



**CEDAR VALLEY  
UNITARIAN UNIVERSALISTS**

3912 CEDAR HEIGHTS DR. CEDAR FALLS, IA 50613

ADDRESS SERVICE REQUESTED

319-266-5640

WWW.CEDARVALLEYUU.ORG



\*\*\*\*\* 2015 \*\*\*\*\*

- SEPTEMBER 6 10:00 A.M. LABOR DAY SING-ALONG CELEBRATION**  
– Jessica Lieb, Rev. Eva Cameron, Bill Chene\*
- SEPTEMBER 13 10:00 A.M. SERVICE / RETREAT AT HARTMAN RESERVE – Del Carpenter\***  
**11:00 A.M. POTLUCK followed by the Retreat Planning Session at Noon**  
(See Retreat article for complete details)
- SEPTEMBER 20 10:00 A.M. HOMECOMING SUNDAY: THEN SINGS MY SOUL**  
– Rev. Eva Cameron, John Miller\*
- 11:30 A.M. Adult Forum / What UUs Believe**
- SEPTEMBER 27 10:00 A.M. THE KOL NIDRE AND FORGIVENESS – Karen Impola\***  
**11:30 A.M. Adult Forum**

\* ~ denotes *Worship Associate*

REGULAR SUNDAY SCHEDULE

- 10:00 A.M. UU Service**  
**10:15 A.M. Children's RE** (begins the 20<sup>th</sup>)  
**11:00 A.M. Coffee / Announcements**  
**11:30 A.M. Adult Forum** (begins the 20<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

Every year I pick a theme to center worship around, to help us truly stretch and expand in a certain area of our spiritual journey. This year, I picked a theme to help us expand our spiritual toolbox with tools for when we are feeling alone, lonely, scared, lost, down, disconnected. We all have these moments. Most of us have them often enough that we know if we just turn on a certain song, or recite a certain chant, read a poem, or turn to a page of scripture. . .we will find ourselves in a new place before we know it—where our problems seem to lift from us a bit, or we see ourselves in relation to others.

Each of us has a small collection of these very useful tools and I'd like us to share them with each other. My hope is that each Sunday we will feature an artistic element, a song, poem, chant, or scripture that one among us has nominated; *and* that the person who has nominated it will tell us (or write out to be read) a moment in their life when this song (or poem/scripture/chant) has lifted them up, opened their heart and soul to the larger, more beautiful life that is always there, when we can see it.

I've decided to call this theme "*Then Sings My Soul*" because I want to point to the fact that our hearts and minds can change, can go from darkness to light, that it is very personal, and that this is indeed very much part of our spiritual journey. I also think this will be a very playful and FUN way to get to know each other a bit better. Soooo, start thinking, and look for the form to fill out to nominate your spiritual tool, and tell your story. We will have an internet form soon, as well as paper ones available at church.

Please don't be shy; in order for this to be awesome, we need all sorts of people to participate. I want to hear old time rock and roll, great gospel songs, pagan chants, Buddhist chants, Hindu scripture, psalms, opera, hiphop, metal, folk, Shakespeare, Emerson, and everything in between. Let's have some serious fun this year as we deepen our relationship with each other.

See you in church!



(As always, don't hesitate to call, text, message me on Facebook, or even send me a letter! Contact information: 319-610-6605; 610 Franklin Street, Cedar Falls, IA 50613)



### *Three-Year Goals Approved by the Board November 4, 2014*

1. Create a yearly collective social action project for CVUU that engages as many members as possible.
2. Create and staff additional, sustainable educational and social programming that both engages members and draws in people from the community who share our values.
3. Maintain and enhance a formal structure for caring and pastoral support.
4. Develop additional membership retention strategies, including needs assessment and responsiveness to issues.
5. Develop sharing and networking with other UU congregations in northeast Iowa / southwest Wisconsin.
6. Improve internal and external communication and marketing strategies.
7. Create a leadership development team, in order to fully tap into the energy and talents of our current and future members.

## PRESIDENT'S CORNER

By the time this newsletter is distributed, it will be just two weeks until the congregation's fall, 2015 Retreat, to be held at Hartman Nature Reserve. (See related announcement.) Last year, we did some really creative planning and came up with the outlines of some three-year congregational goals. Later, the Board condensed these results (and added some ideas of their own) to arrive at seven three-year goals. These are posted on the Board bulletin board in the Fellowship Hall and you will also find them at the bottom of the left column, this page.

At this year's retreat we will build upon last year's results. This time, the focus is on mobilization and commitment. We made some progress on the goals last year, but we really need more members to commit to helping us achieve them. To assist us in thinking about how to mobilize ourselves, we have invited Rev. Ian Eveson, the Congregational Life Director for the MidAmerica Region of the UUA to be our facilitator. He has lots of experience working with a wide variety of congregations, so he should be an able guide to our commitment process. At the end of the retreat, we will have some concrete action steps that we should take toward achieving our goals and, hopefully, some commitments by participants to help us achieve those actions.

Another organization that I belong to has as its slogan, "If not you, who? If not now, when?" I think it would be great if all the members of our congregation would take this slogan to heart, as many already do. With a membership of only 135, we need as many people as possible working hard in order to achieve our goals. This requires that we all see ourselves not just as consumers of what the congregation has to offer but as producers, or contributors, to making it a worthwhile place to be. To be sure, we all come here because the congregation serves some basic needs for us. However, it is only we, working together, who can make sure that we all have a meaningful and rewarding experience as UUs. Even though we have a professional staff to help us, in the end the buck stops with us, the members.

