



CEDAR VALLEY UNITARIAN UNIVERSALISTS

3912 Cedar Heights Drive, Cedar Falls, Iowa 50613

319-266-5640

ADDRESS SERVICE REQUESTED

www.uusbhc.org



***** 2013 *****

- FEBRUARY 3** 9:30 A.M. **OF THAT WE DO NOT SPEAK** – Lynn Brant, Lara Martinsen-Burrell*
 11:15 A.M. **Adult Sunday School / New Member Orientation**
- FEBRUARY 10** 9:30 A.M. **FESTIVAL SUNDAY: IN SERVICE OF... LOVE**
 – Rev. Eva Cameron, Festival Team, Drama Team, and Bill Chene*
 11:15 A.M. **Adult Sunday School**
- FEBRUARY 17** 9:30 A.M. **IN SERVICE OF... KNOWLEDGE** – Rev. Eva Cameron, Del Carpenter*
 11:15 A.M. **Adult Sunday School**
- FEBRUARY 24** 9:30 A.M. **IN SERVICE OF... GENEROSITY! GOLDEN OPPORTUNITIES**
 – Rev. Eva Cameron, Finance Council members, Karen Impola*
 STEWARDSHIP BRUNCH (immediately following the service)
 11:15 A.M. **Adult Sunday School**

* ~ denotes *Worship Associate*

REGULAR SUNDAY SCHEDULE

- 9:30 A.M. **Services**
 10:45 A.M. **Coffee / Announcements**
 11:00 A.M. **Children's Chapel (*except Sunday the 24th)**
 11:15 A.M. **RE: Children, Youth, Adults**



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

February is the month of love. The stores all know it—they have all the red candy and hearts out. What does it mean to love another? To be loved? Often UUs will say “God is love”. . .which can mean many things, but I guess for most it means that the ultimate reality and meaning in life is love. For me, one of the reasons I am religious, one of the many reasons I am sold on the idea of having a church, is that I feel that love is really only learned in community. As we bump up against each other, we create some friction and we reach out in love. Over and over, we see each other’s humanity, their beauty, but also their frailties and ugly sides. We come to understand we are all like that, and we can forgive each other, and love each other a little more deeply. We are inspired to go out into the world as different people, with deeper passions. If we stay home, study and practice spirituality on our own, we never get this invitation to growing and deepening ourselves. We never experience this deep kind of love. This is true for our choice to live with a family, with our choice to be a part of communities of all sorts. But church is special because everyone comes with this intention.

I love this place and I hope you do to. Here we are. . .fifty years into a grand adventure of creating a community of love in the Cedar Valley. We have a new name! We have a lovely and sturdy building, built by those who came before us (and some of our longest term members!). Now it is time for us to think to the future, as those newly minted UUs from fifty years ago did. We are growing in our demographic of young families. We have amazing things to offer progressive parents here in the Cedar Valley, and have ideas of other life-changing things we could do. However, in general, people are giving like we have no staff or minister. Now is the time to step boldly into the future, to say “I want this place to be around fifty years from now. . .alive, vibrant, with young children bringing their pussy-willows, their damp hugs, and fragile hearts full of life; alive and resonant with elders whose stories inspire us to rise to the challenges of life; alive and cherished by all who enter our doors.”

In this fiftieth year of golden opportunities, let’s make a bold step into the future. Let’s choose this place, this time, to create a gift we give to those who are here, walking in our footsteps fifty years in the future: being alive, vibrant, full of love and passionate about spreading our progressive message of faith.

See you in church!

Eva



During this month of love, we send healing thoughts to our members and friends who are dealing with health or other life issues. Hopefully this flu/virus time will leave Iowa early.

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



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.

FROM THE PRESIDENT

In January, I was inspired by the story of Effie McCollum Jones, the Minister of the Universalist Church in Waterloo from 1904-1916. On Anniversary Sunday, *Eva* preached about Rev. Jones (while dressed like her!) and I was amazed to be connected to such an impressive past that I knew so little about. After creating a page for her on Wikipedia <http://en.wikipedia.org/wiki/Effie_McCollum_Jones> I did some more digging into historical sources. I came up with a Master’s dissertation on Universalist history in Iowa. Thanks to the wonders of inter-library loan, I currently have a copy in my possession.

Besides impressing people with the size of the book, I have learned some interesting tidbits about what life must have been like in the late 19th century in Eastern Iowa. There was a Universalist church in Waverly, the small town I live in, starting in 1870. They even raised enough money to hire a settled minister: 500 dollars a year! They built a building near the river, although I can’t yet identify where it stood. Then, four years later, they had to close up shop and sell the building (to the Lutherans). The book is full of these stories of excited, interested people inspired by a message of universal salvation who can’t sustain their interest enough to maintain an organization. Despite bake sales and socials that raised 100 dollars selling fancy needlework, the Waverly Universalist congregation has vanished into history.

