



## CONVERSATION WITH EVA

I just re-read last year's column for this month, and in it I was writing about sitting on my back porch enjoying the lovely summer weather. It made me smile, because here today I am sitting on my back porch enjoying an absolutely beautiful day (the first one after that really hot, muggy weather of August). It's nice to be back to the old familiar place on my porch. As I have entered my third year in this ministry, it has been very nice to feel the sense of rhythm that comes from having done something twice before. There are familiar patterns, habits, and customs to our life together now. It is a joyful feeling to me.

Our dog, Sadie, just loves the rituals of life. She loves waiting patiently for us to finish dinner, because she knows after we move our plates she can come forward and get petted (her dog massage!). She loves getting a biscuit every time she comes in from outdoors, and the 3:30 p.m. drive to pick up the kids. All summer she's been looking at me with a bit of concern when 3:30 p.m. rolls around and I don't tell her to hop in the car so we can go get the kids!

September, with its return to the cooler breezes brings a return of patterns and rhythms of our lives. Some new for the year, and some familiar—but each with steps we will walk each day, or each week, or once a month. It's beautiful to have summer and some freedom from our routines, but it is relaxing in a different way to settle into our schedules, and enjoy the comfort of not always having to plan things, never knowing what's coming next.

My spiritual challenge for you this September is to ask you to look over your calendars as they are filling up with the tasks, chores, meetings, concerts, gals' night out, and whatever else. . .and see if you can schedule a time for your spirit to grow and be nourished. Only you know what this means. . .for someone it might be time to meditate every day, for someone else it might be volunteering at a school to help a kid read, for someone else it might be exercising to help the physical body feel whole. Yoga, golf, painting, voice lessons, a call to your mother, a class at church, or helping with Habitat—only you know what your soul calls you to do in this time, on this place in your journey. I'm just hoping that you'll schedule a bit of time to do it in the busy pattern of your life!

See you in church!

~~Eva



### LABOR DAY WEEKEND AT CHURCH

**Chapel** will be at 9:30 a.m. Come to honor our Labor Unions, and our Union members. *Eva* has an old Union Songbook! We'll remind the kids about life in the good ol' days before Unions. (Anyone passionate about Unions and wanting to help plan this chapel, just let *Eva* know!)

**Work Party** will be at 10:30 a.m. Bring your gloves, dust rags, rakes, mops, cleaner, and work clothes for an indoor/outdoor all-church clean up. It's great fun for kids and grown-ups alike.

**Picnic** will be at 12:30 p.m. Bring a dish and beverage to share as we celebrate the end of summer with a party. Also bring lawn chairs, picnic blankets, games and guitars. Let's have some fun!

## JUDY'S NOTES

A friend suggested that I subtitle this month's column *Taking it on the Chin*—a real 'groaner' as a pun; but it did get me to thinking that no matter what our plans are, they can be revised in a hurry when the unexpected happens, like falling flat on my face. I am writing this just days before UNI's fall semester begins, to be followed a few days later by the schools in Waterloo and Cedar Falls. Those of you whose lives are entwined with one or more of these or other educational settings likely have calendars already bursting with entries for the new school year. And, I don't mean to exclude all of you who work in settings other than education, or who don't have school-age children; or who in retirement are busy in different ways. For those with paper calendars, do you make entries in pencil like I do? Even in the healthiest of times, it seems that at least some of my plans that I was *certain* could have been written in ink have a way of needing to be revised. How remarkable we are, to go with the flow.

As I typed 'pencil' above, my mind poignantly flooded with memories of getting ready for the first days of school when I was a kid. In addition to wondering whether my teachers would be nice and what I'd be learning, how upbeat I felt as I made my list of needed new supplies: fresh #2 yellow pencils and erasers, new notebooks, whatever else was needed for that school year. And how determined I was that my handwriting—or printing in kindergarten and first grade—was going to be **neat** for a change, and my work **wasn't** going to get smeared. The handwriting might look fairly decent for the first week or so. But, the latter plan *never* happened. See, I'm the kind of left-hander who curves my hand, resting it on the paper covering whatever I've just written, inevitably smearing it if I'm using a pencil—or in those olden days, a pen dipped in my desk's inkwell. But, each year, the excitement and foolish ambition for cleaner pages made my heart beat faster as I went to the store where I bought my school supplies—like Charlie Brown thinking that *this time* Lucy isn't going to pull the football away as he runs to kick it. Sigh.

I accepted the opportunity to sit in on a meeting of the remarkably dedicated *Religious Services Committee* and representatives of the awesome *Music* and *Visual Arts* committees in mid-August. *John Miller* skillfully led the assembled group as it worked through the new church year's calendar with *Eva*. Stimulating Sunday services are being planned, Worship Associates are being assigned to support our minister and other presenters each Sunday; and *Brittany Flokstra* has once again agreed to prepare each week's Order of Service—a task she so capably manages. In addition to those already mentioned, Sunday mornings flow seamlessly, thanks also to *Mica Lorenz's Outreach Committee* organizing greeters and ushers, *Leigh Zeitz* providing technical expertise, and *Esther Kieffer's* leadership in identifying folks such as hmm, perhaps **you?** to provide hospitality after services. I'm not done yet! There are more who contribute to our Sunday morning nurturance: the *Adult Religious Education Committee*, under the guidance of *Pam Hays*, has been planning intriguing programming for our Second Hour, while the *Director of Religious Education*, *Kathy Klink-Zeitz*, and the *Religious Education Committee* are planning programming for our children and youth, which will flourish only with your support as teachers and facilitators. My deep appreciation to those who dedicate yourselves every week, to those who volunteer occasionally, and to all of you for coming to the Unitarian Universalist Society.

*Judith Harrington*, Executive Board President



## CHILDREN AND YOUTH RELIGIOUS EDUCATION

I hope everyone had a great time at our Annual Retreat!

In September we will be working on many great activities in large and small groups, registration will be ongoing and our RE classes and Children's Chapel will start September 16<sup>th</sup>. Our theme will be *Peace and Justice*.

Did you notice those small posters of our UU Principles that went home with each child who registered last year? What happened with them? Some of the children have told me that they put them in their rooms. Well, I am on a mission to have them available for all our children, so I will be asking the children if they still have theirs, and if not, they will get another. Please help them to post them in a place they can look at them each day! And Adults do you have a copy of the principles that you can look at if your child asks you a question about them? If not, see me at the Involvement Fair!