Therefore, if you like some things that are happening, you should be willing to jump in and make sure those things continue to happen. If there are things not happening that you think should be, you should be willing to help get those things going, too. In the end, we are here to serve each other, not just to sit back and let others minister to us. In return for these actions, you will be rewarded by more meaningful connections with others and with the satisfaction of being a contributing member of a loving community. As I said a couple of years ago, when I started in this job, it truly is the case that, to quote the Beatles, "The love you take is equal to the love you make."

*Al Hays*  
President of the Board



*Autumn is a second spring when every leaf is a flower.*



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.

## WHAT'S HAPPENING IN RE?

On Sunday, September 20<sup>th</sup> RE will begin!

At Izzy's school, we have a community garden which was started because of the Blue Zone movement. It's an awesome accomplishment which is new this summer. We have divided up the responsibilities weekly over the summer months and families get an opportunity to take care of and harvest these gardens. They can give the fresh veggies to someone else, the Food Bank or use them for themselves. This week was my family's week to care for these gardens and we've been able to enjoy giving tomatoes to a family who was playing on the playground nearby (we have plenty of tomatoes at our home garden) and gobble up fresh raspberries. It's honestly a village of people taking care of these gardens. The idea, especially at a public school, is successful and impactful as well as giving adults and kids fresh foods to fill their bellies.

It also takes a village to care for the RE program and the children within the program. Right now, our program for the older kids of RE is short-handed. For years, *Kevin* and I taught this age group and then *Mary* and *Bryce Watson* took it over. It has been well nurtured and looked after since *Linnea Sumner* was in 9<sup>th</sup> grade (yes, that long ago!—she is now in her third year of college). Now it's time for others to take this on. *Krista* and *Sam Saylor* have offered to help co-teach with another person or people, but they cannot commit to doing it all themselves. So, we have a class full of kids—pretty cool kids may I add—and leaders who are willing to hang out with these kids but are also busy doing music for the congregation and need some help on Sundays. Can you help? Do you know someone you could ask?

I don't know if you can remember back this far, but 7<sup>th</sup> to 10<sup>th</sup> grades are some pretty critical years. I remember friends coming and going, beliefs evolving, falling in love for the first time, having a voice to question beliefs that were always taught to me to not question, feeling insecure, feeling secure, testing my boundaries at

school and at home, ultimately forming who I was as a young adult which then formed who I am now.

These kids are AWESOME! Really, I'm not just saying that. They just need leaders who are willing to get to know them and listen to them. They will then get to know you and listen to you. It's a very neat relationship that evolves.

Now that school is beginning, the responsibility for caring for the Lou Henry gardens will go to the kids. They will be responsible to water, weed and harvest the beds. They will enjoy pumpkins in the fall and other squashes as well. They will be taught and led by those who took care of the gardens this summer and then they will be able to do it on their own. Ideally, when they are at the playground on the weekend, they will be able to go weed the garden (hopefully without pulling up all the green onions next time) because they were taught what to look for. Then they may go home—next spring or in many springs from now—and remember how they had a garden at school. How they were taught what to do with that garden and they will plant a garden of their own.

When RE is done, we have taught the YoUUth the responsibility of being a UU and what that means to them. We have given them the tools to listen and learn from others and to voice their thoughts and beliefs. We have taught them to volunteer and make a change. When there is a need, try to fill that need. Try to support organizations you believe in and the people they impact. We can give them the skills to know what to look for and how to help. This is why it's important that we, as adults, volunteer to work with these kids and teach them the tools to care for their own garden of being a UU. Then, when the time comes, they will remember and help.

Angie Stafsholt, DCRE  
dcre@cedarvalleyuu.org



### CARING CONNECTION CELEBRATES SWEETLY

The Caring Connection invites you to celebrate one year of its existence with an Ice Cream Social on Sunday, September 20<sup>th</sup> at 12:30 p.m. Adults and children are invited to have a dish of something sweet to commemorate the happy relationships we have with one another at CVUU!

The Caring Connection is a good way to meet others who want to help. All CVUU members are part of our Caring Connection. We are here to help each other—whether it is a ride to the doctor, or just someone to talk to in times of need. We will bring you a casserole to celebrate the birth of a new baby, or to console you after a loss. The Caring Connection planning team is always looking for more people to join the team. We meet the first Sunday of every month and make sure, as well as we can, that we are connecting those of our members who are in need with those who want to help. We do not do all the giving ourselves; our major role is to “connect” our members. The contact person for September is *Betsy Brant*, 319-277-8241.

We are also looking for a Caring Connection Chairperson; the terms are for six months, my term runs out in October. If you have any questions, please call me at 319-961-2901 (new phone number). I would also like to say thank you to everyone who puts the time in to help this community run.

Thank you always, your friend,

Sam Saylor  
Caring Committee Chair

### VOLUNTEERS NEEDED FOR CRE!

We Need Help! Children's RE is still in need of a lot of volunteers! Please let me know if you are interested in helping out in an RE class this fall. You have zero prep and can choose the Sundays you'd like to volunteer.

I still need volunteers for the following:

7<sup>th</sup>-10<sup>th</sup> grades (will partner with *Krista* and *Sam Saylor*),  
2<sup>nd</sup>-3<sup>rd</sup> grades (need one more teacher to help occasionally).

All other classes are fully staffed with volunteers! Thank you! Without volunteers to help in Children's RE, RE doesn't happen! Please help me make it happen!

Thank you,

Angie Stafsholt  
dcre@cedarvalleyuu.org



It was on September 5, 1957 that Jack Kerouac's book, **On the Road**, was published. It became a best-seller at the time, and it still sells about 100,000 copies a year.