So, I salute those who have come before us in Waterloo and in Cedar Falls, not only for their passion, but also for their steadfastness. As my study of history reveals, fifty or one hundred years is not an easy thing for a liberal church to accomplish. To our forefathers and foremothers, I offer my warmest thanks and to all of you, I offer my heartfelt wish that we might continue as steadfastly as they did.

Neil Martinsen-Burrell
President of the Board



The Friendship Village UU Ministry continues with its monthly chapel. Every third Wednesday from 11:00 a.m.–1:00 p.m. they meet at Lakeview Landing which is the first building on Southbrooke Drive just off W. 9th Street. The **next meeting will be Wednesday, February 20th**.

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.



Giovanni Gentile, age forty-six, was beheaded on February 6, 1566 for Unitarian beliefs, “for attacking the Trinity, and teaching that the Father is the only infinite God, whom we ought to worship,” at Berne, Switzerland. Calvin said he was found “given to drinking dirty water from the Servetian puddle.” Gentile was offered his life if he would renounce his religious views, but he declined.

WHAT'S HAPPENING IN RE?

As you may have heard, I made a rather large mistake. I over-scheduled myself and my family the weekend of YoUUth Sunday. I know, it happens to the best of us, but I'm still having a hard time rationalizing the mistake. As much as I may think that I have things under control, I don't, and that's a hard thing to admit, that you may have lost a bit of control of things. I'm the person who has the book that is a planner—a mom planner—a space for every person in the family for every day of the week. I also downloaded an app for our phones so that we can always see what each other adds and what is on the docket for the day. In addition to those two things, I have a large dry erase board hanging in our laundry room where we exit and enter the house that has the family's weekly schedule on it. Each Sunday I write down where we need to be and at what time for the entire week. It's the last thing I see each day when I leave the house. I feel as though I have my bases covered in the family schedule department.

I arrange my work schedules, the kids schedules as to if they need to wear gym shoes or return a library book, what sport and where and when their piano lessons are. I arrange Kevin's schedule for when he's not at work and I also check in with him each day to confirm what the plan is for the night. So you can see, one would think it would be quite hard to forget activities.

I blame *Izzy* for some of this mistake. You see, I was the one who had the memory like a lock box, not Kevin. I could remember anyone from anywhere. I could hold a grudge like no other because I never, ever forgot! We would argue and I could bring up stuff he did four years prior. It would drive him nuts! I was able to prove a lot of points that way, until *Izzy*. She ruined it for me. Now, I no longer am the one who wins our arguments so much as I am the one who just agrees to disagree (I hate that!). She took my memory away when she was born. It's like I said hello to *Izzy* and good-bye to my memory on June 4, 2006 at approximately 10:00 a.m. Now I'm that person who looks to her husband and says, "Who is that? I know they look familiar!" Kevin will say stuff like, "Remember when we went here and saw that concert?" Nope, I don't. I'm sure I had a good time there and I really enjoyed it, but unfortunately that memory escaped with *Izzy's* arrival.

Let's sum this up. I probably won't be able to remember your name, please don't take it personally. I try to stay organized and plan ahead, but this doesn't always happen and it's (not really) *Izzy's* fault that I planned YoUUth Sunday on the same weekend we have a hockey tournament in Dubuque!

SO—the new date for YoUUth Sunday will be April 7th. Please mark your calendars and accept my apology for my forgetfulness. I appreciate *Eva* and everyone else's ability to roll with the punches with this and to work with me to figure out a solution.

Angie Stafsholt, DCRE
dcre@uusbh.org
319-230-0210 cell



On February 8, 1852 *William Johnson Fox* retired from a twenty-eight year Unitarian ministry at South Place Chapel, London, which had been built in response to his preaching reputation.

Henry Wilder Foote, Jr. was born on February 2, 1875 in Boston, Massachusetts. Foote, a Unitarian minister, was chairman of the Unitarian Commission on Hymns and Services, which, in a cooperative effort with the Universalist Commission on Hymns and Services, chaired by L. Griswold Williams, produced *Hymns of the Spirit* in 1937. This Hymnal was an important early milestone on the road to consolidation of the Unitarians and Universalists in 1961, designed as it was to appeal to both denominations. Many of the resources were non-scriptural and included material for humanists.



2013-2014 STEWARDSHIP CAMPAIGN GOLDEN OPPORTUNITIES

It is time once again for our annual Stewardship campaign. We are proudly celebrating our Fiftieth year. It's a golden opportunity to pledge your financial support to CVUU—to celebrate being a liberal religious voice in the Cedar Valley. It's a golden opportunity to contribute our time, talent, and treasure to this wonderful place we call CVUU. During the next few weeks we have several opportunities for you to hear more about the campaign and how important your involvement is to our success. Stewardship materials will be available in the Fellowship Hall on Sunday, February 10th and beyond.

