



THE UUS NEWS

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

April 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 Emergence?

April 1st: "The Promise of Easter," Rev. Steven Protzman & Jessica Zimmer-Saltzman

The hymn "A Promise Through the Ages Rings" says that "a green shoot always, always springs, and something always, always sings," affirming life's universal and triumphant song. As a community of all ages, we will gather to sing and rejoice together and hear Easter's message of hope and joy: spring is emerging once again around us and there is the promise of life's song within our hearts renewing us as well.

April 8th: "The Spirit of Yes," Rev. Steven Protzman

Frederick Buechner speaks of the spiritual place where our passions meet the needs of the world. As we reflect on how our mission and vision are emerging and inviting each of us to share our gifts, talents, and passions, how do we respond to life's question asking how we will live as Unitarian Universalists? As part of this service, we will also honor our many volunteers, people who live the spirit of yes.

April 15th: "Good for Nothing," Rev. Steven Protzman

Rev. Lynn Ungar asks: "Isn't it better, really, to be 'good for nothing,' to be good without hope of reward or punishment other than the pleasure of doing what is right, kind, honoring of our connections?" What motivates us to be good? As we welcome new members, we'll look at how a theology of goodness has emerged throughout our history and how Unitarian Universalism today shapes and informs our moral and ethical lives.

April 22nd: "A Return to Relationships of Necessity—with Each Other and with the Earth," John Ikerd

Until fairly recently in human history, relationships among people and between people and the earth were accepted as a matter of necessity. But since the industrial revolution, impersonal economic transactions have replaced these relationships. We now face unintended and devastating consequences: the pollution and degradation of natural ecosystems and the disintegration of civil society. Solving this catastrophic challenge requires the restoration of connectedness with one another and the earth; these are, and always have been, "Relationships of Necessity." We invite John Ikerd, retired professor, author, and leader in the economics of sustainable agriculture to lead this Earth Day service.

A discussion forum will follow at 11 am in the Oak and Hickory Rooms.

April 29th: "Growing Through Art," UUS Accessibility Committee

On Saturday, April 28th, UUS hosts the Awesome Autism Awareness and Acceptance Art Show (A5). This show celebrates autistic artists of all ages and abilities. The A5 theme this year is growth and nature. Join the A5 group and UUS's Accessibility Committee for a service on exploring growth through artistic expression. Together we will applaud natural abilities, see autistic artists and other artists with disabilities as whole persons, and examine how to make venues like UUS accessible so events like A5 are possible for artists with disabilities.

April Social Justice Offerings Benefit United Action for Youth

United Action for Youth (UAY) is a Johnson County community organization whose mission is to nurture the potential of all youth to create, grow, and lead. Founded in 1970, its vision is youth and adults working together in partnership to create a safe and healthy community. The downtown youth center includes recording and art studios, performance space, and offices for street outreach. Offered elsewhere are counseling and programs for pregnant and parent teens.

Cash or checks to UUS (UAY 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 February 25th - March 25th

February 25th:	193 total: 150 Service, 43 RE
March 4th:	174 total: 137 Service, 37 RE
March 11th:	155 total: 135 Service, 20 RE
March 18th:	174 total: 141 Service, 33 RE
March 25th:	183 total: 138 Service, 45 RE

From Your Minister



*In out-of-the-way places of the heart,
Where your thoughts never think to
wander,
This beginning has been quietly forming,
Waiting until you were ready to emerge.
Though your destination is not yet clear
You can trust the promise of this opening;
Unfurl yourself into the grace of
beginning
That is at one with your life's desire.
Awaken your spirit to adventure;*

*Hold nothing back, learn to find ease in risk;
Soon you will be home in a new rhythm,
For your soul senses the world that awaits you.*

—John O'Donohue

In the past few months, this poem has been a mantra for me as I've wrestled with a beginning in my heart that started to form during my sabbatical. While my sabbatical provided some much-needed rest and some wonderful adventures that renewed me, I didn't spend enough time reflecting on my ministry. I returned with many unanswered questions: What are my strengths and challenges as a minister and where do I find joy in the ministry? Am I happy here? Am I still the leader this congregation needs for the next chapter of its history? What new skills or knowledge do I need if I'm going to continue to be effective?