**Samuel Joseph May** was born in Boston on September 12, 1797. He was a popular Unitarian personality and a colleague of William Ellery Channing. A traveling preacher, May went as far south as Washington, D.C. where he saw firsthand the evils of slavery. He then accepted a remote parish in a Calvinist part of Connecticut, where he edited "The Liberal Christian" and espoused the causes of abstinence, peace, education, women's rights, abolition, and the elimination of corporal and capital punishment. Returning to Massachusetts and settling in South Scituate, May became a founding member of the Massachusetts Anti-Slavery Society. Channing wrote about how a conversation with May persuaded him to fight slavery. In 1845, May accepted a call to Syracuse, New York where he served until 1868. A new church was erected in 1885 and dedicated as the May Memorial Church in his honor. Samuel Joseph May died on July 1, 1871.

(Ed. Note: The May Memorial UU Society in Syracuse just happens to be the church in which your editor's husband, *Steve Chamberlin*, was raised and where we were married.)

### CVUU 2015 CONGREGATIONAL RETREAT

SUNDAY, SEPTEMBER 13<sup>th</sup>

HARTMAN RESERVE NATURE CENTER

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

**SOMETHING GREAT FOR EVERYONE!**



Picture this: once again, as you did in 2014, you spend a beautiful early fall Sunday, in a lovely natural setting, surrounded by other caring, thoughtful UUs, working together on plans that will make our CVUU a place that is better able to serve us spiritually and to serve the larger community. If you attend the CVUU 2015 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 how we can best achieve the three-year goals that we set for ourselves last year. We will be led by Rev. Ian Eveson, Congregational Life Director for the MidAmerica Region of the UUA.

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 a procession led by the Cedar Glen Pipe Band
- 10:00 a.m. Regular service, held at Hartman. (No activities at the CVUU building that day.)
- 11:00 a.m. Potluck lunch – Please bring a main dish, salad, side dish, or dessert, as well as your own tableware and utensils.
- 12:00 to 2:00 p.m. Reflection and Planning Session

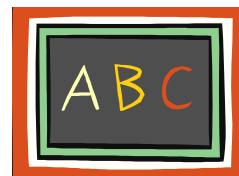


Mosquitoes remind us that we are not as high up on the food chain as we think. ~ ~ Tom Wilson

## \$SCRIP SALE\$

Scrip will continue to be sold Sundays during coffee hour in the Fellowship Hall. For questions, alternate sales, or special orders contact *Shanlee McNally*, Scrip Coordinator, by phone or email at 319-296-2780 or <scrip@cedarvalleyuu.org>.

If you would like to review a list of scrip cards, go to <shopwithscrip.com> and at the bottom of the page is a quick links section; click on the retailer list. Any of those cards/denominations can be ordered, just let Shanlee know.



### CHILDREN'S RE WILL BEGIN on Sunday, September 20<sup>th</sup>!

Please register for RE with the form attached at the end of this newsletter by emailing me, mailing it, or bringing it to church. Please let me know if you are in need of a scholarship and/or if you have any questions!

Angie  
dcre@cedarvalleyuu.org



## SEPTEMBER SERVICES

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

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

#### Labor Day Sing-Along Celebration

~ ~ Jessica Lieb, Rev. Eva Cameron, Bill Chene (WA)

Please join *Jessica Lieb* and *Rev. Eva Cameron* for this family-friendly service of rousing labor songs interspersed with some powerful words from the labor movement. (The Church Clean-up, normally scheduled for this Sunday, has been cancelled; watch for future details.)

### September 13<sup>th</sup>

#### Retreat Sunday at Hartman Reserve ~ ~ Del Carpenter (WA)

A fun Festival Service begins our Retreat time together. See the Retreat article this page for detailed information.

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

#### Homecoming Sunday: Then Sings My Soul

~ ~ Rev. Eva Cameron, John Miller (WA)

This Sunday we will launch the theme for the year and do a special installation of teachers, prior to the children heading upstairs for the first classes of the year.

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

#### The Kol Nidre and Forgiveness ~ ~ Karen Impola (WA)

Our featured art this Sunday will be the Kol Nidre, a chant which is heard around the world in the Jewish community at the beginning of Yom Kippur. This year, Yom Kippur begins at sunset on Tuesday the 22<sup>nd</sup> and continues throughout the day of the 23<sup>rd</sup>. *Judith Harrington* will share a bit about the meaning of this chant, as well as one of her own stories of forgiveness. Please let *Rev. Eva* know if you would like to share a brief story as well.

## GREEN LIVING CORNER

Plant-Insect Interaction. . . *Biodiversity:*

How it Sustains Us. . . and How We Can Help Sustain It



*There is so much that native plants and insects do (and do for us). Finding out some of the connections shows how we can help them help us. (Except where noted the comments quoted below come from Bringing Nature Home, by Douglas W. Tallamy, naturalist, scientist and observant gardener. [2007 edition])*

### About plant-insect interaction

“Most insect herbivores [plant-eaters] can only eat plants with which they share an evolutionary history.” (13) Therefore, “our native insects [including butterflies, moths, bees, etc.] will not be able to survive on alien plant species.” (13)

### Human life is connected to plant and insect survival

“. . . [A] land without insects is a land without most forms of higher life.” – *Conservation Biology*. “The little things that run the world.” E. O. Wilson, 1987.