Friday, February 22nd:

Stewardship Reception – 5:00-7:00 p.m.

Come enjoy drinks and appetizers at the home of *Todd* and *Susan Munnik*, 603 Clay Street, Cedar Falls. Guests will be informed about the Stewardship campaign and goals. Pledges will be collected that evening to give a golden start to the campaign total!

Sunday, February 24th: Stewardship Sunday

In Service of Generosity! Golden Opportunities

Come celebrate in worship, the golden opportunity you have to make a pledge to CVUU. We ask that you come to the service and following brunch. Please bring your completed pledge form and come ready to make your pledge!

Sunday, February 24th:

Stewardship Sunday Brunch Celebration

Immediately following the Stewardship Service, we'll have brunch in the Fellowship Hall. Eggs, baked goods, fruit, yogurt, and drinks will be provided. ***There will be no Children's Chapel this day to enable families to eat together in fellowship.*** Adult RE and Sunday school ***will be held*** as usual following the brunch. The amount pledged to date will be shared at the end of the celebration.

Contact Stewardship Chair, *Shanlee McNally* at 296-2780 or <stewardship@uusbh.org> with questions.

Be Mine

INTERESTED IN JOINING THE CEDAR VALLEY UNITARIAN UNIVERSALISTS?

The Outreach Committee will be holding an informational meeting in the Minister's office (at the east end of the Fellowship Hall) at 11:15 a.m. on Sunday, February 3rd.

We will be glad to answer your questions about Unitarian Universalism and what it means to be a member here. Join us!



WhaleCoast Alaska 2013

WHAT: Four Unitarian Universalist Fellowships in Alaska invite you to an unforgettable All-Alaska tour. Cost is \$3,339.

WHEN: July 12th to July 24th (thirteen days).

WHERE: From the Southeast coastal waters to the sunny Interior, from remote wilderness to modern cities. We experience the best that Alaska has to offer.

SEE: Wildlife (whales, seals, bears, moose, caribou, and more).
Glaciers, islands, fjords, and mountain ranges.
Native American artists and dancers.
Alaska's finest museums.
Spectacular travel by train, ferry, and plane.

STAY: Real Alaska! UU homestays, dinner parties and services with Anchorage, Fairbanks, Sitka and Juneau UUs.

See the website <www.WhaleCoastAK.org> for a registration form and more information, or email Director Dave Frey, longtime Fairbanks UU, at <dfrey@WhaleCoastAK.org>. His phone is 907-322-4966.



DCRE'S OFFICE HOURS

Most weeks my office hours will be Tuesdays and Thursdays from 12:45–3:00 p.m., Wednesdays from 12:45–2:00 p.m. and, of course, Sundays. If you'd like to meet with me, please shoot me an email or give me a ring to make sure I will be in the office.

Angie Stafsholt, DCRE



Ludwig Hetzer was executed on February 4, 1529 at Constance, Switzerland. For a time a pastor in Zurich, he was a man of great learning who openly renounced the doctrine of the Trinity. He maintained that the Father alone is the true God and that Christ is not equal to the Father, but vastly inferior to him. Hetzer was arrested, charged with impugning the doctrine of the trinity by the Synod of Constance, and ordered beheaded and burned. The Sentence was carried out the same day. He may have been the first Unitarian martyred by Protestants.

“Education is not preparation for life;
education is life itself.” ~ ~ *John Dewey*



One of the most famous literary couples met in the summer of 1918, when a young lieutenant stationed in Alabama went to a dance at the Montgomery Country Club. There he met a Southern belle named Zelda Sayre. She had gray eyes and reddish-gold hair; she was spirited and independent, from a good family, and she liked the lieutenant, who was small, blond, handsome, and whose name was *Scott Fitzgerald*. They fell in love.

~ ~ from the *Writer's Almanac*



FEBRUARY SERVICES

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

February 3rd **Of That We Do Not Speak**

~ ~ Lynn Brant, Lara Martinsen-Burrell (WA)
Lynn will talk about abortion and make a stronger case for “pro-choice” in the context of our UU principles and values. He will argue that we should speak about abortion and not allow the other side to dominate the larger conversation in our society.

February 10th **Festival Sunday: In Service of . . . Love** ~ ~ Rev. Eva Cameron,

Festival Team, Drama Team, Bill Chene (WA)
Join us for the celebration of the heart, as we explore some of the ways we give love, teach love, expand love and live love! Our Children's Choir will be singing. Have fun, wear reds and pinks!

February 17th **In Service of . . . Knowledge**

~ ~ Rev. Eva Cameron, Del Carpenter (WA)
In honor of Charles Darwin's birthday, which some have declared as their own UU Holiday, this week we will explore how the growth and love of knowledge has shaped our UU heritage.

