



THE UUS NEWS

A DIVERSE SPIRITUAL COMMUNITY THAT TOUCHES HEARTS, CHANGES LIVES, AND TRANSFORMS THE WORLD.

Issue:
November
2017

Upcoming Sunday Services

What Does it Mean to Be a Community of Abundance?

**November 5th: "A Dream Fulfilled, A Promise to Keep,"
Rev. Steven Protzman**

In completing our new building, we've achieved a long-held dream to have a spiritual home where we can live out our mission and vision more fully. As we complete the yearlong celebration of our 175th anniversary it's time to ask: what's next? How will we live out the promise of Unitarian Universalism to be an inclusive, diverse faith, and in what new directions are our mission and vision calling us?

**November 12th: "An Abundant Peace,"
Rev. Steven Protzman**

Albert Einstein once said: "Peace is not merely the absence of war but the presence of justice, of law, of order." As we honor our veterans for their service to our country and recall the sacrifices so many people have made for the freedoms we have, we will reflect on our sixth principle, the goal of world community with peace, liberty, and justice for all, and renew our commitment to be a people who actively work for peace.

November 19th: "So Much to Be Thankful For," Rev. Steven Protzman

As we gather for our first Thanksgiving service in our new building, we have so much to be truly thankful for, including one another and this community. Together as a community of all ages, we will once again celebrate our abundance by telling stories and singing songs that invite us to be grateful for all we have and to make the world better by sharing life's gifts with others.

November 26th: "Connecting, Consuming: Choices for the Holiday Season and Beyond," Susan Salterberg

Abundance is in the giving, not the having, says song-crafter Laurence Cole. What do we want to give this holiday season and beyond? What might we let go of? We'll explore these questions, as well as consider personal and collective reasons to take a few deep breaths, and navigate our ways to more intentional holiday seasons and new years.

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November's Social Justice Offerings Benefit The Free Dental Clinic

Now in its 47th year of service, the Free Dental Clinic's dentists, hygienists, and students volunteer to provide cleanings, cavity fillings and tooth extractions to adults and children in our community without insurance.

Cash or checks to UUS (Dental Clinic on memo line) can be given on Sundays, online, or mailed to the office. You can also text "GivetoUUSIC FDC \$--" to 73256 to give online (you will be prompted to enter payment information if you don't already give through Realm). Thank you!

From Your Minister



*Geese appear high over us,
pass, and the sky closes.
Abandon, as in love or sleep,
holds them to their way,
clear in the ancient faith:
what we need is here.
And we pray, not for new earth or
heaven,
but to be quiet in heart, and in eye,
clear.
What we need is here.*

—from *The Wild Geese* by Wendell Berry

Wendell Berry's powerful and beautiful poem is an invitation to experience life's abundance through experiencing what is here and now, being present to the wonder of the moment, and feeling contentment, trusting that truly, what we need is here. As I read about abundance, I tried to discover if anything gives us a way to actually determine the point at which abundance exists, that sweet point at which we truly feel that what we have is enough, that what we need is already here. I didn't find a scientific formula or other way to do that, but again and again I found the idea that abundance is a perception about life. It's about quality of life—an awareness of the "sweetness that flows and is never less" and how it shapes us spiritually. When we experience abundance, we feel that we have more than enough; that our cup truly runs over. As we finish the harvests and begin the holiday season, Thanksgiving is a natural time to celebrate the sweetness around us. Are there times in your life you notice and feel abundance in your life? In the Soul Matters packet (we use Soul Matters themes each month), there is an exercise that invites participants to reflect on abundance by rating a list of things from 1 to 10. This is a fascinating exercise because along with things that make life joyful and worth living, such as friends, a sense of purpose, financial independence, food security, moments of beauty, passion, and self care, the list includes things such as regret, envy, worry that in abundance can suffocate us and stifle our capacity to live fully.

