for issues related to our Seventh Principle. This would help us to provide meaningful and relevant monthly meetings, interesting articles for the newsletter and help maintain our commitment to Conscious Living and Green Sanctuary.

As you consider where you want to put your energy this new church year, keep Conscious Living and Green Sanctuary in mind! Better still, *come and join us on Wednesday, September 16<sup>th</sup> at 4:30 p.m.* in the Fellowship Hall, as we organize and plan ahead for the upcoming months. We would love to hear your thoughts and ideas! Y'all come! (And if you can't make that meeting, be sure to stop by our table at the Involvement Fair on September 13<sup>th</sup> and let us know your interests.)

*Juanita Williams*



## HELP WANTED: WEDNESDAY DINNERS

Thank you to all who helped with dinners during the summer; we had a small but wonderful group.

We are looking for people to help with the Wednesday Dinners. Do you like to cook or maybe just organize a dinner?

The dinners are simple: a main dish, soup or salad and a dessert. Your supplies are reimbursed and your dinner is free. You can cook from scratch or buy the food ready to cook or already cooked. Set-up and clean-up are also part of it. The perfect solution is if two people would sign up to cook. One could do a main dish and salad and the other a second main dish and dessert (or however you choose to arrange it). Contact *Diana Harwood* or *Michaela Rich* if interested.



*John Lewes*, an anti-Trinitarian, who also used the name Abbot, was burned on September 18, 1583 at Norwich England, for "denying the godhead of Christ, and holding diverse other detestable heresies."

**SOCIAL ACTION COLLECTION**  
**"WALKIN' THE TALK"**

Hello everyone!

I hope this new Church year will be a good one. The Social Action Plate collections for June and July were both for the Cedar River Festival Group. The June collection amount was \$124.25. The July total was \$66.50. Thanks to all who gave.

The August Social Action Plate Collection was on August 30<sup>th</sup> for Community Meals. I will report the amount collected in the October newsletter. Thanks for your generosity. September 29<sup>th</sup> is the next Community Meal. Sign up to help in the Fellowship Hall.

September's focus is the Sabeel Conference. UNI is hosting this conference in early October and some UU members will be attending. Your donation for the plate collection will make us a sponsor. Visit the websites listed or contact *Ruth Walker* for more information.

Sabeel <[www.sabeel.org](http://www.sabeel.org)> is a Palestinian ecumenical Christian organization promoting justice and peace in the Holy Land, and Friends of Sabeel North America <[www.fosna.org](http://www.fosna.org)> is an ecumenical organization of American Christians and others supporting the work of Sabeel. Another related website for you to check is <[www.peacefestiowa.org/sabeel/index.html](http://www.peacefestiowa.org/sabeel/index.html)>. For co-sponsor and donor information, a list of the conference speakers, as well as registration forms for the conference, go to <[www.sabeeliowa.org](http://www.sabeeliowa.org)>.

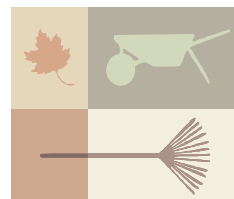
The Plate Collection is always on the last Sunday of the month and the Adult Sunday School Class is on the third Sunday of the month. *Volunteer Opportunities*, if applicable, will be posted on the Social Action Bulletin Board in the Fellowship Hall. Thanks to all for Walkin' the Talk!!

*Sheri Huber-Otting,*  
Social Action Chair

The Social Action plate collections for the 2009-10 church year:

Month	Cause	Sunday School Date	Plate Collection Date	Details/ Links
August	Community Meals	None	August 30 <sup>th</sup>	See August Newsletter
September	Sabeel Conference	September 20 <sup>th</sup>	September 27 <sup>th</sup>	sabeel.org
October	Seeds of Hope	October 18 <sup>th</sup>	October 25 <sup>th</sup>	seedsofhopeiowa.com
November	Christmas Boxes at Food Bank	November 15 <sup>th</sup>	November 29 <sup>th</sup>	northeastiowafoodbank.org
December	Khasi Hills School Orphan	December 20 <sup>th</sup>	December 24 <sup>th</sup>	We support this orphaned girl every year in December.
January	Eastside Ministerial Alliance	January 17 <sup>th</sup>	January 31 <sup>st</sup>	emacenter.qwestoffice.net
February	No Social Action – Annual Pledge Drive			
March	American Red Cross Disaster Services	March 21 <sup>st</sup>	March 28 <sup>th</sup>	hawkeyechapter.org
April	Cedar Valley Hospice	April 18 <sup>th</sup>	April 25 <sup>th</sup>	cvhospice.org
May	Habitat for Humanity	May 16 <sup>th</sup>	May 30 <sup>th</sup>	habitat.org
June/July	Cedar River Festival Group	None	June 27 <sup>th</sup> , July 25 <sup>th</sup>	crfgroup.org