February 24th Stewardship Sunday **In Service of . . . Generosity! Golden Opportunities**

~ ~ Rev. Eva Cameron, Finance Council members, Karen Impola (WA)
On this Stewardship Sunday we will share some ‘golden opportunities’ . . . stories of gifts that have changed lives. Do you have one you would like to share? *Stewardship Brunch immediately following the service* (see Stewardship article).



ANNUAL MEETING

The Annual Meeting of the Cedar Valley Unitarian Universalists will be held on Sunday, April 28, 2013 at 11:00 a.m. A regular Sunday Service will precede this meeting.

GREEN LIVING CORNER

Why I am a member of the Green Sanctuary Committee

1) In the late 1980's in Virginia I met a woman who told me she recycled *everything*. When we moved to Wayne, NE in 1990 I became a member of the local Lions and we began recycling for the town of 5,500 every Saturday morning. It was awful. No one rinsed the milk containers, etc., but we persisted. The rules were established about rinsing! Today that town has a wonderful recycling facility.

2) In 1972 as newlyweds, my late husband, Tom, and I moved to Pittsburgh for a year. There were still some steel mills operating, so they had "pink air pollution" a la Los Angeles back in 1964. Every day on weather forecasts they announced the day's air pollution index. One time in spring 1973 they had an air inversion with a rating of 157 and pregnant women and seniors were advised to stay home. We were told by old-timers that back in the 1950's the coal dust was so bad that in downtown Pittsburgh they had to turn on the lights daily at noon. I called it the city of churches with red doors. The public buildings had been sandblasted, but churches hadn't and were black with bright red front doors. The hospital nearest our apartment specialized in the treatment of black lung disease.

3) In 1998-99, 2001-02 and Spring 2005 we taught Oral English in Chinese universities on the mainland. At that time nine of the ten most (air) polluted cities in the world were in China. In 2002 after getting permission to have the '08 Olympics, they burned/destroyed 50,000 taxicabs in Beijing where prior to destruction you could get air pollution *inside* the cab. In 2001-02 we lived on the financial college "north campus" of Hunan University and taught on the main "south campus".

Our neighborhood where we lived was at the edge of the city of Changsha (population six million) and they made tar stoves nearby that were used in the fabulous small restaurants/dumpling shops surrounding the small campus. The students bought lots of takeout in styrofoam containers. The air there had tar floating in it that you could see, smell, and taste. I had walking pneumonia that fall, and it took three weeks of antibiotics in nine days to kill it after three weeks of regular antibiotics. One day in Spring 2002 a Canadian lady and I were walking for exercise as usual, partly on the top of bleachers overlooking the campus pool not open for summer use yet. "Look!" she exclaimed. There was a rat swimming in the Olympic style pool straight toward a used styrofoam container floating in the corner of the pool.

4) The Chinese like to litter along sidewalks and streets, partly because they know paid city workers will broom it up daily. In February 1999 we were working editing a new English textbook during Chinese New Year "vacation" (hah) with a team of Chinese professors in an obscure village. We stayed at a hotel restricted to Chinese, and our University didn't *care* they were breaking that rule. The proprietor was furious, partly perhaps because all along the river bank by the hotel on that side was *lots* of litter/trash. In 2001-02 when walking to catch a city bus from campus along the side of the street away from dumpling shops we saw lots of litter scattered always.

Trish Cook



On February 11, 1806 *The Unitarian Fund for Promoting Unitarianism by Means of Popular Preaching* was formed in London, England.

Paul Carnes, third president of the Unitarian Universalist Association, was born in Jeffersonville, Indiana on February 1, 1921. He prepared for the Unitarian ministry at Harvard Divinity School and served churches in Ohio, Tennessee, and New York before becoming UUA president in 1977. He died of lymphoma on March 17, 1979 in Boston, Massachusetts after serving only eighteen months as president.



ADULT RELIGIOUS EDUCATION IN FEBRUARY

Join other UUs in the sanctuary on Sundays at 11:15 a.m. to learn and share your thoughts about UU-related topics. If you have a topic to suggest and/or would like to help facilitate a future session, please contact *Heather Flory* at <adultRE@uusbc.org> or 319-610-3089.

February 3rd Discussion: Of That We Do Not Speak

Facilitator: *Kelly Fischer*

This discussion will provide a forum to share your thoughts about today's service. See the February Services article about today's sermon topic.

February 10th UU Common Read: *The New Jim Crow, Part 3*

Facilitators: *Sally Browne* and *Michelle Tichy*

For information about the UU common read and this discussion series, see the Social Action article.

February 17th UUA Regionalization

Facilitator: *Dave Martin*, Prairie Star District
Board member, Iowa City, IA

UUA Regionalization is a planned re-organization of the UU districts. There will be a vote at District meetings in April 2013 about whether or not to dissolve three UUA districts and form one MidAmerica Region. Join us so that we can be better informed about this vote and how it might affect our congregation. (See the FAQ page near the end of this newsletter.)

