



THE UUS NEWS

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

March 2018

Upcoming Sunday Services

Services begin at 9:30 am in the Sanctuary, followed by a social hour in the Fellowship Hall

What Does it Mean to Be a Community of Perseverance?

March 4th: "See the Beauty," Lois Cole

Our Transcendentalist religious ancestors spoke of a Trinity of Truth, Goodness, and Beauty. Why Beauty? With spring approaching, we will explore what beauty is, its relationship with nature and creativity, and how perseverance in "seeing the beauty every day" can heal us, enrich our communities, and empower our work of service and justice—calling us to go with, rather than against, the deepest theme of the universe.

March 11th: "Food, Faith, and Community," The Bowdoin Students

In our often confusing world, food connects us all—with each other and with the broader earth system. Ever increasingly, it is clear that we need to think deeply about where our food comes from. In this service led by students from Bowdoin College in Maine, who are in Iowa for an alternative spring break service trip, we will reflect on how our diverse faith and value traditions call us to act on food systems, and on how the food we eat intersects with our desire to build vibrant, inclusive, and just communities.

March 18th: "Resilience through Robust Relations,"

Joel Gilbertson-White

Rev. Dr. Martin Luther King, Jr., counseled, "An individual has not started living until [they] can rise above the narrow confines of [their] individualistic concerns to the broader concerns of all humanity." Whether our response to this ongoing call manifests as the choice to address the needs of one individual, or as plans to address systemic injustices on a grand scale, none of us can answer in isolation. To respond effectively, we must be prepared to persevere. Together, let us seek a more clarified understanding of our relational transpersonal selves, for healthy embodiment in community. Such clarity can fit us for a life marked by sustainable resilience!

March 25th: "Artists of the Spirit," Rev. Steven Protzman

Ernest Hemingway said, "The world breaks everyone, and some become strong at the broken places." We've all faced suffering and loss, and maybe we've even felt that we've reached a point of no return. How do we respond? Is it possible that these times invite us to be artists of the spirit, not only to persevere and to repair what has been broken, but to create beauty and hope for ourselves and others?

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March Social Justice Offerings Benefit the Inside Out Reentry Community

Inside Out Reentry Community is based in Iowa City and serves people returning to society after incarceration. The mission of staff and volunteers is to reduce social stigma and help ease the transition back into the community.

Everyone benefits when a returnee finds work, finds a place to live, and becomes a positive, contributing citizen. The program includes support groups, life-skill training and tutoring, social activities, and much more.

Cash or checks to UUS (*Inside Out* on memo line) can be given on Sundays, online through Realm, or mailed to the office. You can also text "GivetoUUSIC Offering \$--" to 73256.

Sunday Attendance for January 28th - February 18th

January 28th:	238 total:	178 service,	60 RE
February 4th:	198 total:	143 service,	55 RE
February 11th:	125 total:	(Multigen. Service)	
February 18th:	195 total:	152 service,	43 RE

From Your Minister



To sustain a stay in a dry and barren desert, it is necessary to be about something great enough to be worth a lifetime of unrewarded effort. There are simply some divine cravings in life—the liberation of the poor, the equality of women, the humanity of the entire human race—that are worth striving for, living for, dying for, finished or unfinished, for as long as it takes to achieve them. —Sr. Joan Chittister

In her book *Perseverance*, author Margaret Wheatley asks some powerful questions: “How is it some people devote their lives to a cause, to a person, to a place? And how is it that even in the midst of failures, betrayals, reversals, they can still remain focused and dedicated to their cause? How do people not become overwhelmed, or succumb to exhaustion or despair? How do such people sustain themselves over long periods of time?” They do it through the ancient virtue of perseverance, defined as “steady persistence in a course of action, a purpose, a state, etc., especially in spite of difficulties, obstacles, or discouragement.” Perseverance begins in knowing that human beings have always faced obstacles. Through history there have been natural disasters, social upheavals, and violence. In our own lives we’ve had to deal with change, with loss, with the need to protect our loved ones, and to face the end of life as we knew it. Change (and even survival) has happened because people stepped forward and kept stepping forward in the struggle to solve problems and make the world a better place.

Once we make the decision to step forward when we get clarity about work we want to do, how do we sustain ourselves for the long haul? Wheatley says: “When we fail, which of course we often will, we don’t have to feel discouraged. Instead, we can look into our mistakes and failures for the valuable learnings they contain. And we can be open to opportunities and help that present themselves, even when they’re different from what we thought we needed.” One of the most important things we can do is a regular spiritual practice such as meditation, prayer, time in nature, and the practice of Sabbath, a time of sacred rest for our bodies and spirits. Our first Source of spiritual wisdom reminds us that “direct experience of the transcending mystery and wonder has the power to move us to a renewal of our spirits and connect us to the forces that create and uphold life.” It is in renewing ourselves, both physically and spiritually, that we will be able to persevere and change our world.

Our worship and reflection theme for March is this question: What does it mean to be a community of perseverance? This month our services will invite us to think about what in our individual lives and in our shared life is worthy of our effort and commitment and how we sustain ourselves to answer these “divine cravings.”

Grateful to be here with you as we journey together as a community of perseverance.

Rev. Steven Protzman

From Your Community Minister



As a hospital chaplain, I see patients and families who are in crisis—dealing with a life-threatening illness, a bad prognosis, maybe the loss of mobility, preparing for a bone marrow transplant, waiting for test results, for a new kidney or a heart, waiting for when they may be well enough to leave the hospital. I might ask them what gives them strength during such

difficult times. I ask so they can identify some of the spiritual resources to help them during this time. Sometimes people say their family gives them strength, or their spiritual practice, or their pets. Sometimes people say they don’t know.