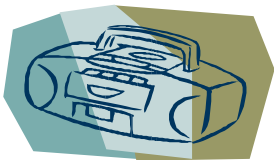
We have a great year planned – lots of fun things to do and I hope to see everyone soon!

So, did you hear about RAGBRAI? Did you see Pink Flamingos? Last month I signed off with "I am off to RAGBRAI"! Well, I had a great time – met lots of people, handed out stickers, tattoos and beads. You may have noticed the brace on my knee—well, one of my 'souvenirs' is a tear in my knee area. So, I will need a lot of help this fall, I hope I can count on all of you.

**Have you thought about helping with RE this year? Don't be surprised if one of the RE committee members asks for your help. We can use teachers, team leaders and, of course, helpers!**

Thank you to *Damon Gross* for being the Chair of the Children and Youth Religious Education Committee. We have done amazing things under his leadership and are very sorry to see him leave us.

Right now as I finish writing this, I am heading off to my comfy chair upstairs to apply heat and then ice to my knee. See you in church!  
*Kathy Klink-Zeitz, DRE*



### MAKE YOUR KUNI DONATION THROUGH UUSBHC

Don't you love listening to KUNI? It offers wonderful programs that provide information and entertainment all week long.

Have you heard the UUSBHC messages that have been running the last couple of weeks? This is the ideal station for us to use to tell people around the Cedar Valley about us. It costs money to put those messages on the radio. . .

Many of you are probably KUNI members and donate annually. Their next fund drive will be in October. *Here's a thought.* Why don't you just send your KUNI check to UUSBHC with a note that it is to be used for running UU ads on KUNI. We will send the money to KUNI and pay for our advertising at the same time.

If you want to keep your KUNI membership, you can just pledge \$35 directly to KUNI's membership drive in October and then channel the balance of your pledge through UUSBHC and we will get advertising along the way.

Thanks for your consideration and, with your help, we will get The UU Word Out!!!!

If you have any questions about this, contact *Leigh Zeitz* at 404-2588 or <[Zeitz@cfu.net](mailto:Zeitz@cfu.net)>.

## SEPTEMBER SERVICES

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

### September 2<sup>nd</sup>

**Labor Day: Chapel Service** ~~ Rev. Eva Cameron

This Labor Day Service will be followed by our Annual Work Party and then a Picnic. See related article.

### September 9<sup>th</sup>

**Torn Between The Desire** ~~ Rev. Eva Cameron

A line by E. B. White caught *Eva's* eye, and made her think about the many times we are trapped between our many goals and dreams for life. Join us for this exploration of seeking balance in our desire to save the world and to savor the world.

### September 16<sup>th</sup>

**Yom Kippur** ~~ Rev. Eva Cameron, Judith Harrington

It's good to pause, reflect on our actions of the past, and make amends. *Judy* and *Eva* will share with us some of the Jewish thoughts and practices on this special Day of Atonement.

### September 23<sup>rd</sup>

**Fall Equinox: A Service For All Ages** ~~ Karen Impola, Deblyn Russell

Fall leaves, crisp apples, and woolen sweaters. . .this is what fall means to some. What does it mean spiritually? Join *Karen*, *Deblyn*, and the Service For All Ages Team for this celebration of fall for all ages.

### September 30<sup>th</sup>

**The Gift Of Not Belonging** ~~ Rev. Eva Cameron

Sometimes you learn things when you aren't part of the group, sometimes there is value in not belonging. We will explore what it means to 'belong' and 'not belong' from the outside, looking in.



### FAMILY CHOIR, YEAR TWO

If you like to sing, this is the group for you! We will rehearse Wednesday evenings from 6:30 - 7:30 p.m. beginning Wednesday, October 3<sup>rd</sup>. For those who like to eat without cooking, a catered supper will be served from 5:45 - 6:29 1/2 p.m.

Some FAQ's:

Q: What do you mean by "family"?

A: Adults are welcome with or without children. Children are welcome if a parent or other adult takes direct responsibility for them.

Q: Do I need to be able to read music?

A: No.

Q: Is it okay to come for supper and then attend another Wednesday evening group?

A: Definitely!

Q: What's the cost for supper?

A: \$5 for adults, \$3 for kids, \$10 maximum per family.

Q: How often will the choir sing for a service?

A: Usually once a month. On that Sunday, we'll rehearse in the Sanctuary starting at 8:30 a.m. to be ready for the 9:30 a.m. service.

Q: What about child care during rehearsal?

A: We're working on that. If you need childcare, let us know right away so we can make plans for you and your children!

Q: How do I register or get more information?

A: Come to the Involvement Fair on Sunday, September 9<sup>th</sup> during Second Hour, or contact *Mimi Kuester* at <[kuesterhh@aol.com](mailto:kuesterhh@aol.com)> or 291-7728. Rumor is there'll be champagne and chocolate close by. . .



## BUDDHIST PATH

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

This is a great group to invite a friend or neighbor to—someone who might enjoy having a place to meditate.

If Thursdays don't work for you, we also meet the third Sunday of each month at Second Hour. Come explore the living dharma with us.

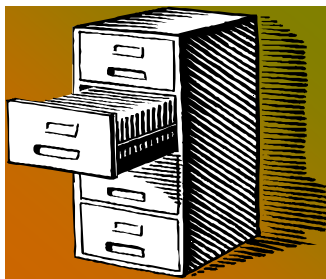


## KILOWATT OURS TO BE OFFERED ON PUBLIC ACCESS TV IN CEDAR FALLS AND WATERLOO

How do your personal choices in using energy affect the planet? The documentary film *Kilowatt Ours* will be shown September 10<sup>th</sup> at 7:00 p.m., and again on September 24<sup>th</sup> at 7:00 p.m. on Public Access in Waterloo (Channel 17) and Cedar Falls (Channel 98.) It is being sponsored by the Unitarian Universalist Society of Black Hawk County and Iowa Interfaith Power and Light.

*Kilowatt Ours* reveals the connection between personal choices and energy usage. Did you know that if every home in America used just one energy efficient light bulb we would instantly cut greenhouse gas emissions by one trillion pounds per year? The film introduces us to individuals, businesses, schools and universities who have cut their energy use in half by taking simple steps that benefit the consumer, the environment, and the economy.