February 24th UU Common Read: *The New Jim Crow, Part 4*

Facilitator: *Al Hays*

Al Hays and fellow members of the Drug Task Force of Citizens for Undoing Racism will make a presentation on the ineffectiveness and costs of the war on drugs. For information about the UU common read and this discussion series, see the Social Action article.



SOME OBSERVANCES FOR THE MONTH OF FEBRUARY INCLUDE:

- Black History month
- American Heart month
- Chocolate Lovers month
- Parent Leadership month
- National Bird Feeding month
- National Children's Dental Health month

PROGRESSIVE PARENTING CLASS

This class will provide a chance to talk with other parents about the trials and joys of raising children with alternative values. We will have wide-ranging discussion, from spirituality to food, schooling to “screen time”—and we will cycle back through topics that resonate, so come when you can! Wednesday nights 6:30 to 7:30 p.m. Childcare is provided. Invite your progressive friends.



Charles Lamb was born in London, England on February 10, 1775. He was reared Unitarian and was active in English Unitarian Churches. A noted poet, novelist and essayist, Lamb was the author of “The Essays of Elia”, “Tales of Shakespeare”, and many other works. He died on December 27, 1834.

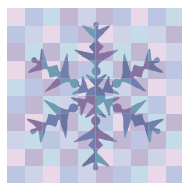


NEW! CVUU CROCKPOT COOK-OFF!

Sunday, February 3rd at 12:15 p.m.
UU Fellowship Hall

Pull out your crockpot, make your favorite recipe, and bring it to CVUU to nourish your friends and the CVUU treasury. Modeled after the former UU Chili Cook-off, the new and improved Crockpot Cook-off offers more creativity to the cook and variety to consumers. Any and all crockpot dishes are welcome. All consumers are encouraged to eat hardy and then vote for your favorites.

The sign-up sheet indicating you will bring a crockpot to the cook-off is either on the table near the kitchen or in *Christine Carpenter*'s hand as she will be seeking contributors. This year's Crockpot Cook-off is brought to you by CVUU's Nature Group. For more information contact *Christine Carpenter* at 266-0194 or <christine.carpenter@cfu.net>.



Poet **Edna St. Vincent Millay** was born on February 22, 1892 in Rockland, Maine. Her parents divorced when she was a little girl, so she was raised by her mother, who supported the family by making wigs and working as a nurse. At Vassar, she was the most notorious girl on campus, famous for both her poetry and her habit of breaking rules. Millay wrote poems about bohemian parties and free love and became one of the icons of the Jazz Age. When she gave readings of her poetry, she drew huge crowds of adoring fans. She recited her poetry from memory, delivering the poems with her whole body. Many critics considered her the greatest poet of her generation. Poet Thomas Hardy famously said that America had produced only two great things: the skyscraper and the poetry of Edna St. Vincent Millay. She became the first woman poet to win the Pulitzer Prize in 1923. After her marriage, she began to suffer from debilitating stomach pains, and she became addicted to morphine. By the end of her life, her poetry had fallen out of fashion. She died in 1950, at the age of fifty-eight, after falling down the steps in the middle of the night. Millay wrote,

“My candle burns at both ends; It will not last the night;
But ah, my foes, and oh, my friends—It gives a lovely light!”

“Church is a place where you get to practice what it means to be human.”

~~ James Luther Adams



MINISTER'S OFFICE HOURS

I am in my study at church at varying times during the week, and often work from home (Cedar Falls or Manchester). Please feel free to phone or e-mail to set up a time to meet. I try to be very flexible and meet when you are free.

The cell phone is an office number for me, not an emergency only number. It is 610-6605.

Reasons for seeing the minister:

- Personal, family or spiritual crisis
- Need to create a ceremony to mark an occasion
- Thinking about membership
- Seeking a good ministry/place to help in the church
- To know more about Unitarian Universalism
- To get to know me better
- To explore your next step on your spiritual journey
- Church business/running a program
- Just want to share a cup of tea and catch up!

We can meet in my study, at my home, at a local coffee shop or restaurant—whatever makes you most comfortable. I'm also happy to have a long phone conversation or Facebook chat or connect in ways that work best for you. For easy reference, my email is <minister@uusbc.org>.

My general schedule is:

- Tuesday** -- 8:00 a.m.-3:00 p.m.: (Manchester) Office work (working on email, phone calls and planning)
Evenings: Meeting Night
- Wednesday** -- 8:00 a.m.-5:00 p.m.: (Cedar Falls) service planning, pastoral calls and FVUUM, reading for sermon and class prep, appointments
Evenings: WOW dinner and classes or music
- Thursday** -- 8:00 a.m.-6:00 p.m.: (Cedar Falls) sermon reading, service coordination, email, appointments
Evenings: Buddhist Path
- Friday** -- 8:00 a.m.-3:00 p.m.: (Manchester) Collecting information and sending out Weekly Update, sermon writing (newsletter work once a month)
- Saturday** -- 9:00 a.m.-9:00 p.m.: (Manchester) Sermon writing, pastoral calls and notes
- Sunday** -- **Morning:** Sunday service!
Afternoon and Monday: I try to take off (Manchester).