“Unless we modify the places we live, work, and play to meet not only our own needs but the needs of other species. . . , nearly all species of wildlife native to the United States will disappear forever.” Tallamy, 36



### Are introduced species (a.k.a. alien species) good or bad?

“The benefits of diversity. . . are not realized unless the species in an area are functioning members of an interacting community.” (44) Does the introduced plant decrease the density of the existing native species? If so, not good. If it “contributes to the ecosystem . . . in the same way as the species it displaced” [an “ecological equivalent”], then it may be benign. *But that usually requires that they evolved together over a long period of time.* (44-45)

### Why is it that most insects cannot eat alien (or “introduced”) plants?

The introduced plants were often chosen because they were not palatable to our native insects. (Tallamy 2004). (Some familiar examples: privet, multiflora rose, kudzu, lantana, oriental bittersweet, purple loosestrife, Norway maple, burning bush, English ivy, Bradford pear, Japanese barberry, wisteria) (50) A further problem is they also escape into the wild and invade there, too, where wildlife cannot use them.

The time it takes for insects to adapt to the “specific chemical mix that characterizes different plants” is extremely long and slow. --*Animal Ecology*, “The number of insects associated with British Trees.” Kennedy and Southwood, 1984)

### Up to 90% of insects are specialists; only a small % are generalists

“Even in the face of starvation,” Tallamy says, many plant-eating insects cannot use “plants outside. . . the lineage” of the food plants they evolved with. (52-53) Why? “To exploit a plant effectively, insects must evolve the ability to **find** their particular host species amid thousands. . . , **synchronize** their lifecycle with the appearance of the needed parts of their hosts, . . . develop the ability to **overcome** the plant’s. . . defenses.” (53) [Emphases mine. DJD]

### Who Eats What? (Tallamy, p. 59-61)

Natives → 4 times more herbivore insect biomass (weight);

Natives → 3+ times more herbivore insect species;

Natives → 35 times more butterflies & moths biomass;

Natives → 32 times more insect-eating birds in grassland plots;

Natives → 60 times more insects eaten by birds in grassland plots.



Solution Close at Hand—Plant a Native Nearby! A tree, a bush, some flowering plants—just be sure it’s native to our region and that it has not been treated with neonics (Safe Seed/Plant Pledge). Look up the plants that interest you on the USDA website, or the <[www.pollinator.org](http://www.pollinator.org)> website. Check out **ion exchange nursery** or **Prairie Moon Nursery** online.

– Donna Davis

On September 3, 1654, the English Parliament charged *John Biddle* for writing the “Two-fold Catechism”. Its Unitarian theology was seen as an affront to the Church of England.



As this newsletter is being prepared, we are in the last few weeks of summer. Stay safe and enjoy!

Our sympathy to *Vivien Neves* on the July death of her father in Eugene, Oregon.

Sympathy also to *Michele Arends* and family on the August 21<sup>st</sup> death of her husband, Mark. Michele has been dedicated to printing our monthly newsletter over these many years—first at ABC Printing and then, in more recent years, at Copyworks.

Congratulations to *Frank Olson* on his long, outstanding career as a sports official for various athletic events. A delightful article in the July 23<sup>rd</sup> *Waterloo-Cedar Falls Courier* (which is posted on the south bulletin board in Fellowship Hall) is worth reading.

Our deepest sympathy to the family of long-time CVUU member *Brian Forster*, who died August 7<sup>th</sup>. Brian and his wife, *Bev*, will be remembered as soft-spoken and wise. In his obituary at the Kearns Funeral Home website <[kearnsfuneralservice.com](http://kearnsfuneralservice.com)>, adjectives that accurately describe him are: gentle, considerate, caring, devoted, a role model, counselor and friend.

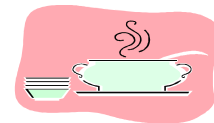
Remember our senior members and friends with thoughts, prayers, calls or a visit. *Gordon Harrington* and *Lewis Lynch* are at Friendship Village; *Earl Van Fleet* is at Rosewood.

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



## SUNDAY SERVICES

We would love to have a few more people help us out as Worship Associates on Sunday mornings. If you would like to contribute to the life of this community in this very meaningful way, please speak with Rev. Eva, Del Carpenter or Bill Chene.



## 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 June and at past meals.*

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 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.

## **CVUU Purpose Small Groups: A Fun Way to Find Meaning!**

“Tell me, what is it you plan to do with your  
one wild and precious life?” ~ *Mary Oliver*

“The Summer Day,” New and Selected Poems, Volume One

### **What is a Purpose Small Group? (a.k.a. “Purpose Moai”)**

What are you here to be or do? Inside of us is a deep hunger to know that our lives have meaning and that our reason for being here has a purpose. Mary Oliver asks us a very powerful question. Helping you find your answer to that question is the function of the Purpose Moai with support from The Blue Zones Project™.

Living with purpose is rarely done alone. Most of us live purposefully with others who nurture and encourage us. In Okinawa, Japan, a Blue Zones® community where people live longer, healthier lives, they create small groups called “moais”. A moai is a circle of friends who support and encourage each other through life. Purpose Moais (or small groups) are your chance to create a group to support you and help you find and live with purpose. Several “Purpose Small Groups” have been meeting at the CVUU over the last few years.

### **What will I do in a Purpose Small Group?**

You will meet with other participants to articulate your values, passions, gifts, and talents, and then put these skills into action in ways that will add meaning to your lives and the lives of others. Initial meetings will follow the curriculum provided by the Blue Zones Project™ (printed copies will be available at or before the first group meeting). The first session will include an overview and planning session for the group.

### **When and where do these groups meet? How long do they meet?**

Although the Blue Zones Project™ curriculum suggests meeting one hour a week for ten weeks, the timeline is flexible. Two hours every two to three weeks, on the same date and time each meeting, seems to work best for most groups (for a total of five initial meetings). After the formal curriculum ends, the group may decide to continue meeting on a monthly basis.