*Kilowatt Ours* challenges traditional energy policy based on nuclear power and coal-fired power plants by presenting an alternative based on conservation and renewable power. The film examines social and environmental consequences such as global warming, mountain top removal, air pollution, childhood asthma, and mercury contamination. *Kilowatt Ours* is an inspirational and enlivening film that presents viewers with an ambitious plan for shifting America's energy paradigm towards conservation and renewable power. It makes the case for minimizing environmental problems by utilizing inexpensive alternative technologies that are available today.



## ORDER OUT OF CHAOS. . .

I am looking for someone to help us set up a filing system for the whole church. We have *some* papers, individuals have papers, some things aren't kept that should be and some are that needn't be.

I'm looking for someone with a mind towards order and a general understanding of what papers we should be keeping to help us set up this new system. ~Eva

## FOR SUNDAY EVENINGS ~~ SOMETHING NEW!

I will offer "Evensong". Based on a curriculum written by UU minister Barbara Hamilton-Haloway, this is an eight-week series of discussions that are set in the middle of a worship service. The primary focus is on sacred listening, as a practice of valuing each person's inherent worth and dignity. Beginning September 16<sup>th</sup> through early November from 7:30 to 9:00 p.m. we will gather to try this new kind of mixture of class and worship service.

I would like you to commit to coming most every week, and sign up in advance, so I know if this will be worth organizing. Please contact me by phone, e-mail, or a note in my mailbox—so I know how many to expect. ~Eva



## U\$ING GOOD\$EARC# JU\$T GOT EA\$IER

We are earning as we're learning:

January	\$5.19
February	\$2.64
March	\$2.39
April	\$4.04
May	\$6.49
June	\$6.75
July	\$3.85
August (19 <sup>th</sup> )	\$4.25

We are making money for UUSBHC as we search the web using <[www.goodsearch.com](http://www.goodsearch.com)>.

GoodSearch is a Yahoo-driven search engine that pays non-profits for using their services. For every search that you make, we will earn \$.01.

I use Firefox to browse the Web. It has a search window in the upper right corner that automatically searches Google. If you go to the GoodSearch website, you will see a line halfway down the page that says "Add GoodSearch to your IE, Firefox or Mac toolbar". If you click on this, it will take you to another page with buttons that will automatically add GoodSearch to your Web browser. Then you just need to select GoodSearch as your default search engine and you are "in business". I search the web a great deal and this slight alteration has greatly added to my contributions to the UUSBHC GoodSearch fund.

If you have never used GoodSearch before, you need to do some "setup" before it will begin directing money to UUSBHC.

1. Go to <<http://www.goodsearch.com>>.
2. In the "I'm supporting" box, enter the name of our church, Unitarian Universalist Society of Black Hawk County. (Your browser will probably remember this for future searches.)
3. Enter your search term(s) in the "SEARCH" box.
4. Make money for UUSBHC while you search.

Good luck and happy searching!!!!!!

Leigh Zeitz



## RADICAL ACCEPTANCE RESUMES

After a hiatus over the summer, *Eva* will resume the monthly conversation on Radical Acceptance. We are using Tara Brach's book by the same title—feel free to buy it, and join us for an exploration of HOW to become more radically accepting. That's the fourth Sunday of each month during the Second Hour.

BE RADICAL. Join us!

## ARTICULATING YOUR UU FAITH

Wednesdays from October 10<sup>th</sup> – October 31<sup>st</sup>  
7:00 p.m. – 8:30 p.m. – Four Sessions

The course is designed to help the participants speak more effectively about what our liberal religion is and their perspectives about it. As UUs we are inclined to define our beliefs by saying what we don't believe, which is an important marker, but not a very positive way of defining ourselves. This course is designed to help us create an increasingly positive vision of what really matters to us, and to get better at describing this vision.

To give you an idea of what we will talk about, let me share something with you from the first session handout.

“Many of you may not realize it, but the root of the word religion comes from the same root that gives us the word ligament. What's a ligament? It's a part of our body that ties our muscles to our bones. So what's a religion? It's that which ties us together. Religion does not equate necessarily with belief. Rather it is something that binds us together. For some religious people, beliefs are what binds them together. But for UUs what binds us together is not belief but rather our perspective, or our attitude toward life. Whereas others see their religion as based on a particular set of beliefs, our religion begins with a set of affirmations about life, about the universe, about humankind. Our Principle and Purposes statement states these affirmations quite beautifully, and that is why they are often prominently displayed in our common spaces.”

That is just a small sample of an excellent source of material that we will be discussing and with which we will be working. If you would like to take part in this class please sign up in advance so sufficient materials will be available. There will be a \$2 fee to cover material costs. Contact *Mica Lorenz* at <Micalea@mchsi.com> or by phone at 291-6509.



Called the “Father of Soul”, singer *Ray Charles* was born September 23<sup>rd</sup>, 1930 in Albany, Georgia. His name at birth was Ray Charles Robinson. He first got national attention in the mid-1950's with his performance of “I Got A Woman”, which fused rhythm and blues, gospel, and jazz. ~ *The Writer's Almanac*



### New Scrip Year!

Scrip (noun): a certificate whose value is recognized by the payer and payee; scrip is not currency but may be convertible into currency. (dictionary.com)

We would like to welcome *Angie Stafsholt* to the Scrip selling table! Drop by and say hi to our newest team member. We would also like to thank *Kevin Stafsholt* for his year of service—we'll miss you!

We have most of your *old favorites* and some *new scrip* at the table this year. Come by during coffee and fellowship time where you can browse, or contact *Brittany* at <brittflok@hotmail.com>. Remember—buy it here before you buy it there!

Scrip Team: *Brittany Flokstra*, Coordinator,  
*Shanlee McNally and Angie Stafsholt*

## OPPORTUNITY TO PRESENT AT THE 2008 PRAIRIE STAR DISTRICT CONFERENCE!

Prairie Star District is announcing the opportunity to present a workshop at the 2008 Prairie Star District Annual Conference, April 11-13, 2008 in Omaha, Nebraska, hosted by First and Second Unitarian Churches of Omaha. The theme will be “*Rebuilding a Faithful Democracy*”. All details, including application forms, are posted in the Fellowship Hall (on the bulletin board closest to the stairs leading to the foyer). Here is part of the announcement:

“The Annual Conference Program Planning Committee invites you to consider the opportunity to present a workshop that speaks to the theme as we explore the role and vitality of democracy in our faith communities. In your contemplation of a workshop offering for 2008, consider the message you would like to pass on to youth of the Prairie Star District regarding “*Rebuilding a Faithful Democracy*”. We are confident you will come up with engaging, creative, informative, stimulating and fun ideas for workshops relevant to Unitarian Universalists of all ages in the Prairie Star District.”