When I think of some of the situations patients in the hospital face, I am at a loss as to what I might say if in their shoes. A walk outdoors, journal writing, a talk with a loved one, a visit to the art museum—activities that are restorative for me—somehow seem inadequate in the face of a diagnosis that may mean loss of life. The truth is, people dealing with a traumatic life-changing event aren’t thinking about where they get their strength, because they cannot make their circumstance go away, and have no choice but to be brave and “strong” in a way they haven’t been before. Maybe a better focus is not so much on strength but what can accompany it to bring a quality, resilience, even joy in the face of difficulty. In this month as we focus on the theme of perseverance, this may be a good question for all of us. “It takes a strong back and a soft front to face the world,” says Buddhist teacher and environmental activist Joan Halifax. “All too often our so-called strength comes from fear, not love; instead of having a strong back, many of us have a defended front. In other words, we walk around brittle and defensive ... If we strengthen our backs, metaphorically speaking, and develop a spine that’s flexible but sturdy, then we can risk having a front that’s soft and open.” Restorative practices, whether they be meditation, journal writing, or an outdoor walk, can be helpful. They help ground and center us, giving us a gentle strength. This is when we can recognize our fear or defensiveness, and soften our hearts, even towards ourselves. This is when we come from a place of vulnerability and compassion and open to love. Now, when I or another, a patient I meet, are encountering a difficult situation and hope seems far, I can share this valuable mantra, strong back, soft front.

And now to give a quick update as your Community Minister: I am enjoying increased activities at UUS. I will be preaching a service titled “See the Beauty” on March 4th, will meet for the second time with my Committee on Ministry on March 5th, and begin co-teaching the class *Building Your Own Theology* with Rev. Steven on March 14th. Also, plans are underway for my Ordination on May 12th at 2 pm. Please let me know if you wish to assist with your time and talents in this beautiful event!

Blessed Be,

Lois Cole

Congregational News and Events

Your Opportunity to Have a Bigger Impact at UUS

This is an exciting time: A new building, new members, and new opportunities. The Leadership Development Committee (LDC) presents nominees for positions on our UUS Board of Trustees and our elected committees, and we ask that you consider volunteering for one of the positions up for election this May:

- Board of Trustees (two positions up for election)
- Committee on Congregational Life and Ministry (two)
- Leadership Development Committee (two)
- Endowment Committee (one)

A person must have been a voting member for at least a year and served on at least one committee in order to be nominated. You may either self-declare your candidacy by April 20th (with signatures of ten supporting voting members), or nominate yourself from the floor during the spring meeting.

Volunteers make a difference, and are vital to making our congregation an exciting and supportive community. If you want to be considered as a nominee, or would like to recommend someone, please contact the LDC at leadershipdev@uusic.org.

Still Time to Invest in UUS Solar

The installation of the solar array is close to being complete! From the initial planning for our “greenest church in Iowa,” UUS has had the goal of producing all of our electrical needs on site—to be “net-zero.” There will be 429 solar panels—approximately 150 panels on the roof and 280 panels on two ground arrays.

Would you like to be a part of this exciting project? Several UUS members have formed a limited liability company to finance the solar project. This company, UU Solar, LLC, is still accepting investors. The minimum investment is \$1,000. Investors will receive yearly income from the electricity sold to UUS. At the end of the 10-year PPA (Purchase Power Agreement) between UUS and UU Solar, UUS will have the option to purchase the array from the LLC. The buy-out price is typically 40% of the initial cost of the array; i.e. each investor will receive part of their investment back. For more information on supporting the solar project at UUS, contact Deb Schoelerman (dschoelerman@gmail.com) or Paul Pomrehn (paulpomrehn@gmail.com) by Monday, March 5th.

Inquirer Sessions in March

Anyone who wants to learn more about Unitarian Universalism, our congregation, and our programs is welcome to attend an Inquirer Session. Inquirer Sessions take place after each Sunday service, at around 10:30 am in the Conference Room. Feel free to grab some refreshments first and bring them with you. There are about 8 different sessions that rotate through about every two months. Upcoming sessions include:

- **March 4th:** Realm training (our software for connecting with each other)
- **March 11th:** Introduction to Social Justice Opportunities
- **March 18th:** Introduction to Volunteering Opportunities
- **March 25th:** Q&A with Rev. Steven Protzman

Contribute to the UUS Blog!

Stories enhance connections and promote a sense of community. The UUS Blog Team seeks those who wish to tell their story about how Unitarian Universalist values or involvement at UUS have impacted them. Submit your story of 2-3 paragraphs, or suggest someone else's story, to publicity@uusic.org.

UUS Shuttling Service

The shuttle service between the upper lot and the UUS front door officially began on Sunday, February 25th. Shuttle times will be from 9:10 to 9:40 am before the service and from 10:50 to 11:20 am after. Look for the sign that says “UUS Shuttle” in the back windows of the vehicles.

No shuttle service is planned for after post-service programs and activities. If you stay for 11 am activities, you can use the 10:50 shuttle to bring your vehicle down to the main parking area. Groups or individuals organizing post-service programs can organize rides for people parked in remote lots as needed.

It is not too late to sign up to be a shuttle driver! Contact Kelly O’Berry (541-0326 or kelly-oberry@uiowa.edu).