Abundance is the November theme in our worship and covenant groups. As Unitarian Universalists, ours is a theology, a world view, of abundance. Our Universalist ancestors believed that God's love was overflowing and that all people would benefit from a love that was not limited to a chosen few. Our Unitarian ancestors believed that all of life was one and meant to flourish. But our view of abundance is counter-cultural. The dominant culture says "more, more, more!" Unitarian Universalism invites us to appreciate what we have, to know, as Wendell Berry says, that what we need is here, and to respond to our abundance with generosity, sharing what we have. According to Buddhist teacher Sharon Salzberg: "The Buddha said that no true spiritual life is possible without a generous heart... Generosity allies itself with an inner feeling of abundance—the feeling that we have enough to share." We also believe that it is only in community where we can truly experience abundance because it is where we learn to share our gifts—our unique selves, our financial resources, our different talents and abilities, our understanding of the world, our zest for life—and



we receive the gifts of others. Parker Palmer, a Quaker author and teacher, writes:

Abundance is created when we have the sense to choose community, to come together to celebrate and share our common store. Authentic abundance does not lie in secured stockpiles of food or cash or influence or affection, but in belonging to a community where we can give those goods to others who need them—and receive them when we are in need. Abundance is a communal act ... in which each part functions as part of the whole and, in return, is sustained by the whole. Community not only creates abundance—community is abundance. If we could learn that equation from the world of nature, the human world might be transformed.

Parker Palmer's words are the heart of our seventh principle, the interconnected web of all existence of which we are a part, a web that depends on the mutuality of each of us giving and receiving so that all will thrive. Writer and Native American activist Kent Nerburn agrees: "Two people, who moments before lived in separate worlds of private concerns, suddenly meet each other over a simple act of sharing. The world expands, a moment of goodness is created, and something new comes into being where before there was nothing But true giving is not an economic exchange; it is a generative act. It does not subtract from what we have; it multiplies the effect we can have in the world." This is a powerful promise that invites us to respond with gratitude and generosity to the abundance we have so that we will be able to truly bring about our Unitarian Universalist vision of a world where all of life experiences abundance and is able to live in harmony, peace, and freedom.

As we enter the season of abundance and we celebrate the goodness and beauty of life, I invite you to reflect on these questions: When and how do I experience abundance in my life? Do I have a spiritual practice or practices that invite me to find "that place beyond the dawn where sweetness flows"? Do I respond with gratitude and generosity to the abundance I have?

Grateful to be sharing this journey with you as we are, and continue to become, a people of abundance,

Rev. Steven

Congregational News and Events

From Your Board President

Here are the remarks I gave before our first service in our new building on Sunday, October 15th:

“Our journey began 175 years ago with 39 courageous people founding our liberal religious congregation. Many people have gotten us where we are today. We are here because of their effort. Just in the recent past we have lost members who have contributed a great deal to our strength of character and a vision for our future; this building is a tribute to them. We have envisioned a bright new future together. It is this vision that we realize together today. Your hopes and dreams have been made manifest in our wonderful new home. Now our journey really begins. We are stepping off into a bright new world together—all possible because of your dreams and efforts. Come let us make our new home a beacon to all! Welcome to your new home: today’s Unitarian Universalist Society!” —Jim Laughlin

Building Dedication, November 5th

You are cordially invited to the formal Dedication Ceremony for our new building on Sunday afternoon, November 5th, at 4 pm. Rev. Steven will serve as master of ceremonies, and Rev. Rob Eller-Isaacs, co-minister of Unity Church Unitarian in St. Paul, MN, will preach the sermon titled “What You Can Expect.”

Rob writes: “Settling into a new place always brings surprises. Even though, as poet Marge Piercy writes, “the thing worth doing well done has a shape that satisfies,” there are sure to be a few glitches. But the character of a building, particularly a house of worship, grows out of the values that guided its design and construction and eventually its use. The same is true of a religious community. It matters what values undergird our character. It matters what we ask and expect of one another.”

A festive reception will follow the Dedication.