After we moved into our new home and began to settle in, a member of the Board, knowing ministers often leave after a sabbatical or a building project, asked me my intentions. My honest reply was that I was on the fence. Part of me wanted to see what ten years here would be like but another part of me was saying: "You've done what you came here to do. It's time for a change." That opened a dialogue in which the Board and I came to the shared conclusion that my ministry here was drawing to a close. We talked about my many strengths, including pastoral care, worship, the creativity and vision that helped us grow into a fully functioning program-sized congregation, and how I've "loved you into being." We also talked about my weakness in administration and my lack of interest in being the executive leader a congregation this size needs in order to thrive. After a weekend retreat, I was able to share that I feel most fulfilled in a pastoral-sized congregation, and the Board shared with me its desire for leadership that "will take the congregation in a different direction." With this clarity, the Board and I agreed to create a transition plan in which I have ample time to seek new opportunities, and we can reflect carefully on the ministerial leadership we both believe is needed to help this congregation continue to thrive.

Although it will be hard to say goodbye when the time comes, I will do so trusting that this change will bring opportunities and adventure for both of us. Please know that there will be time for us to reflect, to begin the grief process, to embrace the truth that life's journey is one of change, and to celebrate the love and the wonderful ministry we have had together.

Grateful to be here with you as we walk through this change together,

Rev. Steven

From Your Community Minister



Last week, in *Building Your Own Theology*, we shared our spiritual autobiographies, the people, places, communities, practices, formative events that were significant to our faith/spiritual journey. A significant influence on my journey was my father, who was the reason much of my childhood was spent on a seminary campus in Taiwan where my parents worked as teacher/missionaries.

My father, who loved theological debate, even over a bowl of cornflakes in the morning, encouraged theological curiosity. He would take us on field trips to different churches within Protestantism, pointing out theological and liturgical differences, an education not unlike the old UU curriculum, *Church Around the Corner*. Of the three of us girls, I alone appreciated this kind of education. Years later, when my ever expanding theological curiosity eventually led me to the Unitarian Universalist faith, my father—who, when I was in fourth grade and asked why we didn't visit the Unitarian church where I got my girl scout wings, said "Oh you don't want to go there. They sit on folding chairs and talk about science!"—acknowledged he suspected some part of him is Unitarian Universalist, too.

As I prepare for ordination, looking back on the people, places and events that have shaped my faith journey has more poignancy than ever. I also am aware of what it has taken me to come to this point in my path to ministry. In our Unitarian Universalist ministerial credentialing process, ordination is encouraged when the ministerial candidate is approved for Preliminary Fellowship. This means the candidate has completed their Master of Divinity studies, career assessment, hospital and parish internships, tackled a 100 book reading list and gone before the Ministerial Fellowship Committee, where they must demonstrate they have met 17 ministerial competencies for approval for Preliminary Fellowship. I have done all those things. Many of you have cheered me along in this long process. This doesn't mean my ministerial credentialing process is over. I am in my first year of Preliminary Fellowship, the part of the credentialing process when a minister is evaluated in the context they serve. I will need to complete three years of successful ministry before I am credentialed as a Unitarian Universalist minister. But right now, I am ready for ordination, the religious ceremony and rite that celebrates the fulfillment of my call to ministry and consecrates me as a clergy (meaning among other things, that I can call myself "Rev"). Sadly, my father, who died in 2008, will not be at my ordination. But others significant in my journey will be there: family, teachers and mentors, friends, artists, activists, colleagues (in this faith and other faiths), RE kids and alumni, and importantly, members of this congregation who approved me for ordination, an honor that can only be bestowed by a congregation.