UUS Seeking Paid Facilities Team for Rental Events

UUS is creating a team of paid hourly workers to assist in special requests by outside users of our building. We’re looking for Facilities Workers: people interested in doing table or chair set-up before rental events, and tear-down afterwards, as well as providing cleaning services (dishes, mopping, taking out trash, etc). We’re also looking for people willing to serve as Event Hosts: people trained on our procedures who can attend part or all of an event to help renters navigate our space, use our equipment, and ensure our policies and procedures are followed.

If you are interested in being a Facilities Worker or Event Host (or both!), please fill out the form at <https://goo.gl/forms/jlzx8BhLK5SRWr9q1> or contact the office. Accepted applicants will be trained in their chosen area(s), then contacted as opportunities come up. You can choose which shifts to work, and there will be opportunities for both day and night-time hours, as well as both short (1-2 hours) and long (3+ hour) shifts. Team members are paid \$11 an hour, tracked and paid monthly. Facilities Team members will be supervised by the Facilities Coordinator, Lori Marshall, and by the Administrator, Emma Barnum. You do not need to be a member to join the team but you must be over 18 years old. Contact the office (337-3443 or admin@uusic.org) with questions.

Becoming a Friendly Visitor, March 4th

Would you like to get to know more people at UUS? Then consider becoming a “Friendly Visitor.” As our attendance grows in our new home, we face the challenge of how to maintain ourselves as a caring ministry—to know one another and be known as someone who belongs. Several of our members would benefit from an occasional “friendly visit” in their home to enjoy extended conversation not always possible during social hour.

If you enjoy spending a bit of time in conversation with a member of our congregation and would like to become a Friendly Visitor, plan to join Winnie Ganshaw after the service at 11 am on Sunday, March 4th, in the Oak Room to learn more. Bonnie Penno, a long-time Friendly Visitor for UUS, will also join us.

UUS Board of Trustees Meeting, March 15th

The UUS Board of Trustees will hold their March meeting, open to all members, at 6:30 pm on Thursday, March 15th, in the Conference Room. Look for an agenda in the weekly email or on the website before the meeting. *Due to a late meeting last month, the February Board Highlights are not included in the mailed version of this newsletter but will be available in the office and online by March 1st.*

Religious Education & Spirituality

From Your Director of Religious Education

If worship is at the center of the life of the church, it stands to reason that All Ages worship is then the one time when our whole community is taking part in that life together. During an All Ages service the whole congregation is teaching and learning by actively doing what it means to be a Unitarian Universalist (UU)—being a loving community that honors the worth and dignity of every person in our Sanctuary, a community of acceptance no matter where we are on our spiritual journey, and a community that encourages each other's free and responsible search for truth and meaning.

To help us take that time to gather as a whole community, to lift up what is worthy to us as UUs and share our concerns, gifts, and care, I want to share a few tips I have gathered from other religious professionals and UU societies so we can work and grow together to create a wonderful worship experience for all ages.

Families:

- Relax! All children wiggle (so do adults!). All children make noise (so do adults!). We do not expect you to keep, nor would we want you to try, your family perfectly still and quiet during services. You do not have to suppress that here! All we ask is that you be respectful to those around you—trying to whisper rather than yell, making sure those behind you can see.
- Try to grab a seat up front. This may seem counter-intuitive, but children will quickly tire if all they can see is the back of heads. Service will be much more engaging if they can see what is happening.
- Encourage questions and explain what is going on during services—lighting the chalice, the offering, etc. The service is more engaging when we understand what is going on.

- Encourage children to join in. Singing off-key or swaying along to song is much more fun than just listening!
- Help your children select fidgets and activities for worship. People of all ages can concentrate better if their hands are busy. On Sundays when we have All Ages worship, there will be a selection of activities outside of the Sanctuary.

All:

- If a seating arrangement is not working for you, please feel free to move or head out into another space (the service is piped into the Atrium, RE Wing, and Nursery). If you do need to leave the Sanctuary, please come back in when you are ready, but be respectful to those around you.
- Wear your name tag and introduce yourself to those sitting near you.
- Talk at home about worship, and look for opportunities to relate the Sunday theme to something that happens during the week. Those personal connections illustrate and add more meaning to what we do each week.
- Join in. Model for those who are learning. Put away your phone. We cannot expect children to participate when those around them are not. They will learn from your lead.
- Understand when someone, of any age, needs to step out.
- Be open to worship a little differently. All Ages worship services are generally more participatory, and it is a wonderful opportunity to experience new ways to worship and spiritual practices.
- Act with kindness and love to those, of any age, during worship. Remember, no one is born knowing how to worship, and we are all learning together.

—Jessica Zimmer-Saltzman



Playscape Committee

We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing. — Charles Schaefer

The Playscape Committee is excited to announce that the UUS natural playground is coming soon! It will be a welcoming play space for the young and young at heart. There will be an active play

area, including an embankment slide, children's garden, sensory garden and play areas, art, music and dramatic play spaces, and so much more. The full playscape plan can be viewed on the back of the March calendar insert or on the wall in the RE wing.

Building it will be a community effort, and we will need many hands of all ages to help. There will be workdays scheduled in the spring and early summer, so please be on the look-out for those dates. If you are interested in helping to plan the build, contact Brigette Ingersoll at bdingersoll@gmail.com.

Seeking Special Music for Summer Sundays

Music does bring people together. It allows us to experience the same emotions. People everywhere are the same in heart and spirit. No matter what language we speak, what color we are, the form of our politics or the expression of our love and our faith, music proves: We are the same. —John Denver

Calling all UUS musicians to consider sharing your talents for Sunday services during June, July, and August! If you don't sing or play an instrument, perhaps you know someone who would enjoy performing in our lovely sanctuary. Need some assistance in recruiting someone special you know? Send Gloria Corbin (music@uusic.org) the contact information, and she will make sure an invitation is extended. The summer staff accompanist will be available to provide piano accompaniment, if needed.