Capital Campaign Committee

When I step into our new facilities, I recall the generosity of spirit and resources that have made it possible. This brings me great joy.

The members of the Capital Campaign Committee would like to express our deep appreciation to each and every one of you who have made a commitment of time and resources to our new home. Without your generosity, without your vision, we would not have experienced the great joy and anticipation of the future, that has been ours as we step into our new facilities. Your financial commitments in particular have allowed us to exceed expectations.

To date you have made pledges and gifts of \$2,080,211.
196 pledges/gifts have been made.
80 of those pledges have been paid in full.

The \$1,738,562.62 received as of mid-October makes it possible for us to minimize our construction loan. This is absolutely tremendous for our congregation’s financial stability. Your generosity ensures we will remain a strong voice in the community for justice and provide an ecumenical vision of religious values and truth.

With deep gratitude for your generosity,
the members of the Capital Campaign Committee

Financial Stewardship Committee

Thanks to everyone who has made a pledge to the 2018 operating budget and/or the STEM Fund. Beginning in November we will be doing follow-up calls to those who have not yet pledged. Remember you can pledge online via Realm, or you can return the paper pledge card sent to you in October. Please direct any questions to Dave Martin, 351-7616 or dndmartin1@mchsi.com.

Historical Records & 175th Committee

Thank You, Fellow Villagers!

Forty people attended the “Prophetic Sisterhood: Now More than Ever” workshop on Sunday, October 15th—an event that couldn’t have happened without the help of our entire UUS village. Many thanks to:

- Emma Barnum, for her patient expertise in responding to our questions and requests
- Peg Voelker, for taking time to sort the little details, like finding a podium for our speaker
- Peggy Garrigues, for marshalling the teams who set up the hall for us on such short notice
- Rev. Steven Protzman and Gloria Corbin, for working with Cynthia Grant Tucker to craft a vibrant service for our first Sunday in the new building
- Sunday’s Hospitality Team, for expertly orchestrating our first social hour in our new home
- The Second Friday Covenant Group, for literally doing the heavy lifting, arranging all the tables and chairs for the workshop
- Bailey Kelley, for designing the “look” that made our workshop materials memorable

We are especially grateful to Cynthia Grant Tucker, whose Sunday service not only brought our history to life but also set the stage for a workshop whose wide-ranging discussion explored the roles of women, past and present, in shaping their congregations and their communities.

We thank all the workshop participants, whose comments and conversations provided insight into the roles each of us play, locally and beyond.

And we thank Marilyn Jennewein—preserver of our UUS history, catalyst for the celebration of history-making events in the life of our congregation, fearless leader, and good friend.

—UUS Historical Records Committee and its 175th Anniversary Team: Charity Rowley, Faye Strayer, Gay Mikelson, Jeanette Carter, Karen Mason, Rob Dietrich, Sherry Dolash, Susan Eberly, and Vicki Siefers

A Thank You for all the Old Timers!

The Historical Records Committee was so proud to note that the first Sunday in our new building included much recognition of our wonderful history. Jim Laughlin’s opening remarks highlighted our past; the order of service, with the wonderful picture of Eleanor Gordon and Evans Worthley, two of our distinguished former pastors; the service itself, which included readings and music to complement Cynthia Grant Tucker’s presentation. Thanks to Rev. Steven and all who made this service memorable! —Jeanette Carter, for the Historical Records Committee

Thanks for a Great Open House!

Thank you to each and every one of you for pitching in to make our Open House on Sunday, October 29th, such a success—cleaning beforehand (even our parking lot was sparkling clean!), planning and coordinating, advertising, getting the word out to friends and neighbors, preparing and serving food (the apples and the s'mores were a huge hit!), supporting and encouraging each other, giving tours, directing traffic in the parking lots, singing, offering a smiling face, and making all this possible through your amazing generosity. We had 856 people come through our doors (including about 250 members and friends)! I heard many compliments about our beautiful new building, our radical hospitality, and that “the Unitarian Universalists throw a great party!” Congratulations on a job very well done!