I am deeply grateful to all of you, and that this special ceremony will be here in this church that encouraged my path to Unitarian Universalist ministry, and has been so instrumental in my formation. I look forward to our celebrating together. If you haven't already done so, be sure to save the date: May 12th, 2 pm right here at UUS!

—Blessed Be, Lois Cole

Congregational News and Events

Worship Associates Seek Summer Speakers

The truth is rarely pure and never simple. —Oscar Wilde

Summer service planning has begun at UUS. The theme this year is *The Quest for Truth*. We'd like to hear your stories and reflections on this topic. The Worship Associates invite you to submit a proposal for a service rooted in this theme. Unitarian Universalism's fourth principle is the "free and responsible search for truth and meaning." It is a vast subject, but questions for exploration include:

- How do you know truth?
- Where do you find it?
- What is a free and responsible search?
- What impedes the quest for truth?
- How have your "truths" evolved?
- How has truth affected you?

Share your thoughts and sources of inspiration while helping to build our loving community of seekers. To propose a summer service topic, please request a form from a Worship Associate, from the office (admin@uuspic.org), or find it online: www.uuspic.org/worship-associates-seek-summer-speakers. Copies of the form will also be available on Sunday mornings.

The Worship Associates are:

- Sam Cochran (samcial232@gmail.com)
- Laurie Cummins (cummins4@gmail.com)
- Dan Gall (dpgall@gmail.com)
- Carolyn Johnson (cjiowa@gmail.com)
- Virginia Melroy (virginia-melroy@uiowa.edu)
- Alison Oliver (iasw.alisonoliver@gmail.com)
- Susan Salterberg (susansalterberg@gmail.com)
- Rev. Steven Protzman (rev.s.protzman@gmail.com)

Inquirer Sessions in April

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. The Inquirer series includes sessions on eight topics. Here is the April schedule:

- **April 1st:** Introduction to Religious Education for All Ages, with Jessica Zimmer-Saltzman
- **April 8th:** UU 101: Intro to History and Values of Unitarian Universalism
- **April 15th:** Intro to Interest & Activity Groups
- **April 22nd:** Intro to Nurturing Mind & Spirit Groups
- **April 29th:** Tour of Building and Land

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@uuspic.org.

Capital Campaign

We built a new way and in a few short months, the Capital Campaign will come to a close. Thank you to those of you who have paid 92% of the \$2.108M pledged! That leaves about \$172,843 yet to be fulfilled. Please don't wait until the last minute to finish your pledge. If you have questions about your balance, please contact Congregational Administrator Emma (admin@uuspic.org or 337-3443).

The Capital Campaign Committee (CCC) has begun its final work on the recognition display. We want to be certain that every name is accounted for. Here are a few parameters that we're working with:

- Those who actually gave (not just pledged) will be recognized.
- Children's names will only be listed if they gave a gift in their own name.
- In order to have time to complete the display before the close of the campaign, the deadline for having your name included is September 1st, 2018. You must have made at least an initial payment on your pledge by that date. Pledge completions can be made thereafter (hopefully before December 31st).
- Many individuals have yet to designate how they want their name(s) displayed—we need to hear from you! (In the absence of clarification, we will use names listed in Society records.)

In the coming weeks, beginning March 25th through April 29th (excluding April 1st), the CCC will have a table in the Fellowship Hall following services. We will have the master giving list available (NO amounts will be displayed). You will be able to check on your listing. Please be sure to stop by our table!

UUS Community Garden Build, April 7th

On Saturday, April 7th (with April 14th as a rain date), volunteers will be gathering beginning at 8:30 am to help construct, and begin to fill with soil, the raised beds for our Community Garden and the Children's Garden Area. Vicki Siefers is coordinating the event and could use a few more people who are handy with a cordless drill (especially if you can provide your own), a few people to help fill the beds with soil (and bring shovel and/or wheelbarrow if you can), and some people to provide snacks and lunch for all the hard workers. Sign up if you can help: <https://bit.ly/2pwR8FH>!