RE FUNDAY SUNDAY!

Sunday, February 17th is Mismatch Sunday!

Wear stripes, polka dots, plaids,
the craziest thing you can put together!

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.



SOCIAL ACTION "WALKIN' THE TALK"

Both Cedar Falls and Waterloo are seeking to become Blue Zones communities by putting into place the "live longer, live better" principles outlined by the national Blue Zones project. According to *Sheri Huber-Otting*, speaking to the CVUU Board at our January meeting, the CVUU is well-positioned to become a certified Blue Zones site. We already have incorporated many recommended practices, such as having a community garden and offering healthy food options at meetings, into our congregational activities.

One requirement for certification is that 25% of our congregation sign up to participate in at least one Blue Zones activity. Representatives of the Cedar Falls Blue Zones initiative will be present at the church during the coffee hour on February 3rd and February 10th to talk to members of the congregation and enlist our support for the initiative.

The link is <<http://www.bluezonesproject.com/>>. The login is on the upper right. You must check that you did an action for it to count. The staff on these two weekends can help you see if you have done it all correctly. Bring your username and password to coffee hour on those days. Even if you have signed on for your job or a specific city, you can still count for the CVUU. You can learn how to sign up your organizations to be Blue Zones too.

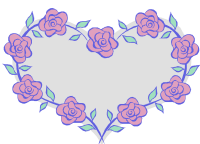
~~~~~

No Social Action Plate Collection is taken in February due to the focus on the Stewardship Campaign this month. In December, the plate collection raised \$171 for NAMI (National Association on Mental Illness).

Discussions about the book *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* will continue on Sunday, February 10<sup>th</sup>. That session will address the question of how our group might contribute to the work of dismantling the New Jim Crow system of mass incarceration. Anyone is welcome to attend—even if you haven't read the book. On Sunday, February 24<sup>th</sup> we will host a presentation by *Al Hays* and other members of the Drug Task Force of Citizens for Undoing Racism. Their topic will be the costs and ineffectiveness of the "War on Drugs".

Thank you for all your contributions to the social action work of the CVUU.

Sally Browne  
Social Action Chair



"Let us do all which may achieve a just and lasting peace among ourselves, and with all nations."

~ ~ Abraham Lincoln



### CIRCLE SUPPERS: A UU TRADITION!

Mark your calendar for March 2<sup>nd</sup>

Thanks to *Ute's* Facebook posting of the 1984 UUSBHC Cookbook cover, there has been discussion about resurrecting the age-old tradition of Circle Suppers. The idea of Circle Suppers is to bring adults of all ages together for an evening of delicious food and great conversation. There are usually two or three hosts, each fitting eight to ten people at his or her table. The host usually provides beverages for the group, but the meal is a potluck, coordinated by the host. Once Circle Suppers are established, people who have never been to a Circle Supper before do not have to bring a dish—they are guests. Because there are many people currently at the CVUU who have never been to a Circle Supper, this clause may have to be over-looked at first or there might not be much to eat!! This inter-generational event could be held four to six times a year, depending on interest. A coordinator mixes singles and couples, and pays attention to assure different age groups are well represented at each table. A log is kept to keep an eye on who has already been together throughout the year, guaranteeing as much mixing as possible, based on whom and how often an individual/couple signs up.

*Bill Brown* has agreed to coordinate a Circle Supper before the end of this fiscal year. **Saturday, March 2<sup>nd</sup>** has been chosen, based on the church calendar, so it is not in conflict with another UU event. If enough hosts and "guests" sign up, assignments will be made and the host will contact the guests to coordinate the meal. If thirty people sign up, three hosts will be needed; if forty sign up, four hosts will be needed. Each list is created one week prior to the Circle Supper, **so the cut-off for signing up will be Sunday, February 24<sup>th</sup>**. Hosts will be notified of their guest list by Monday evening February 25<sup>th</sup>.

With this being the first Circle Supper in many years, there is over a month to sign up and get the word out. Remember, it is important that once you commit to the event you do not change your mind, as assignments are taken very seriously!! If you are interested, you may sign up by e-mailing Bill at <[wjbrown@cfu.net](mailto:wjbrown@cfu.net)>. Be sure to indicate if you are willing to host and how many people you can seat at your table(s). In addition to email, a clipboard for sign-up will be available during Sunday morning announcements.



On February 10, 1652 *John Biddle* was freed from prison in the Scilly Isles where he had been exiled for his Unitarian heresy, gathered a group of Unitarians into a society. Although it did not last beyond Biddle's death on September 22, 1662, it represented the first Unitarian society in England. Others, including Thomas Firmin took up Biddle's ideas.