—Rev. Steven
Protzman



From Your Music Director

Favorite Music I & II

I. The hymn singing at UUS is really good and continues to improve. On any given Sunday, when facing the congregation, I could venture a guess as to which hymns are popular with certain people—I can see it in their faces. Which hymns do you hold dear to your heart and enjoy singing? Please send me the titles of your favorites, and if you would like to include why they are your favorites, that would add another dimension.

II. Secular music also plays an important part in the Sunday services and often enhances the theme of the day. Peng's recent rendition of "Pennies from Heaven," played during the offering, was just the tune for the budget drive kick-off. Please send along secular music titles that you would like to hear during a service. Your suggestions will certainly help in the planning.

I'm looking forward to receiving your titles! Send them to music@uus.org or hand me your list in person.

Christmas Ensemble Forming

Interested in dusting off a musical instrument? Our recent move uncovered three volumes of Christmas music written for instruments in C (e.g., flute, recorder, oboe), E-flat (clarinet, trumpet, alto sax), and B-flat (trombones, trumpets, baritone, clarinet). Let's give an ensemble a try! Mark your calendars for four Thursday rehearsals on the following dates: November 30th, and December 7th, 14th and 21st. The rehearsals will take place in the sanctuary and will start at 5:30 pm and conclude at 6:30 (or earlier if we are out of breath). Send me an email (music@uus.org) if you can make the rehearsals, and list your instrument so there will be enough music copied in your key. —Gloria Corbin

Social Justice News and Events

UU Free Lunch Program, November 10th

The objective and mission for the Greater Iowa City Free Lunch Program (located at 1105 Gilbert Court, IC) is to provide free hot meals six days a week for the needy in our community. UUS supports the Free Lunch Program by sending a group of volunteers on the second Friday of each month to prepare, serve, and clean up after a lunch for approximately 140 people. Our next Free Lunch will be on Friday, November 10th. Email Sue Eberly if you want to receive the Free Lunch emails (susan17eberly@gmail.com) or Diana Miller if you want more information about contributing or volunteering (dkmilleriowa@gmail.com). Thanks very much to all our UUS Free Lunch team members.

Racial Justice study/ACTION Circle, November 19th

The Racial Justice study/ACTION Circle will meet on Sunday, November 19th, from 11 am to noon in the conference room of UUS. RJC is UUS's next step to visibly and responsibly answer the call from communities of color to stand and act in solidarity for racial justice. The group's work includes critical reflection and discussion in conjunction with the development, implementation, and evaluation of actions that emerge out of our discussions. Please join us as we collaboratively build our vision to effectively engage in racial justice efforts in our community. If you have any questions, please contact Alison Oliver (iasw.alisonoliver@gmail.com).

Monthly Board Meeting, November 9th

The UUS Board of Trustees holds a meeting, open to all members, each month at 6:30 pm on the second Thursday at the conference room. Look for an agenda in the weekly email or on the website before the meeting.

Sunday Attendance for October 1st - 22nd

October 1st:	141 total: 115 adults, 26 children
October 8th:	106 total: 92 adults, 14 children
October 15th:	253 total: 210 adults, 43 children
October 22nd:	188 total: 141 adults, 47 children

UUS Members & Friends With November Birthdays

<i>Dean Abel</i>	<i>Jane Miller</i>
<i>Jeanette Carter</i>	<i>Ruth Muir</i>
<i>Dixie Cassady</i>	<i>Cecile Owings</i>
<i>Rachel Clark</i>	<i>Emma Peterschmidt</i>
<i>Stephen Dunbar</i>	<i>Paul Pomrehn</i>
<i>Ava Su Gan-Wei</i>	<i>Jonathan Raley</i>
<i>Gail Garwood</i>	<i>Rai Tokuhisa</i>
<i>Joel Gilbertson-White</i>	<i>Hudson Turner</i>
<i>Kenn Hubel</i>	<i>George Verhage</i>
<i>Noah Johnson</i>	<i>Tova Vitiello</i>
<i>Clare Lanaghan</i>	<i>Kirk Witzberger</i>
<i>Judy Leavitt</i>	

Social Justice Coordinating Committee (SJCC)

SJCC coordinates our congregation's community service and social action activities in Iowa City and beyond. Our meetings are informal and fun, and we welcome new faces and ideas. Our next meeting will be Tuesday, November 6th, at 7 pm in the conference room. Contact socialjustice@uus.org for directions or to get more information about the committee.