### **How do I join a Purpose Small Group?**

- 1) Make a commitment—If you decide to join a purpose small group, you and others in the group will get the most out of it if you commit to attending every session possible, as well as committing to focus on the common goal of discovering your purpose.
- 2) Sign up—To express your interest in joining the group, please speak with *Heather Flory* or email her at: <forums@cedarvalleyuu.org>. Please include information about all days and times of the week you would be available to meet. The exact meeting schedule for each group will be set based on scheduling information provided by participants.

**To learn more about other CVUUs’ experiences with Purpose Small Groups, join us for “A Panel Full of Purpose” during the Adult Forum on September 27<sup>th</sup>!**



Angie’s office hours for September will be Tuesdays, Wednesdays and Thursdays from 12:45 – 2:15 p.m. and Sunday mornings. If you wish to meet with her, contact her directly at <dcre@cedarvalleyuu.org>.



Born on September 4, 1824, *Phoebe Cary* was a Universalist poet and the sister of Alice Cary, who was more well known. Phoebe Cary died on July 31, 1871.



## **IMPORTANT CHILDREN’S RE DATE**

RE begins on September 20<sup>th</sup>.



## **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>.

### **September 6<sup>th</sup>: No Adult Forum**

There is no Adult Forum due to the Labor Day holiday.

### **September 13<sup>th</sup>: No Adult Forum**

Please join us at Hartman Reserve for the CVUU Retreat – all are welcome! See elsewhere in this newsletter for details.

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

#### ***Are You a SpiritUUal Being or a HUUMAN Being?***

The third Sunday of each month, choose between SpiritUUal Practice or the HUUMANist Meeting.

#### **HUUMANist Meeting (Sanctuary) – *Jan Gallagher***

Humanism is a progressive lifestance that, without supernaturalism, affirms our ability and responsibility to lead meaningful, ethical lives capable of adding to the greater good of humanity. We will be watching videos, reading books and discussing various topics. We seek to establish a background on classic and contemporary Humanist philosophy and also to provide an opportunity for substantial discussions of ethical issues in a “non-religious” context.

#### **SpiritUUal Practice (Upstairs; Junior High room) –**

##### ***Mabon Celebration, Diane Winkey***

Mabon, the holiday of the autumnal equinox, is a Pagan ritual of thanksgiving for the fruits of the earth and a recognition of the need to share them during the coming winter months. Please plan to meet promptly at 11:30 a.m. in the junior high classroom (the room at the end of the hall) so that we can share a meaningful earth-based ritual together in celebration of Mabon.

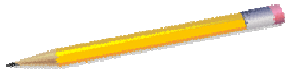
### **September 27<sup>th</sup>: A Panel Full of Purpose**

#### ***Heather Flory and Panelists***

Wherever you are on your path in life, you may find it meaningful to hear from others who are living a life of purpose. Several “Purpose Small Groups” (called “Purpose Moai” by The Blue Zones Project™) have been meeting at the CVUU over the last few years. Panelists who have participated in a CVUU Purpose Group will share how this experience has helped them deepen their sense of purpose, grow closer with others in their group, and positively influenced their lives. If sufficient interest arises from this session, a new CVUU Purpose Small Group will be formed this fall. See the *CVUU Purpose Small Groups* article on this page for more information.

## **BUDDHIST PATH**

Buddhist Path is starting a new book: *Ending the Pursuit of Happiness* by Barry Magid. All are welcome to join us each Thursday at 7:30 p.m. as we learn a bit about Buddhism, share how it relates to our own lives, chant and meditate. Books are available for purchase. We are working on organizing childcare to be available soon!



### **IMPORTANT--SEPTEMBER DEADLINES FOR THE CALENDAR AND NEWSLETTER**

The next newsletter will be the October issue. The calendar deadline for that issue will be Wednesday, September 16<sup>th</sup> (info goes to Janet in the office) and the newsletter deadline will be Friday, September 18<sup>th</sup> (articles get sent to me).

With the beginning of a new church year and all of its programming and events, it is important to get information to Janet and me so we can get it out in a timely fashion to our CVUU members and friends.

Please mark your calendars now for September 16<sup>th</sup> and 18<sup>th</sup>—the October deadlines.

Gerry Chamberlin, Editor



### **REMEMBER THE 60's?**

2015 Treats & Talents Auction  
Saturday, November 14, 2015

Hey all you groovy guys and gals, this is the Wolfman inviting you to step back in time for this year's Treats and Talents Auction. That's right! We're tripping back to the 60's for a night with Janis, Jimmy, Joan and Jefferson Airplane. So come on board this magic carpet ride for a night of fun, trivia and great auction items. Let your hair down, get out the beads, put some flowers in your hair and join us.

Social hour begins at 6:00 p.m.; auction starts at 7:00 p.m. Refreshments and child care provided.

For more information contact *Mike Knapp* at 610-0834 or <lairdknapp@gmail.com>.



*National Grandparent's Day* is a secular holiday celebrated in the United States since 1978 and officially recognized in a number of countries. In the U.S., Grandparent's Day is the first Sunday after Labor Day and the official flower is the forget-me-not which blooms in the spring. As a result, seasonal flowers are given in appreciation to grandparents on this day.

## **LOOKING FOR A VOLUNTEER ASSISTANT TREASURER**

The Finance Committee is looking for an assistant treasurer to work with the treasurer of CVUU. We are looking for someone with computer skills who can navigate the accounting program that we use, write checks, and balance the accounts. You will be working with *Jan Gallagher*. Anticipated time requirement will vary from week to week but plan to spend about an hour per week once you have learned the routine. You would also be part of the Finance Committee.

If you are interested and want to learn about this volunteer opportunity, contact *Jan Gallagher*, Treasurer or *Mary Kay Madsen*, Finance Director.