Please note that **the deadline for workshop applications is September 30, 2007**.

If you would like more information and are not able or likely to get to the Fellowship Hall before the deadline, please contact *Judy Harrington* at 277-1106 to have the information mailed to you.



We are wishing speedy recoveries and healing to all *members* and *friends* who have been experiencing bumps, bruises, breaks, surgeries and medical difficulties this summer.

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

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The kitchen is getting a make-over! What a “joy”, we have a new refrigerator and dishwasher. Thanks to *Tim* and *Chris Rediske* for donating the dishwasher.

Wanted: we are looking for a buffet with drawers or doors for the area near the kitchen. If you have one or see one somewhere, please contact *Esther*.



### WEEKLY ORDER OF SERVICE

The deadline for each Sunday's Order of Service is the preceding Wednesday at 10:00 p.m. If you have an announcement for the weekly “Order”, please type it up and send it to <brittflok@hotmail.com>. I read the newsletter and sometimes mention events, so if there are any time/date changes, please send those to me so the announcements in the Order of Service will be correct. I reserve the right to edit for content and space, since the weekly Order is much smaller than the newsletter.

Thanks!

*Brittany Flokstra*

## UU SPOTLIGHT



As you will see *Judy Harrington* needs no introduction to her delightful UU Spotlight.

“What a pleasure to be invited to be featured in this column. Those of you who have been reading *Judy’s Notes* since I became President (of our Society, not the world!) last summer already know quite a bit about me. Now, you will learn some more.

“Let’s start with my name: Judith or Judy? I was born Judith Ellen Finkel; my mother only called me Judith when she was angry. As a result, I was Judy as much of the time as I could muster. In my career, I preferred Judith in my professional writing and when introducing myself to others. However, informally, I’ve gone by Judy. So, I will answer to either but encourage you to call me Judy, unless you want to emulate my mother. Whew; got that out of the way.

“I had one sibling—a sister, Myrl, eleven years older. Since we lived in a small apartment, Myrl and I shared an even smaller bedroom. I have thought over the years how vexing it must have been for her to have a kid sister trying to hang around her. She became a nurse and then married when I was ten. Becoming an aunt for the first time at age eleven was a badge of pride for me at school. Myrl, my brother-in-law, and their family have remained in the New Jersey/New York area. My heart broke when Myrl became fatally ill with pancreatic cancer and died in February 2005. Her children, grandchildren, and now great-grandchildren are a marvelous legacy; and I am delighted to be Aunt Judy to them all.

“As probably is extremely evident from other contacts you may have had with me, my religious affiliation by birth was Judaism. All of my grandparents were from Eastern Europe (Russia and Poland). They migrated to the United States in the 1880s: my mother’s family settling in Philadelphia; my father’s settling in Newark, NJ. My parents were professional musicians: my father a violinist in big bands, and my mother a soprano. Although my parents weren’t zealous practitioners of our faith, I knew without doubt ‘what’ I was at a fairly young age. Indeed, my first memory of getting some understanding of what it was like to be a Jew occurred the week I should have been celebrating my sixth birthday. Having come down with scarlet fever, I was sent off to a ‘quarantine hospital,’ where my twelve year old roommate (much further along in the recovery process) asserted to me one day: ‘Your parents are dirty Jews.’ Well, I knew that my parents were very clean people; so I retorted, ‘If my parents are dirty Jews, then yours are dirty Catholics.’ (The word ‘Catholic’ was familiar to me only because we were in a Catholic hospital, and our nurses were nuns fully cloaked in black.) My roommate slapped me across my face. And that was my first brush with anti-Semitism, and what probably wasn’t the best way to handle it.

“From the time I was eleven, I began attending Hebrew School, an after-school program twice a week and Saturday mornings at the synagogue where my mother was in the professional choir. I really took to it; in fact, by the time I was a teen-ager, I thought it would be nifty if I were to become a rabbi. Not because I was trying to break a gender-barrier, mind you; I had no idea that females weren’t permitted to be rabbis in those days. I simply thought it would be fun. But, by the time I was seventeen, I fell in love for the first time; and my priorities shifted.

“The first time I heard about the UU denomination was when I was in my mid-twenties, and a graduate student in speech pathology at the University of Iowa. Our department’s secretary

said she’d take me to a splendid Sunday brunch at the University Faculty Club, if I’d go with her first to a church service. Hey, I was a graduate student; I was perpetually hungry; of course I went. And that church? The UU Society of Iowa City, where to my surprise I saw several of my professors. The service was intriguing; the brunch even better. That evening, I went to the UU college group. I may have gone once more; probably not.

“The second time I heard about UU was the following fall, just after I had joined the faculty of the (now-named) Department of Communication Sciences and Disorders at UNI. A biology professor named *Martin Grant* (*Dorothy Grant*’s spouse at the time) approached me and said he had a copy of Wendell Johnson’s eulogy, if I wanted it, which I did. FYI: Wendell Johnson, one of my graduate professors, happened to be a UU. And so was Martin, who used that connection as an attempt to get me to attend a Sunday meeting of the local UU Society (being held in the cafeteria of the UNI Price Laboratory School). ‘Hardly,’ thought I.

“Four months later, I met a UNI psychology professor by the name of *Gordon Harrington*, who told me about this UU group, again. I was interested in Gordon, so I went! Less than three months later in March 1966, Gordon and I were married; and I became the instant mother of two sons, as well: Dana (then nine), and Marc (then six). And, I signed the UUSBHC membership book that spring. The UU spirit resonated with me; I knew that here, our sons would learn to respect the religions of both their paternal grandmother (an avid Episcopalian), and my family. It fit well with me then; it fits even better with me, now.

“Yes, throughout the years, I became disenchanted at times with our UU Society when I wasn’t comfortable with some of the programming. But, the joy having hung in here is that I’ve made good friends; support our mission and Principles; and have participated in the emergence of our Society to our current ‘place,’ which I view as being poised for the future, rather than wistfully wishing for the past.