Opportunities for Holiday Generosity

The Consultation of Religious Communities will once again be helping with the Gifts for Parents program in December. We would love to have you join us to provide free gifts for low-income children to give to their parents. This event will take place on December 2nd at St Mark's United Methodist Church (2675 E Washington St. in Iowa City). All children in the area are welcome.

We need both gifts and volunteers. Gifts should be new or gently used. We can't use clothing with sizes, but hats, scarves, mittens, etc., are fine. Gifts for men are always especially needed. Tools, wallets, purses, jewelry, kitchen gadgets, decorative items are possibilities. Volunteer opportunities include: greeting families, supervising the gift room, escorting children to the gift room, and helping wrap gifts on the day of the event, as well as behind-the-scenes support work in the days before.

We'll have more opportunities for you to give time and treasure for the upcoming holiday seasons. As time draws near, we'll post information in the weekly emails about the needs of our Circle of Friends immigrant/refugee families with specifics about clothing, toys, and gift card possibilities.

Religious Education & Spirituality

Covenant Groups

In October, covenant groups talked about “Courage.” We all have an idea of what courage is, drawn from books, movies, history, or the news, as well as from personal experience. Many people think courage simply means “not being afraid” but others regard it as a quality people draw on when they must do something, even if they are afraid. Courage allows us to take risks, to have convictions, and to stand up for what we believe, especially when it is hard to do so. What does courage look and feel like to you? How does a community such as ours embrace, foster, and demonstrate courage?

This month we’re turning our attention to the question of what it means to be a “community of abundance.” What do you think such a community is, or should be, like? Would you measure “abundance” mainly in material resources, or would you count spiritual richness as well? Rev. Angela Herrera, for instance, says that “Abundance is not about having what you want, but about noticing what you have, and multiplying it through sharing it, multiplying it through your manner of being in this world.”

The Covenant Group program offers members the opportunity to express their views and deepen their understanding of a wide range of issues while creating closer ties to other UUs. If you’d like to learn more about covenant groups, please contact Jan Locher (354-6260 or covgroups@uuspic.org).

Buddhist Sangha, All Mondays in November

The UU Buddhist Sangha is a community of people that gathers weekly to explore contemporary Buddhist practice and teachings in the context of Unitarian Universalist principles and for meditation. The Sangha is currently discussing the book *It’s Up to You: The Practice of Self-Reflection on the Buddhist Path*, by Dzigar Kongtrul. Self-reflection is the spirit and practice of looking at whatever arises in our experience, without judgment, and is the common thread that runs through all traditions of Buddhist practice.

We meet weekly on Monday evenings at 7 pm at Oaknoll. Please contact Brian Glidewell and Cindy Spading at buddhistsangha@uuspic.org to find out more, or request to join through your Realm profile.

Fireside Choir, All Thursdays in November

The Fireside Choir rehearses weekly on Thursdays from 7 to 8:30 pm in the UUS Sanctuary. The choir is open to all singers (high school and beyond). No auditions or experience required. The choir sings in unison, two, three, and four parts (soprano, alto, tenor, and bass). The Fireside Choir often contributes to the Sunday worship services. If you have considered joining us, don’t think twice, just show up and we will go from there. If you have any questions, give Gloria Corbin a call at 338-5012 or email her at choir@uuspic.org.