### **IF YOU ARE NEW TO RE...**

Children's RE is held during the service from 10:15-11:00 a.m. most Sundays. The kids will start out in the service that begins at 10:00 a.m. and then will exit and head to their appropriate RE rooms upstairs after the children's story. When the service is done, you will pick your child(ren) up at their appropriate RE room if they are in 3<sup>rd</sup> grade or younger. The older ages will be responsible to find their parents on their own.

Occasionally there are Festival Sundays where there will not be RE, as these services are for all ages and will include the children of the congregation for the whole service.

Please contact me with any questions. I look forward to seeing all the smiling faces soon!

Angie  
dcre@cedarvalleyuu.org



### **INTERESTED IN BECOMING A MEMBER? WONDERING WHAT UU'S BELIEVE?**

There will be an informational session from 11:30 a.m. to 12:00 p.m. on Sunday, September 20<sup>th</sup>.

The session will focus on what UU's believe and will also give you direct information on what it means to be a member of this church. You will be given a packet of information about the CVUU and an opportunity to ask questions and talk about your religious journey. If you desire to do so, you may sign our membership book at this time.

These sessions are designed for people who might be interested in joining our congregation, but we understand that for some people it takes time to make this decision. We hope you will find we are the right religious home for you. We take this decision seriously, and don't want to pressure anyone. Come and learn and ask questions.

Please let me know if you think you can attend, or if you would like to attend sessions in the future. You may contact me by email: <mikemica@gmail.com>, or phone: 319-610-1276.

Mica Lorenz

**President William Howard Taft** was born on September 15, 1847 in Cincinnati, Ohio. He served in a variety of government posts, from assistant prosecuting attorney of Hamilton County, Ohio, to superior court judge. He went to Washington as Solicitor General of the United States and then became civil governor of the Philippines, mentoring that nation toward full independence with as little attention to racial differences as he could. He then became Secretary of War before being elected President of the United States (1908-1912). When his term was over, Taft went to Yale University, where he taught law until 1921, when he was appointed Chief Justice of the U. S. Supreme Court. Taft also served as moderator of the American Unitarian Association and was a member of the First Unitarian Church of Cincinnati. He died on March 8, 1930.



## CVUU PROGRESSIVE PARENTS:

find us on Facebook to keep track of all the latest happenings!

## FESTIVAL SUNDAYS

Several times a year we celebrate important themes to bring human with a service that's quite different from our standard format. These services have a lot of chance to be creative and playful as we attempt to convey our message to people of all ages, from young children to our eldest members. If you would like to help us in co-creating something fun and inspiring, please let *Rev. Eva* know.



## THE SCOOP ON WEDNESDAY NIGHT DINNERS

By the time you read this, Wednesday night dinners and workshops, commonly known as "W.O.W.", will be under way. W.O.W. stands for Workshops (or Worship) on Wednesday, or maybe just "WOW! I get to eat food that I didn't have to cook!"

Anyone is welcome to join us for dinner at 5:30 p.m. on Wednesdays, whether you are involved in any of the other activities or not. There is no need to R.S.V.P. We ask for a donation of \$5 per adult, \$3 per child, or \$10 per family.

I enjoy being the main person providing dinner, but if anyone would like to step in and help once in a while, that's great! You can either show up around 5:00 p.m. to help cut up fruit and veggies and put out plates, or stay after to help clean up. (If anyone would like to be the main point person for cleanup, that would be very much appreciated.)

You can also pick a Wednesday night and commit to bringing either a meat dish or a bean dish. I can give you guidelines about amounts and dietary restrictions. We accommodate vegan, gluten-free, and corn-free eaters. Corn is an especially sneaky ingredient that shows up where you'd least expect it, so make sure you know what to avoid! If you'd like to do this, please contact me at 319-610-8259 or <impola@uni.edu>.

Happy eating!

Karen Impola

## BREAKAWAY

by *Dr. Dan Murphy*

Book reading on Sunday, September 13<sup>th</sup> at 3:00 p.m.  
at the Cedar Falls Public Library

*Dan Murphy* grew up in Alton, Iowa and received his M.D. from the University of Iowa. He is the brother of CVUU's *Maureen Murphy*. Prior to leaving for Dili, East Timor (now Timor-Leste) in November of 1998, Dan was a physician in Cedar Falls for many years practicing medicine, as he liked to say, "for all those people few care providers want to have in their office: drug addicts, the homeless, and the mentally ill." He's always had a calling to serve the less fortunate and he's always loved a challenge. After medical school he did an internship at Staten Island General Hospital; he started medical clinics for the United Farm Workers when they unionized under Cesar Chavez; he became fluent in Spanish; he trained "barefoot doctors" in Mozambique trying to get basic medical care out across the sprawling rural provinces; he became fluent in Portuguese and local African dialects; he found work in Laos and Nicaragua. Through it all he played basketball and read and talked politics, especially politics of oppression and injustice.

Dan set up a makeshift clinic in Dili in 1999 that began as an emergency medical center but has evolved to a comprehensive community healthcare service. Today the Bairo-Pite Clinic has a team of seventy Timorese staff and volunteers who see an average of 200 outpatients a day and deliver more than 110 babies each month. The Clinic has around 2000 admissions annually and conducts more than 400 mobile clinics providing consultations in remote mountainous villages each year. It operates on donations and all medical care is free of charge.

Over the years, Dr. Murphy has received several awards for his humanitarian work. *Breakaway* is his recently published autobiography from growing up in Alton to his decision to go to Dili—and many adventures in various countries in between while serving the underprivileged—all through the eyes of his first love, basketball. *Breakaway* is the true story of how a man aims to change global healthcare with a stethoscope in one hand and a basketball in the other.