Join us July 28<sup>th</sup> to August 2<sup>nd</sup> to celebrate the fifth anniversary of Camp StarTrail. Located on the Platte River, midway between Lincoln and Omaha, Nebraska, Camp StarTrail is the premier summer event for Unitarian Universalists in the Midwest. Less camp and more retreat, Camp StarTrail is a refreshing and rejuvenating multi-generational experience. Theme speaker for 2013 will be Rev. Meg Riley, a Huffington Post Blogger and Senior Minister of the Church of the Larger Fellowship, a 3,500 member UU 'Church Without Walls'.

Online registration began December 1, 2012 at <<http://www.psduua.org/Camps/CampStarTrail2013>>. Send questions about camp to <[campstartrail@psduua.org](mailto:campstartrail@psduua.org)>.

## *DID YOU KNOW...*

*you may be eligible for extra cash through tax credits?*

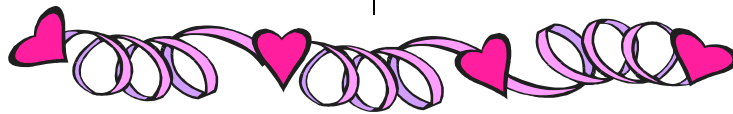
The VITA (Volunteer Income Tax Assistance) site will provide education and services to maximize your tax refund. You may be eligible for:

Earned Income Tax Credit (EITC)  
Federal Child Tax Credit (CTC)  
Child and Dependent Care Credit  
Education and Tuition Credits.

We prepare and e-file your tax return for free! To schedule an appointment in Black Hawk County call United Way 211 / 1-866-469-2211.

Eastside Ministerial Alliance  
205 Adams Street  
Waterloo, IA 50703

VITA is sponsored by The Eastside Ministerial Alliance/  
ISED Ventures in Des Moines/Internal Revenue Service (IRS).



## **FREQUENTLY ASKED QUESTIONS ABOUT UUA REGIONALIZATION**

### ***What is Regionalization?***

Regionalization means consolidating three geographic administrative UU Districts (Central Midwest, Heartland and Prairie Star) into one MidAmerica Region. These districts serve Illinois, Indiana, Iowa, Kansas, Kentucky, Michigan, Minnesota, most of Missouri, Nebraska, North Dakota, western Ohio, South Dakota, and Wisconsin.

### ***How Does Regionalization Happen?***

A Transition Team is coordinating creation of by-laws and articles of incorporation, operating funds, education for our congregations, and the official vote by congregation delegates. The vote will happen at each District Annual Meeting/Assembly in April 2013. Congregation delegates will be asked to authorize formation of the new Region and dissolution of their existing District as well as to elect the region's Officers and Board of Trustees.

### ***What is the Impact to District Field Staff?***

The current District Field Staff are full-time employees of the UUA and will be retained after the consolidation. These six "deep generalists" each have expertise in a specific area in addition to knowledge about all other services to congregations. Plans have been made for administrative office positions and technical support.

### ***What is the Impact to Services to Congregations?***

Field Staff has a strong desire to serve individual UUs and their congregations but now spends time on administrative duties. Their talents are better spent nurturing healthier congregations and growing membership. The transition to deep generalists offers congregations support in leadership development, membership growth, staff compensation, fundraising, conflict resolution, and other services. Field Staff will continue to offer workshops and webinars for congregations in addition to the annual Midwest Leadership School.

### ***Will We Still Have Annual Conferences/Assemblies?***

In 2014 we plan to use live-streaming to enable people in at least three locations to hear major speakers and participate in a

regional business meeting. It will be one regional conference, in at least three physical locations.

### ***What Are Advantages for Regionalization?***

Major advantages include cost savings from office and technological efficiencies; expertise in promoting our UU presence; strengthening collaborative partnerships; and fostering membership growth.

### ***Are Other Districts Forming Regions?***

District boundaries established in the mid-1960s are losing significance as the UUA organizes Field Staff into Regional teams. The Boards of the existing nineteen Districts have discussed regional mergers. The MidAmerica Region is the pioneer for this "New Era in UUism". In recognition of our model for process and leadership the UUA awarded a \$20,000 grant to ease transition costs.

### ***What is the Impact to Camp UniStar in Minnesota?***

Camp UniStar has been a popular summer camping program for families and individuals since 1961. To assure its continued existence and success, a new non-profit Camp UniStar Foundation will be created. The Foundation will be responsible for ownership, operation, and liability of the camp.

### ***How Should Congregations Prepare?***

Congregations should make sure their delegates to the 2013 District Annual Meeting/Assembly are familiar with the regionalization concept so they can carry out each congregation's directive. Preparation may include hosting a presentation from a District representative and scheduling a congregation meeting to determine your congregation's position.

### ***Where is More Information?***

[www.MidAmericauua.org](http://www.MidAmericauua.org)

Your District's website: [PSDuaa.org](http://PSDuaa.org)  
[Heartlanduu.org](http://Heartlanduu.org)  
[cmwd-uua.org](http://cmwd-uua.org)