InterPlay Workshop, November 9th

We will be offering an InterPlay workshop on Thursday, November 9th, from 7 to 8:30 pm, in the Hickory and Oak Rooms of our new building. There will be no cost to UUS members and active friends. You can register via Realm events. If you want to invite a friend, there will be a \$10 charge. Another workshop will be held on December 14th.

InterPlay (see www.interplay.org) is an easy-to-learn, creative process based on eight common-sense tools or ideas such as incrementality (breaking things down into small steps) and affirmation (looking for the good and naming the good). InterPlay is strength-based and invites participants to express themselves through “forms” such as babbling, which is a simple type of storytelling. These forms are done with partners, in small groups, and with the full group. We regularly “notice” or talk about what we experienced as we play with the forms.

The workshops will be taught by Mary and Matt Cohen, who are certified InterPlay leaders. Mary Cohen is Associate Professor of Music Education at the University of Iowa and directs the Oakdale Prison Community Choir. Matt Cohen has a background in theater, film, and media studies, and he is a Visiting Assistant Professor in Communication Studies at the University of Iowa.

Family Lunch Gathering, November 12th

Join the Children and Youth Committee (CYC) on Sunday, November 12th, after service for lunch in the Fellowship Hall. We will be providing a pizza lunch (with vegetarian and gluten-free options). Families are invited to bring a dessert to share.

Singing Bowl Meditation, November 14th and 26th

Judi Clinton hosts a Singing Bowl Meditation on the second Tuesday (6 pm) and last Sunday (12:30 pm) of each month at her home (945 Applewood Court, #4, Coralville). The harmonics of the bowls are used to amplify intention and focus as participants create a healing, relaxing field for all present. Plan to arrive 5 minutes before the start time to get settled and comfortable, and bring your water bottle. If you would like to participate, contact Judi (singingbowls@uuspic.org or 541-6957) to reserve your space.

By the Dark of the Moon Ritual, November 18th

Using the Moon’s Wisdom to Guide Our Inner Work

At the beginning of each moon cycle, under the dark moon the Owl Moon CUUPs (Covenant of UU Pagans) will gather to plant the seeds for personal work we each wish to accomplish each month, then nurture their growth using the phases of the moon as a guide. After we harvest the fruits of our labor, we’ll keep what worked, and compost what did not, as we prepare for the next moon cycle. If you would like to review ritual format and etiquette, please arrive at 6:30 pm. Otherwise, please arrive by 6:45 to greet each other and get settled. We will begin the working promptly at 7.

Interest & Activity Groups

CUUPs Herbal Self-Care: Extracts and Syrups, November 11th

Join us at 9 am on Saturday, November 11th, in the Oak and Hickory (Jr. and Sr. High) Rooms for the second in a series of four Herbalism classes, sponsored by the Owl Moon CUUPs (Covenant of UU Pagans) and led by Stephany Hoffelt (www.naturallysimple.org). As we learned in the first class, in order to be optimally bioavailable to the human body, individual herbal constituents are best extracted with specific solvents, that apothecaries called menstrums. This class will continue the discussion of how to make preparations covering tinctures, acetums, and syrups. Contact Marsha Cheyney and Dawn Marshall at cuups@uusic.org for more information.

UU Book Discussion Group, November 13th

The UU Book Discussion Group will meet again Monday, November 13th, at 7:30 pm at Oaknoll (735 George Street in Iowa City) on the 4th Floor in Meeting Room A. "Eleanor and Harry: The Correspondence of Eleanor Roosevelt and Harry S. Truman," edited by Steve Neal with a forward by Gloria Steinem, is our discussion book for the month. "Homegoing" by Yaa Gyasi is our selection for December. If you have questions or want more information about our group, contact Mary Lou Welter at 354-1231 or bookgroup@uusic.org. She has a list of the books selected for the coming year, which is distributed at group meetings and available in Realm. You are welcome to attend on a regular basis or only when a book interests you.