*More people would learn from their mistakes if they weren't so busy denying they made them.*



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



**COMEDY CAFÉ**

Coming up on Saturday, September 19<sup>th</sup> at 7:30 p.m. is a "Comedy Café", hosted by the Music Committee. We'll be turning the sanctuary into a nightclub for the evening, with comedy acts performed by UUSBHC members and friends.



Start polishing up your stand-up routine, or just plan to join us for an evening of high spirits (alcoholic and otherwise). If you'd like a performance slot, please contact *Tim Purdum* at <[musicman@cfu.net](mailto:musicman@cfu.net)>. See you there!



*Constitution Day* (or Citizenship Day) is an American federal observance that recognizes the ratification of the United States Constitution and those who have become U.S. citizens. It is observed on September 17<sup>th</sup>, the day the U.S. Constitutional Convention signed the Constitution in 1787.



**FVUUM**

The Friendship Village UU Ministry continues with its monthly chapel and luncheon at Lakeview Landing every second Wednesday from 11:00 a.m. – 1:00 p.m.

Our next meeting is Wednesday, September 9<sup>th</sup>. Please R.S.V.P. to *Brian Forster* (291-8427). You don't need to be a resident to attend.



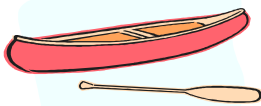
**BUDDHIST PATH**

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

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



*Love is the measure of life;  
only so far as we love, do we really live.*



### YOU'RE INVITED!

The Nature Lovers' Small Group is planning a camping weekend, September 25-27<sup>th</sup> at Backbone State Park in Delaware County near Strawberry Point. This beautiful forested park with a lake is about an hour drive from Cedar Falls. Everyone is invited to join us for camping or just for the day on Saturday.

We plan to camp in tents at Six Pines campground Friday and Saturday nights. Two campgrounds are reserved already, which will accommodate twelve people. More spots will be arranged. We have extra tents and other camping equipment to share if needed. Meals will be provided for Friday night, Saturday lunch and supper with breakfasts on your own. The cost for campsite and food will be \$10 per person or \$20 for a family.

Two hikes are planned with a friendly biologist along to help identify the interesting plants and animals! We also have a knowledgeable edible-mushroom person in the group. The Saturday morning walk will be a short one and will begin at 10:00 a.m. from the campground. A longer afternoon hike will start at around 1:30 p.m. All are welcome to join us or to enjoy exploring the fascinating backbone terrain on your own. Water activities are also available with canoes, kayaks, and paddle boats for rent from the park. We'll have s'mores around the campfire on Saturday evening.

To reserve your spot, sign-up for meals or ask questions, contact *Betsy Brant*, <brant@cfu.net>. *Johanna Foster*, *Christine Carpenter*, and *Sheri Huber-Otting* can also answer questions. We hope you can join us for this fun time in the autumn woods.



**Harvard College**, established in 1636 to train ministers, held its first commencement ceremony in Cambridge, Massachusetts on September 23, 1642. Although it is now nondenominational, Harvard remains a major educational center for training Unitarian Universalist ministers.



### UU INVOLVEMENT FAIR

Sunday, September 13<sup>th</sup>

10:45 a.m. – 12:15 p.m. in the Fellowship Hall

Check out the many activities happening here. Come see how you can share your talents with us and sample the treats.

#### Have Fun!

**Committees:** Set-up time is Saturday late afternoon and evening on September 12<sup>th</sup>. There is a wedding rental at 11:00 a.m. Please do not set up during this service. If you need access to the building contact *Mica*. Don't forget your treats, information about your committee, and opportunities for involvement.

Questions? Contact *Mica* at 291-6509 or <Micalea@mchsi.com>.