Covenant Groups

Covenant groups are small groups of 8 to 12 people who meet monthly for discussions aimed at fostering emotional, intellectual, and spiritual growth. As a "community within a community," covenant groups give members a special way of belonging to UUS. If you'd like to learn more about covenant groups, please contact Jan Locher (354-6260 or covgroups@uusic.org).

Fireside Choir, Thursdays in March

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@uusic.org.

"Gender 101," Adult RE Class, March 7th

Join us on Wednesday, March 7th, at 6:30 pm in the Hickory and Oak rooms for "Gender 101." In this Adult RE class we will be exploring the role of gender in our own lives as we learn about the breadth of gender identities beyond male and female and work to understand gender as a spectrum of fluid and complex set of identities. Registration isn't required but is helpful to make sure we have enough supplies on hand. You can register through Realm or via email (education@uusic.org).

Home Energy Science: Problems and Solutions Forum, March 11th

Have you ever had questions about why your energy bills seem higher than they should be? Have you ever had nagging moisture or draftiness issues in your home? Are you interested in lowering your personal carbon footprint? Join us for a forum on Home Energy Problems and Solutions presented by the Green Iowa Americorps and Green Sanctuary on Sunday, March 11th, at 11 am in the Hickory and Oak Rooms. Our program will focus on building science, the energy audit process, and options for home retro-fits as well as energy-saving tips for the occupant. This presentation is geared towards those who want to learn more about saving energy and increasing the comfort of their home.

Singing Bowl Meditation, March 13th and 25th

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@uusic.org or 541-6957) to reserve your space.

Building Your Own Theology, Begins March 14th

As Unitarian Universalists, our fourth principle invites us into a free and responsible search for truth and meaning. As people who seek to make meaning of life through a spiritual lens, we are all theologians. While you may think theology has to do with all things God-related (theos is a Greek word for God), theology also means "field of study, thought and analysis that examines religious truth" (Richard S. Gilbert).

In this ten-week Adult Spirituality Course, we will study, think about, and analyze religious truth through the lens of our lifelong individual experiences and discoveries. The culmination of our time together will be writing individual credos, statements of how we make meaning of life and live out that meaning. The course, led by Rev. Steven Protzman and Lois Cole, will meet at 7 pm on Wednesdays, March 14th through May 16th in the Conference Room. This class needs a minimum of 8 participants. Please sign up in Realm or by contacting minister@uusic.org no later than March 1st.

The Journey of Arrival Conscious Dance Series, March 20th to April 10th

You are invited to the world of conscious dance where bodies of all types and every level of movement ability are welcome! Conscious dance, pioneered by Gabrielle Roth, is a free form dance or movement practice that draws on many spiritual disciplines and embodiment practices. In community, we co-create and co-discover a place where the mysterious and the transformational can abide. It is a place of deep self-care.

For this series, we begin with the question, "What does it mean to arrive?" To arrive in a moment, in a place, in a body? To arrive with intention? What can we learn when we explore this together with more detail and subtle attention, endeavoring to uncover some truths or processes that we can take with us into our everyday dancing? To arrive in a moment of work, or a moment of relating? To arrive in a moment of prayer or meditation?

This four-session class will meet on Tuesday evenings from 7 to 8:30 pm in the Fellowship Hall, March 20th through April 10th. The Dances are led by psychotherapist Chris Loeckle and yoga teacher/writer Jennifer New. The two are delighted to bring this transformational practice to our community. They will provide movement inquiries, many of which are surprisingly simple, as well as carefully curated music from many different genres. Chris and Jennifer welcome you to attend one class or the whole series as you explore your own unique dance. Contact Peggy Garrigues (dcl@uusic.org) to sign up, or look for an online signup in Wednesday emails. There is no charge for the class.

Pathway to Membership Class, March 27th

Pathway to Membership is a one-session class for those who are considering becoming a member of UUS and want to learn more about how our congregation works, and the benefits and responsibilities of membership. You will get to know others who are considering joining, and meet with our Director of Congregational Life, Peggy Garrigues, our Minister, Rev. Steven Protzman, and other leaders from the Board and Membership Associates. This class is one of the steps for membership. We will meet on Wednesday, March 27th, from 6:30 to 9 pm in the Walnut Room. Contact Peggy Garrigues to clarify other steps needed to become a member, dcl@uusic.org.

Adventure to Guatemala This June!

To quench a thirst for adventure and service, consider the upcoming UUS social justice trip to Guatemala, leaving June 2nd and returning June 13th. After sightseeing in Antigua, near the capital, we head to San Juan La Laguna, a town on the shores of Lake Atitlan. While there we will receive some Spanish instruction and distribute shoes to needy families. The last week of our trip we work on reforestation in Pachaj, a village further into the highlands. Along the way we meet Guatemalans; home stays help facilitate enduring friendships.

The trip will likely cost \$1,500, or less if we can find lower airfare. To ensure a place on the trip, we are asking that participants pay a deposit of \$250 by March 15th. Checks can be written to UUS, with Guatemala Trip in the memo line. We will have orientation sessions and possibly fundraisers for the trip in April and May. If you have any questions, email Sally Hartman (sallyhartman@hotmail.com) or Deb Schoelerman (dschoelerman@gmail.com) We would love to have you join us!