Books will be available at the reading and all proceeds go to supporting the Bairo-Pite Clinic he founded.

(Ed. Note: Dr. Murphy's book is the story of an energetic man, still devoted to his profession after all these years. What he has accomplished in his lifetime is truly amazing.)



## OUR WHOLE LIVES MEETING

For: 5<sup>th</sup> and 6<sup>th</sup> graders and their parents

When: Wednesday, September 16<sup>th</sup> from 6:00-7:30 p.m.

Where: CVUU

This meeting is mandatory for your child to participate in OWL. If you are unable to attend, but would like your son or daughter to participate in OWL, please email me at <dcre@cedarvalleyuu.org>.

If you are wondering what OWL is, please check out <www.uua.org/re/owl> and do let me know if you have any questions!

Angie Stafsholt  
dcre@cedarvalleyuu.org



# FROM THE HISTORY AND HERITAGE COMMITTEE OF THE MIDAMERICA REGION, UUA

## HISTORY VIGNETTE #7

*Dr. Preston Bradley by Patrick Murfin*

History and Heritage Committee Editor's Note: After learning a little about Preston Bradley, I decided he was a good subject for a vignette. Then I saw the following piece by Patrick Murfin on the Harvard Square Library website. I found it substantial and readable, and reproduce it here with the author's permission. ~Victor Urbanowicz

No mid-twentieth-century Unitarian minister, save perhaps A. Powell Davies, reached more hearts and minds than did Preston Bradley (1888-1983). Among our contemporaries only Forrest Church—albeit in a more scholarly way—comes even close. Yet outside of Chicago, Bradley has been largely forgotten when he is not scorned.

Years ago, when the list was being compiled for eventual inclusion in the Dictionary of Unitarian Universalist Biography, I noted his name was omitted. Some of our leading scholars—concentrating mostly on either New England-centered Unitarianism or on Universalism—only dimly recognized the name.

Some who are aware of him hardly hold him in high regard. They reflect a deep disdain felt by many of his contemporaries, particularly in the East. Bradley was regarded as something of a huckster, charlatan and egotist—sort of a Unitarian Elmer Gantry. And I suppose it's true as far as it goes. A man of supreme self-confidence with a showman's flair, Bradley took everything he learned at Moody Bible Institute, threw away the conservative dogma, and applied the techniques to liberal religion. Some regard his Peoples Church as the first true mega-church—drawing from a wide geographic area, centered on a charismatic preacher, rich in programming, and availing itself of every modern tool of mass communication available to it. Nothing could have been more shocking to the learned, rational, and subdued ministers back East who presided over cozy white churches on the village green.

Of course, like Theodore Parker before him, Bradley's church shriveled with his passing. This is regarded as evidence enough of his failure to build Unitarianism as an institution. Fair enough.

Another complaint about Bradley was much more business oriented. He was accused of "counting anyone who ever sent a nickel to his radio ministry" as a full member of the Peoples Church. It is true that even when he packed the commodious auditorium every Sunday, thousands of "members" never set foot in the building. When attendance dropped off considerably in his later years as the Uptown neighborhood became the North Side's poorest community and Bradley's skills deteriorated somewhat, membership figures reported to the AUA and later the UUA never reflected that. As a result, Bradley was able to go to May Meetings, as the Unitarian annual meetings were then called, and later to UUA General Assemblies, with an enormous block of votes that others felt he did not deserve.

But Bradley was not only a popular preacher, sometimes called "the Protestant Pope of Chicago"; he was by far the most influential minister in the Midwest of any denomination. In a heavily Catholic city where neighborhoods were routinely

identified by the name of the local parish, Bradley often rivaled even the sitting Cardinal for influence.

He used that popularity to promote a uniformly progressive social agenda even when the opinions he advanced were unpopular. His first great crusade was launched in cooperation with Dr. Ben Reitman, Emma Goldman's sometime lover and lecture agent. Together they defied obscenity laws that banned basic hygienic education to prevent the spread of venereal disease. You can imagine how popular that was. But after ten years of effort, incidents of syphilis and gonorrhea in the city plummeted by half.

That was just the beginning. He allied himself with labor. He was an outspoken "premature anti-fascist" in the city that Colonel Robert R. McCormick's Chicago Tribune made the virtual capital of isolationism. He battled anti-Semitism and racism. Some say his strong support of local civil rights efforts, especially open housing, contributed greatly to the fall-off of attendance at Peoples Church. Yet Bradley would not be dissuaded from speaking out on the airwaves, in his regular Chicago Sun-Times newspaper column, and even facing down hostile audiences in ethnic neighborhoods. There was nowhere he was afraid to go. He lived to be an early and strong critic of the Vietnam War. On the whole it was a record that fans of the "speak truth to power" strain of Unitarianism should be proud of. And one that those who believe Unitarian Universalists should be less "political" might lament.

Then there was the positive thinking side of his ministry. This was derided as shallow theology by some. It shared elements made popular by Norman Vincent Peale and Dale Carnegie. But he made it uniquely his own. It was a predecessor to the "self help" revolution that took off in the '70s and shows no signs of abating. The Chicago insurance millionaire and philanthropist W. Clement Stone—he of the black shoe polish hair and silly pencil moustache—adopted it as his own in seminars offered to business and community leaders. He became a benefactor to Bradley, and Bradley helped steer his generosity in unexpected ways—to the West Side black street gang the Vice Lords, for instance, whom Stone and Bradley hoped to turn to community service and legitimate business. It is kindest to note that this experiment did not turn out as planned. The Vice Lords took the money and set up a very successful and sophisticated drug operation based on the cash and Stone's business philosophy.