UU Grief Group, November 15th

The next meeting of the UU Grief Group (UUGG) is Wednesday, November 15th, 12:30 to 1:30 pm in the Oak (Jr. High) Room in our new building. The group is open to those mourning the loss of a family member or friend. We provide a safe and supportive environment where you can talk about your loss confidentially to other UUs who have also experienced loss. You may come away from the group feeling more reconciled about your loss or with helpful ideas about how others are handling their grief. While you do not need to pre-register, it is always nice to hear from you if you think that you may want to join us. The group is led by Gail Garwood (griefgroup@uusic.org).

UU Scrabble Group, November 16th

The UU Scrabble Group will meet Thursday, November 16th, at 1:30 pm in the Walnut Room. Everyone is welcome to join in regardless of skill level! Beginners are welcome! Contact Gary Lawrenson at 936-1291 or scrabble@uusic.org for more information.

Vegetarian Community Potluck, November 18th

The Vegetarian Community will celebrate a "Thanksgiving of Compassion" on Saturday, November 18th, 5 pm in Fellowship Hall. We'll gather for social time at 5 pm, followed by the potluck at 5:30 pm. A program will follow at 7 pm. Everyone is welcome. Please bring a favorite plant-based Thanksgiving-themed dish for 8-10 servings to share (with the recipe), along with your own reusable or compostable table service and non-alcoholic beverage. Everyone is requested to bring gifts of non-perishable food for the Johnson County Crisis Center's Food Bank. Contact Carol Throckmorton if you plan to attend or have questions at carolthrockmorton108@msn.com or 337-3030.

Vegetarian Community Food Drive

During November, the UUS Vegetarian Community is sponsoring a "Thanksgiving of Compassion" food drive to benefit the Johnson County Crisis Center. Please place your donations in the box located near the front entry of the church anytime between November 6 and 30. Here are the Food Bank's top 10 requested items: Financial donations; bathroom tissue; peanut butter; canned fruit and 100% juice; pasta and rice; canned vegetables; hearty soups and stews; baby diapers, formula and food; and laundry detergent. Long-time UUS member Kathy Henderson was a regular volunteer at the Food Bank, and her passion was to keep the shelves stocked with bathroom tissue. Please consider making this type of contribution in her memory. If providing a financial donation, please place a check designated for the Johnson County Food Bank in the Sunday offertory basket or leave it with the UUS office staff.

Secular Humanists, November 28th

Due to the Thanksgiving holiday week, we will meet on the 4th Tuesday of November, the 28th, at Old Brick's Common Room at 7:30 pm. Chris Hitchens is one of The Four Horsemen of atheist authors (plus Richard Dawkins, Daniel Dennett, and Sam Harris). As we approach the 6th anniversary of his death, we will share via YouTube the "Best of Christopher Hitchens," including "20 Times Christopher Hitchens Blew Our Minds." All are welcome to share in this evening of scientific rationalism. For further information, contact Mark Yuskis (resdoggie@aol.com).

Girls' Night Out!, November 30th

All UUS women are invited for conversation, lots of laughs, and refreshments at 5:30 pm for Girls' Night Out! on Thursday, November 30th, at Twelve01 Kitchen and Tap (1210 1st Avenue, Coralville). Contact Jamie Sharp (girlsnightout@uusic.org or (520) 979-8404) if you plan to attend.

Parents' Night Out, December 1st

On Friday, December 1st, from 6 to 10 pm, it's time for Parents' Night Out! Drop off the kids at UUS for a holiday pajama party! Put the kids in their favorite PJs and have them bring a pillow. We'll provide popcorn, movies, games, and holiday crafts. This is your chance to do some holiday shopping or just have a quiet night off. Email Jessica at education@uusic.org to sign up or for more information.

Dinners for Eight, December 2nd

Make new friends or deepen old acquaintances by joining our Dinners for Eight dining groups! Different groups are assigned for each dinner, who then get together over shared meals on the first Saturday of most months. Members and friends, singles and couples are invited to sign up for a dinner. Hosts provide the main dish and guests fill in the side dishes and dessert. This is an adults-only function. The next dinner is scheduled for December 2nd.