**Herman Melville**, an important American novelist and Unitarian, died at age 72 on September 28, 1891.



It is gratifying when the full summer garden fulfills the rainbow dreams of winter. Even more beautiful are the chatter, excitement, curiosity and joy of the children investigating, harvesting and tasting new vegetables and herbs. They fulfill an important part of our Ministry of the Earth mission to become a truly Green Sanctuary. This month *Taylor* and *Alex* helped harvest and showed their courage by tasting the odd looking lemon cukes. They especially enjoyed picking the dwarf veggies from the children's planter garden of mini peppers, tomatoes and eggplant. *Danny* is also becoming a more creative and daring cook! It's so much fun to share ideas at the produce table!

This fall, as long as you don't use lawn herbicides or pesticides, I want your leaves! If you don't mulch them, or just have too many, bag them and bring them or let me know to pick them up, and I'll make sure you get your still usable bags back. We attended the Seed Savers Conference in Decorah where the overwhelming compost message was "leaves, leaves, leaves." If you can chop them small with your mower or leaf sucker, you get more into a bag, as much as ten times more, and then they break down faster in the pile. Tree roots go deep, bringing up trace minerals, otherwise in short supply. Clay particles' exposed edges are electrically charged, attracting oppositely charged particles like potassium, calcium and nitrate, freed up by the bacteria, and fungi. Plant roots shop there. What a wondrous process that eventually feeds us all!

Meanwhile I have fallen in love with *lovage*, an aromatic, perennial herb introduced to me by *Nita Stewart*. One day I just threw a sprig in the soup pot and the whole house smelled like a bouquet, not to mention the tasty soup that resulted. *Mimi* has used it also and concurs. Many fresh herb resources are available to you for the picking! Don't wait until Sunday. Just look about and take what you need. Ask if you don't know where the different herbs are. Next year I plan to have a special spot for herbs only.

If you want some really beautiful reading that will change your mind forever about soil, I recommend *Dirt: The Ecstatic Skin of the Earth* by William Bryant Logan. In it you will discover that there is more living matter beneath the soil than upon it!

Huge thanks to *Mimi*, *Maureen*, *Johanna*, and *Nita* for their steady support and to all who contribute for the produce.

*Julie Fischer*



**Labor Day** is a United States federal holiday observed on the first Monday in September.

The holiday originated in 1882 as the Central Labor Union of New York City sought to create "a day off for the working citizens". Congress made Labor Day a federal holiday on June 28, 1894. All fifty U.S. states have made Labor Day a state holiday. Traditionally, Labor Day is celebrated by most Americans as the symbolic end of the summer.



*"A Knight To Remember"*  
*The 2009 Treats and Talents Auction*

Join us Saturday, November 14<sup>th</sup> for our annual Treats and Talents Auction. This year's event will feature a Renaissance Faire theme. Everyone is invited to come in costume as the royal court convenes for an evening of merriment, refreshments and spirited bidding! The Renaissance Faire will begin at 6:30 p.m. and end by 9:00 p.m. Light refreshments and beverages to be served. Child care will be available.

For those of you new to the UUSBHC, our annual Treats and Talents Auction is a major fundraising event for the Society. Each year, members and friends offer services and goods to be auctioned off to those attending. Auction items range from special dinners, art, textiles, trips and vacations, to services like babysitting or gardening. More information will be forthcoming about how you can participate by donating an item for the auction.

The evening is always a fun event, so mark it on your calendars and don't miss it. While costumes are not required, they are highly encouraged. Start working on your costume now! Past events like our Pirate-themed auctions saw the likes of as many as thirty pirates, wenches, and other assorted scallywags show up. Here's your chance to join the royal court for the evening. Come to "A Knight to Remember"!



**SEPTEMBER SERVICES**

Sundays at 9:30 a.m. unless stated otherwise

**September 6<sup>th</sup>**

**Labor Day Chapel** ~ Deblyn Russell, Al Hays

Join *Deblyn* and *Al* in this short service that celebrates our community efforts to make our world a little bit cleaner. Then stay for the All-Church Clean-up and Potluck Picnic—come to one or all. (See article this page for details on the Clean-up and Potluck.)

**September 13<sup>th</sup>**

**"Standing on the Side of Love"** ~ Rev. Eva Cameron, Karen Impola  
 Join *Rev. Eva* and *Karen* (as Worship Associate) as we explore our Spiritual Theme for the coming year. This incredibly simple tool will help you live your life with strength and conviction. Together, UUs all over the country are working toward *Standing Together on the Side of Love*.