Interest & Activity Groups

CUUPs Visioning Gathering, March 1st

We are beautiful, wild, rational, divine beings. Our experiences are individual, yet when shared we meet each other and ourselves in the fullness of all that we are. The Owl Moon Covenant of UU Pagans (CUUPs) will gather to explore and share desires for the group in the coming year and create a vision for how we create events, gatherings, and activities that we find fulfilling and meaningful. Everyone's input is welcome on the following questions:

- What needs or desires could this group fulfill? (e.g. learning, celebration, community, magic, healing)
- What activities or events could fulfill your desires? (e.g. ritual, classes, workshops, crafting, sharing groups)
- Which these activities would you feel most compelled to make time and energy for in your busy schedule?
- Which of these activities do you feel you could help organize or lead?

This gathering will be held inside to allow all who wish to attend, and support our ability to be comfortable, hear, and write as we do this work. Please arrive between 6:30 and 6:45 pm to greet each other and get settled. We will begin the work promptly at 7.

This process may take more than the time available during this meeting, so another meeting is planned on Friday, March 9th, at 7 pm to continue if needed.

Friends of Friends, March 4th

Friends of Friends is a support group where people with a disability and their friends and caregivers can swap stories and share coping skills. We meet on the first Sunday of the month at 11 am in the Hickory Room. To learn more, contact Michael or Rochelle Honey-Arcement at accessibility@uusic.org.

UUS Racial Justice Circle, March 4th & 18th

The Racial Justice study/ACTION Circle (RJC) meets on the first and third Sundays of every month during the liturgical year, from 11 am to 12:30 pm in the Oak Room of UUS. (On Sunday, March 4th, the RJC will instead meet in the Sanctuary.) 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. Contact Dave Martin and Peg Bouska at racialjusticechair@uusic.org with questions.

Green Sanctuary Committee, March 6th

The Green Sanctuary committee invites you to join us from 5:30 to 7 pm in the Conference Room the first Tuesday of each month as we collaborate on ways to live our 7th Principle in the life of our church community, in our personal lives, and in our world.

UUS Board Gaming Club, March 11th

Join us for an afternoon of gaming on Sunday, March 11th, from 11 am to 2 pm in the Fellowship Hall. We will have a variety of games, both classic and contemporary. Learn new games, revisit classics, or share your own for us to play! There will be no childcare for this event, but older children are welcome to join. Bring a snack or nonalcoholic drink to share if you'd like—we'll buy a Costco pizza to share! Contact Bailey Kelley at bailey.s.kelley@gmail.com with questions.

UU Book Discussion Group, March 12th

The UU Book Discussion Group meets monthly on the second Monday, at 7:30 pm at Oaknoll (735 George Street, Iowa City) on the 4th floor in Meeting Room A. *The Orphan Master's Son* by Adam Johnson is our discussion book for the month. You can also start reading *Bottomland* by Michelle Hoover, which is our book for April. To get a copy of the book list for the year, to request to join our Realm organizational group, or if you just want more information, contact Mary Lou Welter at 354-1231 or bookgroup@uusic.org. We welcome new regular members, guests who choose to drop in when a book interests them, or friends of members who share your joy of reading.

UU Scrabble Group, March 15th

The UU Scrabble Group will meet Thursday, March 15th, at 1:30 pm in the Walnut Room. Everyone is welcome to join in regardless of skill level! Beginners are welcome! Contact Gary Lawrenson (936-1291, scrabble@uusic.org) for more information.

Vegetarian Community Potluck, March 17th

The Vegetarian Community will enjoy a potluck on Saturday, March 17th, from 5 to 8 pm in Fellowship Hall. Following the potluck, Carol Throckmorton will summarize the research findings presented at the 7th International Congress on Vegetarian Nutrition (held from February 25th to 28th at Loma Linda University). For the potluck, please bring a favorite plant-based dish for 8-10 servings and your own reusable/recyclable table service. If you have questions contact Carol at vegcommunity@uusic.org or 337-3030.

CUUPs Dark of the Moon Ritual, March 17th

At the beginning of each moon cycle, under the dark moon, the Owl Moon Covenant of UU Pagans (CUUPs) will gather to plant the seeds for personal work we each wish to accomplish that 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. This month the Ritual will fall on Saturday, March 17th. If you would like to review ritual format and etiquette, please come to the Conference Room 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 pm.

UUS Members & Friends with March Birthdays

<i>Aiden Bettine</i>	<i>Jessica Johnson</i>	<i>Ellie Jai Primmer-</i>
<i>Alan Bohanan</i>	<i>Megan Kann</i>	<i>Tamayo</i>
<i>Marjorie Cantor</i>	<i>Kathleen Kingman</i>	<i>Linda Rice</i>
<i>Reed Cheyney</i>	<i>Max Lehan</i>	<i>Tristan Roeder</i>
<i>Bill Eginton</i>	<i>Mackin</i>	<i>Susan Salterberg</i>
<i>Kay Eginton</i>	<i>Jodi Linley</i>	<i>Jane Slaymaker</i>
<i>Betsy Fischer</i>	<i>Jan Locher</i>	<i>Heiko Strack</i>
<i>Audrey Friestad</i>	<i>Rory Marshall</i>	<i>Faye Strayer</i>
<i>Rochelle Honey-</i>	<i>Kathy McDonald</i>	<i>Sullivan Turner</i>
<i>Arcement</i>	<i>Shelby Myers</i>	<i>Elaine Waples</i>
<i>Jean Hood</i>	<i>Alison Oliver</i>	<i>Jerry Wetlaufer</i>

Dances of Universal Peace, March 18th

Participants will gather in the RE Commons at 3 pm on Sunday, March 18th, for chanting and simple folk-dance movements honoring various religious traditions. These prayerful, heart-opening dances create a sense of inner peace and foster connections between people. No experience is needed. All are welcome to attend. Contact Virginia Melroy (338-1778 or dancesofpeace@uusic.org) if you have questions.