“So, what do I do when I’m not at our church?! After thirty-eight years at UNI as a professor, clinical supervisor, and practitioner of speech-language pathology (many of those years being active in faculty governance, as well), I retired four years ago without trepidation, as I already had been an active community volunteer, too. Currently, among my volunteer activities (in addition to our Society, of course), I’m involved with the Cedar Falls Historical Society; Sartori Memorial Hospital; Friends Board of KUNI/KHKE; CF Tourism Bureau and Visitors Center; College Hill Arts Festival; and the Cedar Basin Dixieland Jazz Festival, which just celebrated its thirtieth year! Why get so involved, you ask? I want to use my newly acquired ‘free time’ in volunteer endeavors, participating with others who enrich this community I have come to love.

“I suppose I ought to conclude this mini-autobiography with a P.S. about our family: Our marriage was dissolved in 1988. Gordon remarried a few years ago to *Dottie Forsberg* (another UU!), and we all are good friends. Dana, now fifty, is Director of Technical Operations at Minneapolis Community and Technical College and is a musician. Marc, now forty-seven, continues to live in Cedar Falls, where he is self-employed, and has a local blues band. And, I recently acquired a new ‘child’: a precocious young cat!”

Judy’s address is 3714 Eastpark Road, Cedar Falls. Her phone is 277-1106 and e-mail <judith.harrington@uni.edu>.



## EXECUTIVE BOARD MEETING ~ AUGUST 19, 2007

### Summary of Highlights

#### Action Items

- Approved July Board Minutes.
- Received summary of FY '07 budget.
- Approved *Bob Robinson* for a three-year term and *Shanlee McNally* for an extended one-year term on the Committee on Ministry.

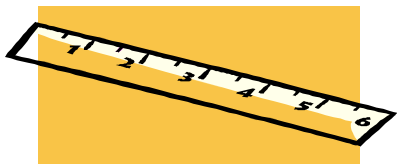
#### Discussion Items

- Considered establishing business links on our website and agreed this should be discussed more broadly. Topic will be considered during Second Hour on September 30<sup>th</sup>.
- Reviewed the establishment of the Green Sanctuary Committee as a standing committee, the current vacant status of the committee, and suggestions for re-establishing committee members, and possible areas of focus.
- Considered First Friday leadership needs.

#### Announcements

- The Fellowship Hall Kitchen is in the process of renovation. New (1<sup>st</sup>!) dishwasher; new refrigerator; new flooring; fresh paint.

Submitted by *Judith Harrington*,  
Executive Board President



### EDITOR'S INCH

Eleven months per year you should be receiving a newsletter in your mailbox prior to the first Sunday of the month. If you experience delays in receiving your copy or have issues with the quality of the printing, please advise me.

Should you change your address, let us know promptly so that we can update the mailing roster. The church pays for returns from the Post Office (which helps to keep our list current), but that's an unnecessary expense if folks would simply notify us of a change.

If you leave information (regarding an article for printing) in my newsletter mail slot at the church, please remember to sign it and give a phone or other contact information.

The Calendar and Newsletter deadlines are on the *calendar page* in each issue in bold letters. Thanks to everyone who has been so very helpful with the *new* Friday newsletter deadlines. The increased number of articles over the last few years has made it much more difficult to deliver copy to the printer in the same timeframe as when we used to have a newsletter of only four sides!

Thanks to *Mica Lorenz* for her ongoing work with the calendar that she sends me each month; *Betsy Brant* for her speediness in getting each issue ready for bulk mail and to the post office; *Steve Chamberlin* for his ongoing computer expertise (whether he's here or half-way around the world!), as well as his help with proofing, updating and running mailing labels, and folding newsletters every month. Lastly, thanks to all who contribute articles—there would be no newsletter without you!

*Gerry Chamberlin*, Editor  
sgchamberlin@cfu.net

## SOCIAL ACTION COLLECTION

On Sunday, September 23<sup>rd</sup>, we will take our first Social Action Special Collection during the offering. Funds raised by this special collection will be utilized for the congregation's social action projects during the year. From now on, the collection will occur on the *fourth* Sunday of every month.

We ask that you consider a modest donation to this fund that goes beyond your regular pledge. Even a \$5 bill each time will raise a considerable fund to enable our congregation to "walk its talk" and establish a larger presence in the community.

Thanks!

*The Social Action Committee*

*NOTE:* If you place a pledge contribution in the plate on the fourth Sunday, *please clearly mark it as a pledge* ~ otherwise, it will be counted toward the Social Action Fund. If you wish to contribute to the Social Action Fund by check, *please clearly mark it as a Social Action contribution*. All cash contributions on that Sunday will be credited to the Social Action Fund.



### FRIDAYS AT COTTONWOOD CANYON

*Cottonwood Canyon* on Friday afternoons at 4:30 p.m. is an informal time to sit and talk with *Eva* and anyone else who shows up. Come anytime until 6:00 p.m.

You might even think about buying *Cottonwood Canyon Scrip* on a Sunday and then on Friday stay there for dinner!

FYI: When there are *First Fridays*, *Eva* will be attending those and not be at *Cottonwood* in the afternoons.



On September 23<sup>rd</sup>, 1806, *Meriwether Lewis* and *William Clark* returned to St. Louis from their westward expedition to the Pacific Coast. Few people had expected their return. There were various rumors afloat that the whole party had been killed, or that they'd been captured by the Mexicans and forced into slave labor—but they reached St. Louis on this day and almost a thousand residents of the city stood on the banks of the river to watch their arrival. They were welcomed by cheers, gunfire salutes, and ringing bells.

They carried with them the first tentative maps of the American West and the most detailed journals ever kept of an exploratory expedition, with notes on the events of every single day of their journey. Their report of what they discovered filled Americans with excitement about the West, and launched a flood of expansion across the newly purchased Louisiana Territory. ~ *The Writer's Almanac*



### UU INVOLVEMENT FAIR

Sunday, September 9<sup>th</sup>  
10:45 a.m. – 12:15 p.m.  
Fellowship Hall



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

Committees: The set up times are Saturday, September 8<sup>th</sup> from 1:00-3:00 p.m. and 6:00-8:00 p.m.

Don't forget your treats, and information about your committee and activities for the table.

Questions? Contact *Mica* at 291-6509 or <Mica@cfu.net>.