Bradley was a complex and contradictory figure, at once old fashioned—he may have been the last preacher regularly to don a frock coat—and farsighted; supremely egotistical with yet the most generous and genuine identification with the day-to-day struggles of ordinary folks. Rogue or hero—think what you may of him, he should no longer be a forgotten figure in Unitarian history.

CVUU Editor's note: this is the seventh newsletter in which we have been following the stories of UU churches sent to the MidAmerica Region's History and Heritage Committee. Next month we'll have a different perspective on Dr. Bradley.

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## SOME OBSERVANCES FOR SEPTEMBER

National Biscuit month   National Breakfast month  
National Wilderness month   National Piano month  
National Food Safety Education month  
National Guide Dogs month   National Literacy month



On September 8, 1553, *John Calvin* wrote to another Swiss minister that Michael Servetus was injuring public good not only because of his own rude conduct but also because large numbers of people were expressing agreement with his anti-Trinitarian views.

## SOCIAL ACTION "WALKIN' THE TALK"

CVUU members have selected eight organizations to receive a monthly plate collection. Three others (UUSC, IUUWAN, Community Meals) were selected by the Board or Social Action Committee. Here is the schedule of all collections for the year, with a capsule description of each organization. Your support for the Social Action Collection assists vulnerable individuals in our community and makes our UU values tangible. Thank you.

### September 27, 2015 - Iowa Pride Network

The youth outreach arm of OneIowa, they develop LGBTQ youth advocate leaders and support gay-straight alliances. Our CVUU Alliance Small Group recommended focusing our contributions on this program. <[www.oneiowa.org](http://www.oneiowa.org)>

### October 25, 2015 - Iowa Unitarian Universalist Witness Action Network (IUUWAN)

Recently organized to increase the power of UU voices and UU values, this organization brings together UUs across the state to build coalitions with other activists and work for social justice. <[www.iuuwan.com/](http://www.iuuwan.com/)>

### November 29, 2015 - National Alliance on Mental Illness (NAMI)

A nonprofit, grassroots mental health organization founded by families affected by mental illness, they fight stigma and create a system of recovery for individuals living with mental illness. <[www.namiiowa.com](http://www.namiiowa.com)>

### December 24, 2015 - Grin and Grow Child Care

This state-licensed day care serves a large number of low-income and at-risk children, providing them with developmental programs to enable them to be ready for success in school. <[www.grinandgrow.com/](http://www.grinandgrow.com/)>

### January 31, 2016 - UUSC (Guest at Your Table)

Unitarian Universalist Service Committee (UUSC) is a nonsectarian organization that advances human rights and social justice in the United States and around the world. <[www.uusc.org](http://www.uusc.org)>

### February 28, 2016 - Stewardship Campaign (no Social Action collection)

### March 27, 2016 - Northeast Iowa Food Bank Garden

Tended by volunteers from many community organizations, the garden is now in its second year of producing fresh vegetables for NEIFB clients. Donations will purchase supplies and support nutrition education and public health initiatives. <[www.northeastiowafoodbank.org](http://www.northeastiowafoodbank.org)>

### April 24, 2016 - Family and Children's Council

Their mission is to prevent child abuse and strengthen families. They work through prevention education programs in the schools, parent education and support for families, and training for professionals and community members. <[www.fccouncil.net](http://www.fccouncil.net)>

### May 29, 2016 - Cedar Valley Hospice

They provide home care to those with a life threatening illness, hospice services to those with a six month or less prognosis, grief support to anyone struggling with the death of a loved one, and case management for those living with HIV or AIDS and their families. <[www.cvhospice.org](http://www.cvhospice.org)>

### June 26, 2016 - Healthy Cedar Valley Coalition

They work to prevent child abuse and strengthen families by offering prevention education programs in the schools, parent education and support for families, and training for professionals and community members. <[www.fccouncil.net](http://www.fccouncil.net)>

### July 31, 2016 - Beyond Pink TEAM

This nonprofit offers breast cancer prevention, education, support, and advocacy in the Cedar Valley and surrounding communities. Services include support groups, free and low-cost mammograms, and special events. <[cedarvalleybreastcancer.org](http://cedarvalleybreastcancer.org)>

### August 28, 2016 - Cedar Falls Community Meals

A program operated cooperatively with five other Cedar Falls churches to provide a free community meal each Tuesday. CVUU joins the others each month that has five Tuesdays.



Sally Browne,  
Social Justice Chair



**O. Eugene Pickett**, fourth president of the Unitarian Universalist Association, was born on September 18, 1925 in Winfield, Maryland. He trained for the Unitarian ministry at Meadville-Lombard Theological School and served churches in Virginia and Georgia before becoming the director of the Department of Ministerial and Congregational Services at UUA headquarters. He served as the Association's president from 1979 to 1985. As president, Pickett helped to stabilize and revitalize the Association. His accomplishments include initiating the first successful capital campaign in UU history. After Pickett left the presidency, he ran the Church of the Larger Fellowship.

A man is talking to God.  
"God, how long is a million years?"  
God answers, "To me, it's about a minute."  
"God, how much is a million dollars?"  
"To me, it's a penny."  
"God, may I have a penny?"  
"Wait a minute."

## WOW! (WORKSHOPS ON WEDNESDAYS)

WOW! (Workshops on Wednesdays) is already up and running! Join us for all sorts of fun activities, or at least stop by and share a meal. Here are the times and programming that you will also find listed each Wednesday on the calendar page of this newsletter:

5:15 – 5:45 p.m. Children's Choir  
5:30 p.m. Dinner  
6:30 p.m. Progressive Parenting  
6:30 p.m. Childcare  
6:30 p.m. Choir/Band practice



**Labor Day**, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union.

--U.S. Department of Labor