Secular Humanists, March 20th

Religious satire has a long and colorful history, stretching back in time from George Carlin to Mark Twain, Voltaire, Chaucer, and even to ancient Rome. On Tuesday, March 20th, at 7 pm in the Common Room of Old Brick in Iowa City, UUS Secular Humanist member Peter Nothnagle will explore religious-themed jokes, cartoons, and videos; and along the way he'll show how laughter has been an essential part of the serious business of moral and social progress. Warning: there will be colorful language! For further information on the Secular Humanists, contact Mark Yuskis at resdoggie@aol.com.

UU Grief Group, March 21st

The UU Grief Group (UUGG) meets the 3rd Wednesday of each month from 12:30 to 1:30 pm in the Oak Room at UUS. 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. The group is led by Gail Garwood. 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. Gail can be reached at griefgroup@uusic.org.

Girls' Night Out! March 22nd

All UUS women are invited for conversation, lots of laughs, and refreshments at 5:30 pm for Girls' Night Out on Thursday, March 22nd, at Los Agaves Mexican Grill (2208 No. Dodge St. Iowa City, the former location of Bob's Your Uncle). Contact Jamie Sharp (girlsnightout@uusic.org or 400-2551) if you plan to attend.

CUUPs Full Moon Ritual, March 31st

The full moon is an excellent time for divination. Just as a nighttime walk in the light of the full moon allows us to experience our world differently, full moon light allows us to see, through divination, what is not easily seen in the normal light of day. As a group, the Owl Moon Covenant of UU Pagans (CUUPs) will hold a *Wheel of the Year Divination* ritual for the Full Moon: read a circular Tarot spread that uses the same cards for everyone, yet tells a different story for each person in the room. No experience necessary! We'll walk you through it. Come with a question or just to hear the story the cards tell. A handout will be provided for you to record the oracle's message.

Drumming, singing, and howling at the moon are encouraged following the consultation of the oracles, which may occur outside, so if interested come dressed for the weather and bring a drum if you have one. The first part of this gathering will be held inside in the Conference Room to ensure all can see the card layout, hear card descriptions, and are able to write on a firm surface. 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 pm.

Social Justice News and Events

UUS Habitat for Humanity Group Forming

Do you enjoy nailing, painting, or installing drywall? Are you passionate about helping to provide affordable housing to people in our area? Habitat for Humanity works to provide affordable housing by bringing people together to build homes, communities, and hope. Each of the families or individuals that receives a home also puts in sweat equity on their home.

Several members of UUS have expressed interest in forming an ongoing relationship with Iowa Valley Habitat for Humanity, including regular opportunities to volunteer. We had a meeting on Tuesday, February 27th, to learn more about the options, and to gather interested people to do organizing, hands-on-volunteering, and offering other support such as fundraising and meal preparation for volunteers. (This article was written before the February 27th meeting, so does not include information from the meeting.)

Garrette Saltzman has agreed to be chairperson of the UUS Habitat for Humanity Group, and Peggy will be staff liaison. Dan Cummins serves on the board of Iowa Valley Habitat for Humanity, so will also be a good connection. We intend to partner with other organizations to work on one particular house during the 2018 building season. Contact Garrette (gsaltzman@gmail.com) or Peggy (dcl@uusic.org) to volunteer or ask questions. Watch the Wednesday emails as well for an online link to express your interest.

Social Justice Coordinating Committee (SJCC), March 6th

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, February 6th, at 7 pm in the Conference Room. Contact socialjustice@uusic.org for directions or to get more information about the committee.

UU Free Lunch Program, March 9th

Huge thanks to the more than 30 team members of the UUS Free Lunch Program (FLP) who donated ingredients, prepared and served food, and washed dishes for 108 meals on Friday, February 9th. It was our second annual loaded baked potato lunch: Leigh Nida donated the potatoes, dedicated UUS volunteers pre-made chili at the January Day of Service, and UUS FLP team members brought cheese, sour cream, green onions, butter, and bacon bits. We also served a green salad, fruit salad, and desserts. There was some worry that we couldn't make Free Lunch work if it snowed, but this is a dedicated team and it worked just fine.

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 to prepare, serve, and clean up after a lunch on the second Friday of each month. UUS has a great Free Lunch team. If you want to join on a second Friday, reach out to Diana Miller at dkmilleriowa@gmail.com. Our next day is Friday, March 9th.

The UUS News

The Unitarian Universalist Society
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If you do not wish to continue receiving this newsletter, please check here and return.

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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.*

UUS Calendar for March 2018

A- Atrium
C- Conference Room
CW- Church-Wide

FH- Fellowship Hall
H- Hickory Room (Sr. High)
J- Juniper Room (Pre-K)

K- Kitchen
M- Maple Room (3-4)
N- Nursery

O- Oak Room (Jr. High)
OW- Office Workroom
R- Redbud Room (1-2)