**September 20<sup>th</sup>**

**Fall Equinox** ~ Rev. Eva Cameron, Service For All Ages Team  
 We will celebrate autumn and the lessons it offers us on our Spiritual Journey with song, drama, poetry and joy!

**September 27<sup>th</sup>**

**Yom Kippur** ~ Rev. Eva Cameron, Lara Martinsen-Burrell  
*Rev. Eva* and *Lara* (as Worship Associate), offer this service that recognizes the power of both asking and offering forgiveness.



**Child's letter to God:**

Dear God,  
 What does it mean You are a Jealous God?  
 I thought You had everything. Jane

Unitarian clergy organized the *Unitarian Temperance Society* at the National Unitarian Conference at Saratoga, New York, on September 23, 1866 "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 intoxicating drinks."



**UU ROAD TRIPS**

I am forming a Small Group Ministry for individuals who would like to know more about the Unitarian Universalist Association and would be willing to travel to other UU churches within the Prairie Star District over the coming year. This could include a Sunday morning road trip to Cedar Rapids, Mason City, Iowa City, or a weekend trip to Madison, Minneapolis or Kansas City. The year's program would end with our going to the General Assembly in Minneapolis. The group would be open to ten other individuals.



What we do will be determined by the group formed, as would the frequency and destination of the UU road trips. Some immediate thoughts include:

- Visiting other congregations to see what they are like. We could bring back positive ideas that might be replicated at the UUSBHC,
- For overnight trips, arranging for UUs to host us overnight so that we make personal connections with other UUs on a one to one basis, and as a small group over dinner,
- Provide feedback to the visited church (if they would request it) on our observations,
- Volunteer at the General Assembly in exchange for free or reduced registration.

If you would be interested in participating in such a Small Group Ministry, please contact me at <mikeknapp@mchsi.com>, 319-291-6509 or 1141 Independence Ave., Waterloo, IA 50703.

*Mike Knapp*



**LABOR DAY SUNDAY AT CHURCH**

**Chapel Service at 9:30 a.m.**

Join *Deblyn Russell* and *Al Hays* for a Chapel Service on Labor Day Sunday.

**Work Party at 10:30 a.m.**

Bring your work gloves, dust rags, rakes, mops, polish, cleaner, window cleaner, and work clothes for an indoor/outdoor all-church clean up. It's great fun for kids and adults alike.



**Potluck Picnic at 12:00 p.m.**

Bring a dish and beverage to share as we celebrate the end of summer with a party. Also bring lawn chairs, picnic blankets, games and guitars. The grill and hotdogs will be provided but bring your own meat if you wish. Let's have some fun!

## UU SPOTLIGHT



I had the pleasure of visiting with *Dottie Forsberg*, nee Dorothy Canty. I'm sure you will enjoy reading about her colorful life. *Esther Kieffer*

"I was born on March 15, 1919 in Dallas, Texas. My father was an engineer and my mother worked in millinery (hats). They both died when my younger brother, William II, and I were young. We went to live with our paternal grandparents in Pascagoula, Mississippi. They had several General Stores. My grandfather died when I was about ten years old so Grandmother Canty raised us. We attended the Roman Catholic Church. The week before Lent there were Mardi Gras celebrations. I was the Mardi Gras Queen one year.

"William II was a torpedo bomber pilot in the Navy in World War II. He died in a mid-air collision in the South Pacific at age twenty-three.

"After high school, I attended Louisiana State University in Baton Rouge, graduating with a Liberal Arts degree and a teaching certificate. I remember riding a bus back and forth to the University and sometimes Grandmother Canty's driver would take us. After graduation I returned to Pascagoula where there was a Naval Shipyard. A man came and told me it was my duty to join the Navy (Waves). And I did. After about a year I was stationed in Jacksonville, Florida where I met and married Ray Forsberg, who was also in the Navy.

"I then moved to Washington, D.C. where I was Communications Officer for the Chief of Naval Operations, Admiral King. I did encoding and decoding messages. I left the Navy after two years and we moved to Denver, Colorado. Our first child, William III was born. Ray left the Navy and we moved to Waterloo, Iowa. Ray became the Director of Waterloo Center for the Arts and Recreation. He was very instrumental in getting the Waterloo Center for the Arts to become a reality. The Forsberg Gallery was named for him. A second son, Theodore

was born in Waterloo. After forty-five years of marriage Ray died.