## FIRST FIRST FRIDAY!

September 7<sup>th</sup> ~ 6:00 p.m.

What is "First Friday"? It is an all-church potluck held (usually) on the first Friday of each month at 6:00 p.m. All members, friends, associates, and others are warmly invited and encouraged to attend! We usually celebrate and/or learn about a holiday from a religious tradition, and often we invite members of that religion to join us for dinner and share their customs with us.

### What to bring:

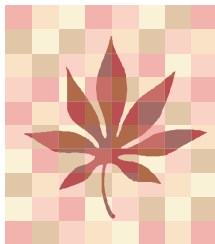
- ★ A dish to share with others. Types of "acceptable" dishes:
  - 1) one made from a recipe representative of the holiday being featured,
  - 2) just a good potluck dish that your family likes – main dish, salad, vegetable, bread, dessert – anything is ok!
  - 3) something that you think your children (if you have them) will eat,
  - 4) something that your diet (if you are on a restricted diet) will allow you to eat,
  - 5) whatever is available as take out or from the shelves of the local grocery store,
  - 6) nothing at all – with a promise to yourself to bring double next time.
- ★ Beverage—we just supply water and juice; if you want a special beverage, bring it.
- ★ Place setting—we ask everyone to clean up after themselves, and because of our commitment to the Green Sanctuary, we don't use paper or plastic. If you prefer to bring your own dishes with you that's okay, but not necessary.
- ★ Yourself, family members, friends, someone you would like to interest in UUSBHC.

### What happens at a First Friday:

You never know! Films, power-points, plays, dances, musical performances, lectures, rituals – you name it! We try to provide a diverse selection of activities, as well as to represent a variety of religious traditions each year.

Nursery is provided for the little ones, and age appropriate activities for the children. On the occasion when we have NOT held a First Friday during a month, the children have been the ones who missed it the most! It is a great way of creating wonderful memories for your children, fostering interfaith knowledge and celebration, and having a Friday evening in which your children have a great time, and you can chat with adults. For those who are currently "child free," it's a great way to connect with the energy and joy of our young people.

The focus of the FIRST First Friday of the year will be the Muslim religious practice of Ramadan. Two years ago we had several Indonesian families share the evening with us, bringing their food as well as their knowledge with them. It was wonderful to get to know some local Muslims. This year we hope again to have representatives of Islam with us.



On September 2<sup>nd</sup>, 1901, Vice-President *Teddy Roosevelt* attended the Minnesota State Fair and, in a speech before several thousand people, outlined his view of America's new role in world affairs. He used an old African proverb and said that "America must speak softly but carry a big stick."  
~ *The Writer's Almanac*

## UU MUSICIAN'S NETWORK ANNUAL CONFERENCE

Florida in August? Definitely, if the combination is a beachfront hotel, seafood, and music! *Carolyn Hildebrandt* and *Mimi Kuester* joined UU composers and musicians in Clearwater for five days of music-making and workshops.

Highlights included preparation and presentation of Rev. Jason Shelton's cantata, "Sources", workshops and performances with Heritage O.P.—a dynamic percussion ensemble from New York—and two sermons by former UUA President and Director of Amnesty International, Rev. Dr. William Schultz. *Bryn Sumner* and *Caitlyn Harris* worked on art projects, checked out the beach, and then joined Carolyn and Mimi for the annual variety show, an evening of musical hilarity. Next year? On to Boston!



### FVUUM

Friendship Village UU Ministry continues with its monthly chapel and luncheon. All are invited to attend. Please RSVP to *Brian Forster*. Our next meeting is Wednesday, September 12<sup>th</sup>.



### UUYOUTH RELIGIOUS EDUCATION

Welcome back to all. We have a great year ahead of us. We have a Youth Sunday to plan (October 21<sup>st</sup>), the Haunted House, the Coming of Age Program, and learning about Judaism and Paganism.

This group is in need of some teachers and helpers. Teachers are needed for the Jewish and Pagan curriculum. Leaders are needed for the *Haunted House*\*; Helpers are needed for the *Coming of Age*\* and *Youth Sunday*\* Programs.

Without your help we cannot provide these programs for our young people!

#### Coming of Age\*

- ❖ Rules for the classroom or a covenant
- ❖ Appropriate interaction
- ❖ Supporting each other
- ❖ Exploring Unitarian Universalism
- ❖ Exploring other religions
- ❖ Exploring our church

#### Youth Sunday\*

- ❖ Someone to let the students have the lead
- ❖ About two sessions
- ❖ Commit to Sunday, October 21<sup>st</sup>
- ❖ Maybe a rehearsal Saturday, October 20<sup>th</sup>

#### Haunted House\*

- ❖ Help the youth organize the project
- ❖ Supervise the students while they set up, present and tear down the house

#### Judaism and Paganism

- ❖ There are curriculum available to use
- ❖ Input is welcomed by leaders who are familiar with these areas.

*Kathy Klink-Zeitz, DRE*

## PRAIRIE STAR DISTRICT FALL LEADERSHIP CONFERENCE BEING HELD RIGHT HERE!

Dates: Friday evening, September 28<sup>th</sup>;  
Saturday morning and afternoon, September 29<sup>th</sup>.

Location: Our church; couldn't be more convenient!

What's this about: This Leadership Conference offers workshops and networking opportunities for congregational leaders. Tentative tracks to be offered:

- ⊕ **Presidents Track** for current Presidents, Vice Presidents, and Presidents-Elect.
- ⊕ **Treasurers Track** for Treasurers, Finance Committee members, or anyone else with an interest in tracking the congregation's finances.
- ⊕ **Membership Track** for Membership Chairs (i.e., our Outreach Committee Chair!), Hospitality Chairs, or anyone with an interest in membership and growth in UU congregations.
- ⊕ **Leadership Skills Track** for congregation leaders (officers, Board members, committee members) who have already attended a Leadership Conference track for a specific position, and/or are interested in more advanced leadership skills.

*Leigh Zeitz and Judy Harrington* are hosting the event this year; Leigh was co-chair of last year's conference which was held in Ames.

Deadline for registration: September 21<sup>st</sup>.

Registration fee: \$40.

More information and registration forms are available by calling 612-870-4823 or at <www.psdoua.org>.