REC- RE Commons
S- Sanctuary
W- Walnut Room (5-6)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>25 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)</p>	<p>26 7 PM Buddhist Sangha (Oaknoll)</p>	<p>27 7 PM Habitat for Humanity Organizing Meeting (H&O)</p>	<p>28</p>	<p>1 6:30 PM CUUPs Full Moon Ritual (C) 7 PM Choir Rehearsal (S)</p>	<p>2</p>	<p>3</p>
<p>4 9:30 AM Service (S) 10:30 AM Social Hour (FH) 10:30 AM Inquirer Session (C) 11 AM Racial Justice Circle (S) 11 AM Becoming a Friendly Visitor (O) 11 AM Friends of Friends (H)</p>	<p>5 7 PM Buddhist Sangha (Oaknoll)</p>	<p>6 5:30 PM Green Sanctuary (C) 7 PM Social Justice Coordinating Committee (C)</p>	<p>7 6 PM "Gender 101," Adult RE Class (H&O)</p>	<p>8 7 PM Choir Rehearsal (S)</p>	<p>9 11 AM Free Lunch Program (1105 Gilbert Ct., IC)</p>	<p>10</p>
<p>11 9:30 AM Service (S) 10:30 AM Social Hour (FH) 10:30 AM Inquirer Session (C) 11 AM UUS Board Gaming Club (FH) 11 AM Home Energy Science Forum (H&O)</p>	<p>12 7 PM Buddhist Sangha (Oaknoll) 7:30 PM UU Book Discussion Group (Oaknoll)</p>	<p>13 6 PM Singing Bowl Meditation (Judi Clinton's home)</p>	<p>14 6 PM "Building Your Own Theology" Adult RE Course (C)</p>	<p>15 1:30 PM UU Scrabble Group (W) 6:30 PM Board of Trustees Meeting (C) 7 PM Choir Rehearsal (S)</p>	<p>16</p>	<p>17 5 PM Vegetarian Community Potluck (FH) 6:30 PM CUUPs Dark of the Moon Ritual (C)</p>
<p>18 9:30 AM Service (S) 10:30 AM Social Hour (FH) 10:30 AM Inquirer Session (C) 11 AM Racial Justice Circle (O) 3 PM Dances of Universal Peace (REC)</p>	<p>19 7 PM Buddhist Sangha (Oaknoll)</p>	<p>20 7 PM Secular Humanists (Old Brick) 7 PM Conscious Dance Series (FH)</p>	<p>21 12:30 PM UU Grief Group (O) 6 PM "Building Your Own Theology" Adult RE Course (C)</p>	<p>22 5:30 PM Girls' Night Out! (Los Agaves, Iowa City) 7 PM Choir Rehearsal (S)</p>	<p>23 12 PM April Newsletter Submission Deadline</p>	<p>24</p>
<p>25 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)</p>	<p>26 7 PM Buddhist Sangha (Oaknoll)</p>	<p>27 6:30 PM Pathway to Membership Class (W) 7 PM Conscious Dance Series (FH)</p>	<p>28 6 PM "Building Your Own Theology" Adult RE Course (C)</p>	<p>29 7 PM Choir Rehearsal (S)</p>	<p>30</p>	<p>31 6:30 PM CUUPs Full Moon Ritual (C)</p>

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

UUS Natural Playscape Master Plan

Designed by Abundant Playscapes, 09/2017

Key:

1. Gathering Zone: 15'x15'

- ①.1 Seat Stumps
- ①.2 Large Seat Stump

2. Human Interactive Zone: approx. 15'x15'

- ②.1 Human Sundial

3. Growing Power Zone: 8'x40'

- ③.1 Raised Planting Beds
- ③.2 Vertical Lattice Trellis

4. Active Play Zone: approx. 2,025 sf

- ④.1 Accessible Deck
- ④.2 Embankment Slide
- ④.3 Boulder Scramble
- ④.4 Stairway to Area 1

5. Manipulative Play Zone: 12'x30'

- ⑤.1 Cedar Storage Bins
- ⑤.2 Sorting Tables
- ⑤.3 Art Wall
- ⑤.4 Loose Parts Play

6. Dramatic Play Zone: 12'x12'

- ⑥.1 Pedestal Pipes
- ⑥.2 Pebble Harp w/ Tray
- ⑥.3 Whale Drums
- ⑥.4 3.5 Section Play Stage