## SOME WORDS ABOUT THIS COMING YEAR'S BUDGET

Last year's budget didn't balance, but it was a chaotic year at UNI and so we used reserves. We can do that every 8-10 years. That's why we set aside reserves. However, we can't do that every year, and when we do, it needs to be part of a long-range plan towards sustainable finances. In order to retain our current level of services and fully meet our obligations, we need to have a budget of at least \$130,000. We get around \$12,000 from other than pledge sources. So, that means we need a pledge drive of about \$118,000. Last year our drive came in at \$100,000. We based our budget on a higher estimate, but that didn't pan out. Several months ago, I found some data on the UUA website, looked at congregations our size, and checked out their websites. I don't find any other congregation that tries to sustain the paid staff levels we have at our average giving levels. We are staffed at a level that is normally seen in larger congregations or where the average pledge is much higher. The good news is that it would only take \$5/week additional from every family and we'd be able to meet this bare-bones budget. So, if the folks who pulled back last year begin pledging again and the new folks pledge and everyone chips in, we should be OK. If not, I'm afraid we will have a series of uncomfortable conversations.

*Jan Gallagher, Finance Director*

| Income                     | FY2012 Budget    | FY2013 Budget    | FY2014 Budget (starting point) |
|----------------------------|------------------|------------------|--------------------------------|
| 1.Carryover                | \$2,133          | \$0              | \$0                            |
| 1.Pledge (Base)            | \$111,075        | \$105,000        | \$100,000                      |
| <b>1.Pledge (Increase)</b> |                  |                  | <b>\$18,000</b>                |
| 2.Committees               | \$1,500          | \$1,050          | \$1,000                        |
| 2.Music                    | \$999            | \$900            | \$500                          |
| 3.Other Contributions      | \$4,204          | \$4,200          | \$2,500                        |
| 4.Projects                 | \$1,035          | \$500            | \$500                          |
| 4.RE Registration          | \$800            | \$700            | \$700                          |
| 4.Rent                     | \$1,800          | \$1,800          | \$1,800                        |
| 4.Treats & Talents         | \$5,000          | \$4,800          | \$4,800                        |
| 5.Interest                 | \$500            | \$500            | \$500                          |
| <b>Total Income</b>        | <b>\$129,046</b> | <b>\$119,450</b> | <b>\$130,300</b>               |

| Expenses                    | FY2012 Budget    | FY2013 Budget    | FY2014 Budget (starting point) |
|-----------------------------|------------------|------------------|--------------------------------|
| 1.Minister Salary & Housing | \$45,324         | \$45,324         | \$45,324                       |
| 1.Minister Benefits         | \$17,439         | \$17,431         | \$17,431                       |
| 1.Minister Prof Expenses    | \$7,512          | \$5,012          | \$5,012                        |
| 2.Staff: Admin Assistant    | \$5,728          | \$6,080          | \$6,080                        |
| 2.Staff: DCRE               | \$4,700          | \$6,463          | \$6,463                        |
| 2.Staff: Music Director     | \$6,560          | \$6,560          | \$6,560                        |
| 2.Staff: FICA               | \$1,298          | \$1,461          | \$1,461                        |
| 2.Staff: Prof Expenses      | \$170            | \$400            | \$400                          |
| 3.Child Care: Wages         | \$2,500          | \$2,500          | \$2,500                        |
| 3.Child Care: FICA          |                  | \$191            | \$191                          |
| 4.Affiliation PSD           | \$3,307          | \$3,082          | \$3,105                        |
| 4.Affiliation UUA           | \$8,526          | \$7,772          | \$8,100                        |
| 5.Building                  | \$9,759          | \$10,346         | \$10,346                       |
| 5.Operations                | \$2,883          | \$3,434          | \$3,434                        |
| 5.BMR                       | \$5,636          | \$0              | \$5,636                        |
| 5.Siding Loan               | \$5,000          | \$0              | \$5,000                        |
| 6.Board                     | \$100            | \$100            | \$100                          |
| 6.Finance                   | \$875            | \$825            | \$825                          |
| 6.Ministry                  | \$510            | \$510            | \$510                          |
| 6.REAP                      | \$1,565          | \$1,155          | \$1,155                        |
| 6.Religious Services        | \$800            | \$700            | \$700                          |
| 6.Social Action             | \$375            | \$100            | \$100                          |
| <b>Total Expenses</b>       | <b>\$130,567</b> | <b>\$119,446</b> | <b>\$130,433</b>               |

### Expense Breakdown by Category