## FAMILY FUN AT MUUSA

This year's Midwest Unitarian Universalist Summer Assembly (MUUSA)\* was held the week of July 4<sup>th</sup> at Olympia Resort in Oconomowoc, Wisconsin. Three UUSBHC families attended this year: the *Hildebrandt-Summer* family (*Carolyn, Thos, Bryn, and Linnea*), the *Cash-Davis* family (*Donna and Jeff*), and the *Freedman-Schillinger* family (*Suzanne, Dean, Sam, Sophie, and Ruby*).

There's something for everybody at this fun-filled, intergenerational camp: art, music, dance, drama, sports, games, lectures, discussions, relaxation, and meditation. Campers enjoyed reconnecting with old friends and meeting new ones. Carolyn and Donna ran the ever-popular Hogwarts Summer School for Witches and Wizards (Carolyn's work for that camp was featured in the September issue of *Iowa Psychologist*). Dean got together with his running buddies and Suzanne made her stage debut with the Twisted Sisters! Bryn joined the Awesome Choir and learned ballroom dancing, Linnea stayed up all night with the junior high school kids, and Sam, Sophie, and Ruby enjoyed swimming in the pool.

Next year's camp will be at Trout Lodge—YMCA of the Ozarks, in Potosi, Missouri. Returning campers will look forward to swimming, hiking, boating, biking, horseback riding and all of the other wonderful things the camp has to offer. There is good news for those of you who like to camp out—next year there will be space for up to one hundred tents along the lake! For more information about MUUSA visit <www.muusa.org>.

\*Formerly the Lake Geneva Summer Assembly (LGSA)



## ADULT RELIGIOUS EDUCATION

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

### September 2<sup>nd</sup>

**Work Party / Potluck Picnic** (see related article for time and details)

Enjoy preparing our building for a wonderful year of learning, growing, caring for and having fun with each other.

### September 9<sup>th</sup>

Participate in the **Involvement Fair** beginning at 10:45 a.m. (See related article for more details)

### September 16<sup>th</sup>

**Buddhist Path** – Individuals are invited to meet with the *Rev. Eva Cameron* and others who are interested in exploring Buddhist spiritual practices and their personal journeys.

**UUs At Work** – Join *Bill Chene* and others as they share the rewards and challenges of their work. There will be a short presentation by each person with questions/answers following.

### September 23<sup>rd</sup>

**Radical Acceptance** – The *Rev. Eva Cameron* will lead a discussion concerning what it means to “radically accept” ideas and people with whom we do not always agree. Chapter 3 of the book, **Radical Acceptance**, by Tara Brach, will be a focus of the discussion. You do not need to have read the chapter to participate in and benefit from the group discussion.

**The Religious Right, Part II** – By popular demand, *Bob Dise*, UNI professor, returns to share his research concerning the plans and impacts of the religious right in the U.S.

### September 30<sup>th</sup>

**Visioning Session:**

**Shouting Over The Back Of The Elephant On “Recycling the Dollar”**

## OTHER ADULT RE ACTIVITIES

**First Friday:** September 7<sup>th</sup> at 6:00 p.m. **Ramadan**  
(see related article)

**Buddhist Path:** every Thursday from 7:30 – 8:30 p.m.

Join *Eva* in the balcony for meditation, walking meditation, and discussion of Buddhist topics. All are welcome.

## COMING IN OCTOBER

**First Friday:** October 5<sup>th</sup> at 6:00 p.m.

*St. Francis Day* ~ Blessing of the Animals

Wednesday evenings, beginning October 3<sup>rd</sup>

**A catered meal followed by Family Choir.** See related article in this newsletter and/or contact *Mimi Kuester* for further information. Everyone is invited to the meal, and anyone who loves singing (expertise not required) is welcome to be part of the Choir.

The Adult R.E. Committee is composed of *Joyce Boss, Curt Hanson, Carollyn Hartsfield, Mickey Rich, and Bill Chene*, Chairperson. *Rev. Eva Cameron* and D.R.E. *Kathy Klink-Zeitz* also provide valuable leadership and resources to the group. Please contact any of these people with any ideas or concerns you have about Adult R.E. Many people throughout the year lead different Adult R.E. programs, and we love for people to come to us with ideas of groups or sessions that they would like to lead. Also, we welcome new members to the committee and benefit greatly from new ideas and energy.

## THANKS FOR YOUR TIME AND TALENT!

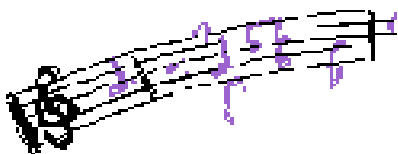
Many thanks to the seventy-two instrumentalists and singers who made last year's music such a success. We had a delightful mix of classical, jazz, folk, rock, new age, and world music to lift our spirits and soothe our souls.

Would you like to sing or play with us this year? If so, please contact *Carolyn Hildebrandt*, Music Director (235-9285), or any other member of the Music Committee (*Karen Impola*, *Mimi Kuester*, *Tim Purdum*, or *Suzanne Bullard*). If you would like to join the Music Committee, that would be great, too! You don't have to sing, play, or read music to help us organize music for Sunday services and other events.