If you'd like to participate you may sign up through Realm, by contacting Joe Rasmussen (dinnersfor8@uusic.org or 624-4090) or by signing up after a Sunday service.

The UUS News

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Administrative Assistant — Nik Jakob
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Childcare Coordinator — Anna Rode
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Mission: We are a diverse spiritual community that touches hearts, changes lives, and transforms the world.

Vision: Our vision is to be a loving, inclusive, and growing spiritual community. We celebrate life and a liberal tradition that leads social justice work, heals the earth, and nurtures the lifelong journey of mind and spirit.

UUSIC Calendar for November 2017

A- Atrium *FH- Fellowship Hall* *K- Kitchen* *O- Oak Room (Jr. High)* *REC- RE Commons*
C- Conference Room *H- Hickory Room (Sr. High)* *M- Maple Room (3-4)* *OW- Office Workroom* *S- Sanctuary*
CW- Church-Wide *J- Juniper Room (Pre-K)* *N- Nursery* *R- Redbud Room (1-2)* *W- Walnut Room (5-6)*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 9:30 AM Service (S) 10:30 AM Social Hour (FH) 12:30 PM Singing Bowl Meditation (Judi Clinton's home) 2 PM UUS Open House (CW)	30 7 PM Buddhist Sangha (Oaknoll)	31	1	2 7 PM Choir Rehearsal (S)	3	4 6 PM Dinners For 8 (Member Homes) 6 PM CUUPs Beyond the Gates Ancestor Ritual (FH)
5 9:30 AM Service (S) 10:30 AM Social Hour (FH) 10:30 AM Inquirer Session (C) 4 PM Building Dedication (CW)	6 7 PM Buddhist Sangha (Oaknoll)	7 7 PM Social Justice Coordinating Committee (C)	8	9 6:30 PM Board Meeting (C) 7 PM Choir Rehearsal (S) 7 PM Interplay Workshop (H & O)	10 11 AM Free Lunch Program (1105 Gilbert Ct.)	11 9 AM CUUPs Herbal Self- Care: Extracts and Syrups (H & O)
12 9:30 AM Service (S) 10:30 AM Social Hour (FH) 10:30 AM Inquirer Session (C) 11 AM Family Lunch Gathering (FH)	13 7 PM Buddhist Sangha (Oaknoll) 7:30 PM UU Book Discussion Group (Oaknoll)	14 6 PM Singing Bowl Meditation (Judi Clinton's home)	15 12:30 PM UU Grief Group (O)	16 1:30 PM UU Scrabble Group (W) 7 PM Choir Rehearsal (S)	17	18 5 PM Vegetarian Community Thanksgiving of Compassion (FH) 6:30 PM CUUPs By the Dark of the Moon Ritual (C)
19 9:30 AM Service (S) 10:30 AM Social Hour (FH) 10:30 AM Inquirer Session (C) 11 AM Racial Justice study/ ACTION Circle (C)	20 12 PM December Newsletter Submission Deadline 7 PM Buddhist Sangha (Oaknoll)	21	22	23 Thanksgiving Office Closed	24	25
26 9:30 AM Service (S) 10:30 AM Social Hour (FH) 10:30 AM Inquirer Session (C) 12:30 PM Singing Bowl Meditation (Judi Clinton's home)	27 7 PM Buddhist Sangha (Oaknoll)	28 7:30 PM Secular Humanists (Old Brick)	29	30 5:30 PM Girls' Night Out! (Twelve01 Kitchen and Tap, Coralville) 5:30 PM Christmas Ensemble Rehearsal (S) 7 PM Choir Rehearsal (S)	1 6 PM Parents' Night Out (CW)	2 6 PM Dinners For 8 (Member Homes)

*Find more events and information by visiting our website calendar (www.uusic.org/upcoming-events)
 or by signing up for our weekly emails (www.uusic.org/news/weekly-email).*