7. Sensory Garden Zone: 12'x18'

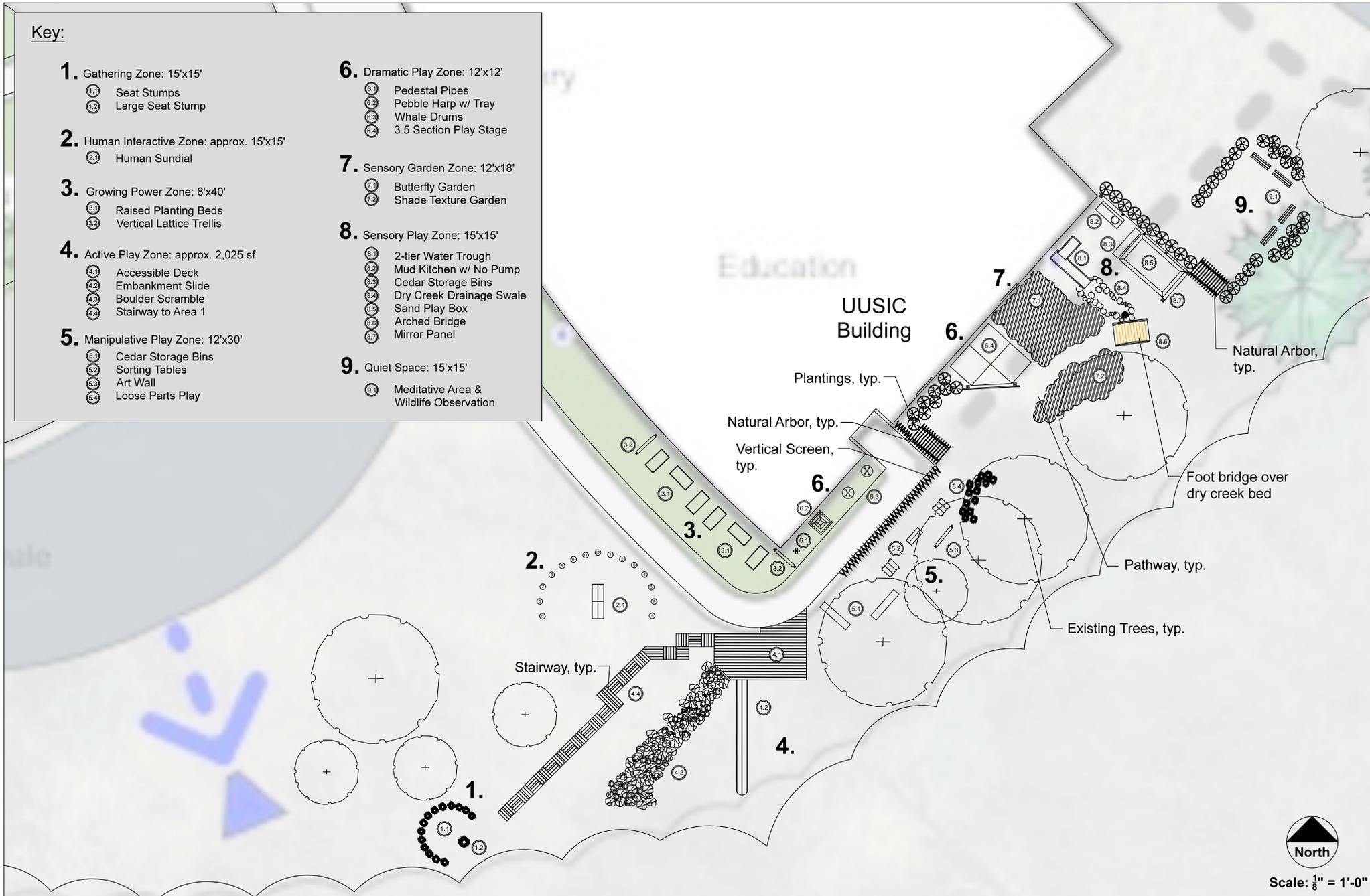
- ⑦.1 Butterfly Garden
- ⑦.2 Shade Texture Garden

8. Sensory Play Zone: 15'x15'

- ⑧.1 2-tier Water Trough
- ⑧.2 Mud Kitchen w/ No Pump
- ⑧.3 Cedar Storage Bins
- ⑧.4 Dry Creek Drainage Swale
- ⑧.5 Sand Play Box
- ⑧.6 Arched Bridge
- ⑧.7 Mirror Panel

9. Quiet Space: 15'x15'

- ⑨.1 Meditative Area & Wildlife Observation



Scale: 1/8" = 1'-0"



Consider Attending the Unitarian Universalist General Assembly Kansas City, Missouri, June 20-24, 2018

General Assembly is the annual meeting of our Unitarian Universalist Association. Attendees celebrate together, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to send voting delegates. The 2018 General Assembly will be held June 20-24 in Kansas City, Missouri. Most General Assembly events will be held in the Kansas City Convention Center.

Our congregation is eligible to send 6 voting delegates to General Assembly, but anyone can attend to celebrate with several thousand other Unitarian Universalists and learn more about what UUs are doing across the US and around the world to live out our values and transform the world.

The location of our UU General Assembly changes each year to different parts of the country. It is a wonderful opportunity to have it take place only about 300 miles from Coralville! Because GA is happening in the Midwest, the UU MidAmerica Region will not have a separate gathering this year.

Registration and Housing Open March 1

GA Registration and the GA Housing Reservation System open at 9 a.m. CST at www.uua.org/ga. You can register and attend for one or two days for as little as \$150 (even less for youth) or attend all five days for \$395. (Housing and meals are not included in those amounts.) UUS can provide some financial support for some of our members and voting delegates to attend.





(all photos are from 2017 GA)

GA Theme: "All Are Called"

Grounded in a deep belief that we are all prophets, Unitarian Universalists ask, “How can we faithfully meet the demands of our time?” The call to witness and act for justice in our society and in the world is clear. So, too, is the call to examine our structures and practices, dismantling and transforming those that fail to recognize the full humanity of all people and to honor the interdependent web of life. Join us in Kansas City as we dive deeply into questions of mission for our Unitarian Universalist Association, for our congregations and communities, and for each of us as individuals.

Kansas City

The City of Fountains is practically overflowing with adventure. Whether it’s the scent of smoldering BBQ luring you to a plate of ribs, the sweet echo of jazz welcoming an evening of entertainment, or the spray of fountains inviting you to kick off your shoes and make a splash, you’ll sense inspiration in the air—and find it along every boulevard.

As America's most centrally located major metropolitan area, Kansas City's location is a huge advantage for travelers. In fact, more than 55 million Americans can get to Kansas City in less than a day’s drive. And flying there is even easier, as Kansas City International Airport is just a three-hour flight away from each coast.

Excellent Programming

GA will offer more than 175 programming selections over the course of five days. Major worships this year will be led by UUA President Rev. Susan Frederick-Gray and Rev. Sofia Betancourt. More programming details are available at www.uua.org/ga.

Financial Aid Available

The UUA is committed to the goal of making GA accessible to as many attendees as possible. Go to uua.org/ga in the month of March to learn about scholarships to support delegates - particularly those from marginalized groups - and volunteer opportunities (work in exchange for registration).

If you want to learn about the possibility of attending General Assembly this year, meet with Peggy Garrigues and others who have been to General Assembly at 11 am in the Sanctuary on Sunday, March 18.