### UUSBHC Musicians, 2006-2007

\*indicates UU Debut

<b>Voice</b>	<b>Clarinet</b>	<b>Guitar</b>
Joyce Boss	Don Wendt	Jordan Bancroft-Smithe*
Eva Cameron	<b>Oboe</b>	Elise Hanson*
Irene Cameron	Nettie Enshayan*	Tim Purdum
Del Carpenter	<b>Bassoon</b>	Leigh Zeitz*
Kamyar Enshayan	Jordan Bancroft-Smithe*	<b>Percussion</b>
Nettie Enshayan	<b>Saxophone</b>	Charlotte Brandenburg
Julie Fischer	Lewis Lynch	Brittany Flokstra*
Brittany Flokstra	<b>Trumpet</b>	Pam Hays*
Hanna Gibson	Tim Purdum	Tim Purdum
Leo Gibson	Colton Questra*	Linnea Sumner
John Grinstead	<b>French horn</b>	<b>Composing / Arranging</b>
Damon Gross	Damon Gross*	Charlotte Brandenburg*
Alex Hanson*	<b>Trombone</b>	Carolyn Hildebrandt
Taylor Hanson*	Jack Yates	Mimi Kuester*
Aubry Hanson	<b>Piano/Organ</b>	Tim Purdum
Carolyn Hildebrandt	Charlotte Brandenburg*	<b>Jingle Bells</b>
Susan Hill*	Ute Brandenburg	Nettie Enshayan
Peter Hochgraf	Irene Cameron*	Leo Gibson
Karen Impola	Carolyn Hildebrandt	Alyssa Martinez*
Laura Jackson	Karen Impola	Alexis Martinez*
Norm Kitchen	Tim Purdum	Emma Sahinovic*
Grace Malloy*	Michaela Rich*	Kayla Schatzberg*
Alexis Martinez*	Linnea Sumner*	Alyssa Smith*
Alyssa Martinez*	Ruth Walker	Mason Thompson*
Linnea Martinez*	Dorothy Wendt*	Maya Walter*
Alan Purdum	<b>Violin</b>	Nikko Walter
Kathy Purdum	Jordan Bancroft-Smithe	Siggi Walter
Tim Purdum	Matthew Bancroft-Smithe	<b>Bitter Sweet</b>
Colton Questra	Charlotte Brandenburg	<b>Christmas Band</b>
Margaret Rediske	Christian Brandenburg	Phil Cooper,
Michaela Rich*	Taylor Hanson*	guitar, voice*
Deblyn Russell	Don Wendt	Kate Early,
Emma Sahinovic*	<b>Viola</b>	voice, percussion*
Kayla Schatzberg	Ute Brandenburg	Margaret Nelson,
Alyssa Smith*	Irene Cameron	voice, percussion*
Linnea Sumner	Hanno Fenech*	Susan Urban,
Mason Thompson*	Hanna Gibson	guitar, voice*
Maya Walter	Linnea Sumner	<b>Cedar Valley Singers</b>
Nikko Walter	<b>Cello</b>	Matt Aronson
Siggi Walter	Suzanne Bullard	Diane Albertson*
Laura Walter	Alex Hanson	Rachel Cheeney*
Juanita Williams*	Carolyn Hildebrandt	Mimi Kuester
<b>Recorder</b>	Bryn Sumner	Bob Morgan*
Carolyn Hildebrandt*	<b>Bass</b>	Linda Morgan, Director*
Karen Impola	Michael Walter	Kay Leary*
<b>Flute</b>		Glenda Wilson*
Esther Kieffer		



## UUSBHC ON CABLE TV

Yes, we have been on cable TV in Cedar Falls, Waterloo and Waverly for about a year. We aren't broadcasting sermons (yet) but we have been submitting Public Service Announcements about our activities at UUSBHC. We have been advertising our First Friday celebrations, our documentary screenings, and various other activities. While these announcements are free, they have been successful in bringing new people to our activities.

You will find our announcements on these Public Access channels: Channel 98 (Cedar Falls), Channel 17 (Waterloo), and Channel 10 (Waverly).

If you have any questions or suggestions for where we can post our advertising, please contact *Leigh Zeitz*, <zeitz@cfu.net>.



*This Leadership Directory was updated August 19<sup>th</sup>.*

## UU LEADERSHIP DIRECTORY 2007-08

### STAFF

**EXECUTIVE BOARD OFFICERS and TRUSTEES**  
**ADDITIONAL OFFICERS and LEADERS**  
**STANDING COMMITTEE and ADVISORY COMMITTEE CHAIRS**  
 Meeting House phone 319-266-5640 / www.uusbhc.org

### STAFF

**MINISTER** REV. EVA CAMERON (Cell)610-6605  
**R.E. DIRECTOR** KATHY KLINK-ZEITZ 266-1435

### EXECUTIVE BOARD (in bold)

<b>BOARD PRESIDENT</b>	<b>JUDITH HARRINGTON</b>	<b>277-1106</b>
<b>BOARD VICE PRESIDENT</b>	<b>SEAN MCNALLY</b>	<b>296-2780</b>
PERSONNEL <sup>1</sup>	MIKE KNAPP	291-6509
BLDG & GROUNDS <sup>1</sup>	ROGER HAHN	266-9685
<b>BOARD SECRETARY</b>	<b>JIM PAPROCKI</b>	<b>296-3737</b>
ARCHIVES	KAY REWERTS	296-1861
COMMUNICATIONS <sup>1</sup>	GERRY CHAMBERLIN	277-6854
NOMINATING <sup>2</sup>	MICA LORENZ	291-6509
BUILDING RENTAL	JUDITH HARRINGTON	277-1106
CALENDAR	MICA LORENZ	291-6509
<b>FINANCE DIRECTOR</b>	<b>KAREN KITCHEN</b>	<b>266-5910</b>
TREASURER	KAREN KITCHEN	266-5910
AUDITOR	BOB ROBINSON	277-1124
COLLECTOR	KEVIN STAFSHOLT	215-4400
CANVASS <sup>1</sup>	MIKE KNAPP	291-6509
SCRIP PROGRAM <sup>3</sup>	BRITTANY FLOKSTRA	232-8117
TREATS & TALENTS <sup>3</sup>	MIKE KNAPP	291-6509
<b>TRUSTEE #1</b>	<b>JAN GALLAGHER</b>	<b>833-0260</b>
RELIGIOUS SERVICES <sup>1</sup>	JOHN MILLER	988-4024
COMM. ON MINISTRY <sup>2</sup>	KEVIN STAFSHOLT	215-4400
MUSIC <sup>1</sup>	CAROLYN HILDEBRANDT	235-9285
<b>TRUSTEE #2</b>	<b>PAT MALLOY</b>	<b>352-2867</b>
SOCIAL ACTION <sup>1</sup>	SHERI HUBER-OTTING	277-7558
GREEN SANCTUARY <sup>1</sup>		
<b>TRUSTEE #3</b>	<b>BILL CHENE</b>	<b>233-5305</b>
R.E., CHILDREN <sup>1</sup>		
R.E., ADULT <sup>1</sup>	BILL CHENE (INTERIM)	233-5305
<b>TRUSTEE #4</b>	<b>UTE BRANDENBURG</b>	<b>268-1726</b>
OUTREACH <sup>1</sup>	MICA LORENZ	291-6509
CARING <sup>1</sup>	ESTHER KIEFFER	266-1172
HOSPITALITY <sup>1</sup>	ESTHER KIEFFER	266-1172

<sup>1</sup> Standing Committees, <sup>2</sup> Advisory Committees, <sup>3</sup> Ad hoc Committees