"After leaving college I visited many different churches—maybe as many as seventeen. My mother-in-law had a great influence on me as she was a Unitarian in Salt Lake City, Utah.

"Our sons did not attend the UU Church, but I became a member. Ray was a Mormon. He thought the UUs were a pretty radical group. Much to my surprise, our sons, William and Theodore, are now UUs in Texas and Arizona.

"I remember with fondness the Circle Suppers, Extended Families (which was a support group), and the general openness and attitudes of the congregation.

"I played and took golf lesson for twelve years to please my husband. I didn't really care about getting that little ball in the hole. When the boys were growing up I was active with the Boy Scouts. Theodore became an Eagle Scout. The Waterloo Center for the Arts and Recreation was exciting for me. I enjoyed oil and watercolor painting and pottery-making. Many of my works of art are decorating my home now.

"After the boys were older, I taught seventh grade at Logan Jr. High for several years. Then I attended UNI's Graduate School and received Certification in Library Science. For twenty-three years I was the librarian at Logan Jr. High School.

"I was a volunteer for the Waterloo Chamber of Commerce—a Diplomatic Greeters Group which did Service projects. I also did much traveling all over the world and attended sixteen Elderhostels.

"I have two grandchildren, Chad and Jennifer; two great grandchildren, William IV and Guerin, and another baby coming soon.

"*Gordon Harrington* and I were married December 15, 2002. We continued more traveling; one was a memorable trip we took to China visiting a student of Gordon's. We live at Friendship Village.

"P. S. I also have a cat named Pumpkin."



The first service of the *Humanist Society*, the first independent Humanist congregation, was held at Steinway Hall in New York City on September 29, 1929. Charles Francis Potter, a Unitarian minister and one of the signers of the Humanist Manifest conducted the service and delivered the sermon, "A new faith for a new age".



### BIRTHDAY CALENDAR

The *Birthday Calendar* is in the Fellowship Hall. If you wish to be included, please put your name on the calendar on the date of your birth so you can be remembered.

*Happy Birthday* to those with *September* birthdays:

- Pam Hays    Maureen Murphy    Mark Hays
- Linda McLaury    Nathaniel Harwood    Cindy Bancroft
- Maggie Rediske    Jordon Bancroft-Smithe    Peter Hochgraf
- Erica Schroder    Parker McNally    Stephanie Lawrence

### COME SEE CLARENCE DARROW

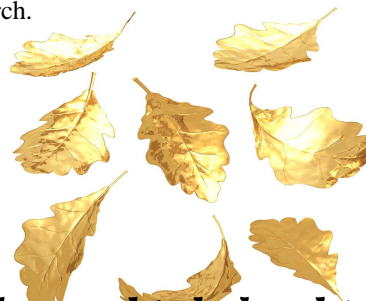
When: September 20<sup>th</sup> at 2:30 p.m.

Where: St Paul's United Methodist Church  
1340 3<sup>rd</sup> Ave SE, Cedar Rapids, IA

Gary Anderson, a touring Unitarian Universalist and social justice "actor-vist", is a nationally lauded and renowned portrayer of Clarence Darrow—America's most famous, infamous, most celebrated and hated lawyer in American history.

Gary says of this performance, "Theatre as activism is a strong draw with both entertainment and message."

Come to this one-man performance that is being co-sponsored by Peoples Church Unitarian Universalist and St. Paul's United Methodist Church.



*To love and to be loved is the greatest happiness.*



Religious Education and Programs

## RELIGIOUS EDUCATION AND PROGRAM COUNCIL

### Multi-Generation Programs

#### ADULT SUNDAY SCHOOL

11:15 a.m. – 12:15 p.m. unless stated otherwise

##### September 6<sup>th</sup>

**Labor Day Clean-up** – Join us at 10:30 a.m. in cleaning up the church; each room has a list of what needs to be done.

**All-Church Potluck Picnic** – Join us at noon following the clean-up for good food and company.

##### September 13<sup>th</sup> ~ 10:45 a.m. – 12:15 p.m.

**Involvement Fair** – Learn about what there is to do at the UU Society.

##### September 20<sup>th</sup>

**Sixty for Six** – see related article on this page about new classes

**Buddhist Path** – Join Rev. Eva and others in exploring Buddhist spiritual practices.

**Walkin' The Talk** – Ruth Walker will speak to us on September's Social Action focus—the Sabeel Conference (plate collection is September 27<sup>th</sup>). See the Social Action article for more information.

**Conscious Living** – “Art as Environmental Activism” will be Margaret Whiting's topic. Note the date change from last month's newsletter.

**Garden Meditation** – Join Julie Fischer and others in the garden.

##### September 27<sup>th</sup>

**Sixty for Six** – see related article on this page about new classes  
**USBHC History** – Join our Archivist, Kay Rewerts, as she shares with us the interesting history of the Unitarian and Universalist congregations that merged in 1961 here in Black Hawk County to form this congregation. She will also bring us up to date on significant events in our more recent past.

**Garden Meditation** – see above

#### SUNDAYS AFTER TWO

##### September 27<sup>th</sup> 2:00 – 4:00 p.m.

Last Sunday Small Group, closed ~ Mica Lorenz

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#### Small Group Ministries

Some topics have related articles elsewhere in this newsletter.

**FVUUM** – 11:00 a.m. UU Ministry at Friendship Village

**Waverly Small Group** – contact Chris Rediske at 352-3444.

**Nature Lovers Group** – meets on Saturdays; closed. See related article about camping with the group this month.

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#### WOW! WORKSHOPS ON WEDNESDAYS WOW!

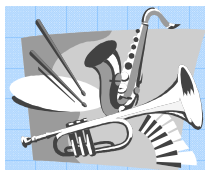
##### Every Wednesday

**Dinner** is at 5:30 p.m. every Wednesday, \$5/person, \$2/child<5, \$10/family – sign up at church or on-line at <<http://snipurl.com/3w0i8>>.

**Children's Choir** at 5:00 p.m.

**Choir** at 6:15 p.m.

**Theoretical String Band** at 7:30 p.m.



#### Workshops

Wednesday, September 2<sup>nd</sup> at 6:30 p.m.

**Self Realization** with Crystal King

**Small Group Facilitators Meeting** at 7:30 p.m. ~ Mica Lorenz

Wednesday, September 9<sup>th</sup> at 6:30 p.m.

**Self Realization** with Crystal King

**Integral Life Practice Small Group** ~ Lara and Neil Martinsen-Burrell; open.

Wednesday, September 16<sup>th</sup> at 6:30 p.m.

**Self Realization** with Crystal King

Wednesday, September 23<sup>rd</sup> at 6:30 p.m.

**Self Realization** with Crystal King

Wednesday, September 30<sup>th</sup> at 6:30 p.m.

**Self Realization** with Crystal King

#### Every Thursday

**Buddhist Path** at 7:30 p.m. Join Rev. Eva and others in exploring Buddhist spiritual practices; open.

#### First Friday Potluck

Stay tuned for our first First Friday coming in October. We'll be learning about the Islamic holiday of Eid al Fitr.

#### Fourth Friday Movies

Watch for more info on these Buddhist Path sponsored movies.

#### What's Up Documentaries

We are looking for someone to host the Documentaries this year. Contact Michaela Rich or Kathy Klink-Zeitz if you are interested.

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#### Sunday School Thanks

A big Thank You to Jo Foster and Bob Robinson for co-directing the Adult Sunday School this year.

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#### New! Adult Sunday School for 2009 - 2010

Every Sunday 11:15 a.m. - 12:15 p.m.

**60 for 6** is a new offering this year which consists of sixty minute classes that last for six weeks in a row. Each six-week unit is listed below.

**UU Perspectives on Current Events:** September 20-October 25

Led by Bill Harwood, we'll discuss the “hot” topics of the day and consider how we, as Unitarian Universalists, are called to respond.

**What is Good About Religion?:** November 1-December 6

Led by Johanna Foster, we'll be exploring the positive things we can learn from the Christian, Wicca, Native American, Hindu, Islamic, Buddhist, and Jewish traditions. Guest speakers will be featured in this class!

**Anglo-American Christianity:** December 13-January 17

Led by Bob Robinson

**Religion's Influences in Arts and Literature:** January 24-February 28

Led by Bob Robinson and Johanna Foster

**Beliefs and Non-Beliefs:** March 7-April 11

Led by Bob Robinson and Johanna Foster

**Yet To Be Named:** April 18-May 23

Led by Tyler Vincent