Cook's Night Off! UUS Community Meal, April 11th

Kids, grown-ups—everybody come! We're hosting a series of springtime suppers for all members, friends, and families of UUS that will offer casual dining at its best with meat, vegetarian, vegan, and gluten-free options. Don't miss this chance to get out of the kitchen and get to know each other a little better! There is no set charge, but donations are always welcome to help cover costs. This month we'll gather from 6 to 8 pm in the Fellowship Hall on Wednesday, April 11th, for a Baked Potato Bar. RSVP after services or online: <https://bit.ly/2oxPljn>. The next meal will be on May 9th, menu TBA.

UUS Board of Trustees Meeting, April 12th

The UUS Board of Trustees will hold their next meeting, open to all members, at 6:30 pm on Thursday, April 12th, in the Conference Room. Look for an agenda in the weekly email or on the website before the meeting.

“Speaking by Heart” Workshop, April 14th

Join UUS and the Iowa UU Witness Advocacy Network on Saturday, April 14th, from 10 am to 5 pm, for a workshop led by Rev. Stephen Shick, UU minister and author. “Speaking by Heart” is a program that teaches the art of speaking for seekers of peace and social justice. Learn how to share your experiences, beliefs, and positions—without a manuscript but with heartfelt passion. In a safe and supportive environment, workshop participants develop skills used by the most powerful and effective presenters. Become a more confident speaker at public gatherings, in small groups, or with elected officials. Registration is required; lunch is available with a \$10 donation: <http://bit.ly/2DsvTsR>

UUS Trails and Woodlands Work Day, April 21st

Join the UUS Trails and Woodlands Committee for a morning of grooming our trail system and pulling mustard garlic from our grounds. We’ll be working from 10 am to noon on Saturday, April 21st. Contact Mary McMurray at mary_mcmurray50@hotmail.com for more information.

Wholehearted Leadership Workshop, May 5th

Have you accepted or drifted into a leadership role without the preparation you wish you had? Do you avoid taking on leadership roles because you think it will drain energy from other important areas of your life? Do you wish you had skills to help you adapt to change, nurture relationships, and improve the experience and productivity of your team? Wholehearted leaders immerse their whole, authentic selves in their leadership roles and operate with serene, passionate integrity. By applying heart, mind, body, and soul to the tasks at hand, they can accomplish great things.

Join the UUS’s Leadership Development Committee and workshop leader Kirk Witzberger on Saturday, May 5th, from 9:30 am to 1:30 pm in the RE wing of UUS for a few short, fun, interactive hours that could make a difference in your leadership and your life. The workshop, which includes lunch, is free and open only to members and friends of UUS. RSVP through Realm by May 1st to reserve your place, choose your lunch option, and request childcare: <https://bit.ly/2FV3nGj>.

Congregational Meeting, May 20th

The next UUS Congregational Meeting will be held at 11 am on Sunday, May 20th, following the service. As part of the meeting we will vote on nominees for elected committees, including the Board of Trustees. In order to be eligible to vote at the meeting, you must have signed the membership book and made a general donation of record to UUS (such as a pledge payment) by April 20th. A full list of voting members will be posted in the May newsletter. Contact the office with questions.

Religious Education & Spirituality

Wanted: Tenor Voices for Fireside Choir

The UUS Fireside Choir needs male or female TENOR voices. We rehearse weekly on Thursdays from 7 to 8:30 pm in the Sanctuary, and sing three Sundays a month with a 9 am rehearsal before performances. Please consider joining the choir! We will take good care of you, seat you next to a strong voice, and not ask you to sign on the dotted line until you are ready. Not a tenor? Sopranos, altos, and bass/baritones are all welcome; we sing in unison, two, three, and four parts. The choir is open to all singers (high school and beyond). No auditions or experience required. Questions? Give Gloria Corbin a call at 338-5012, email her at choir@uusic.org, or talk to any current member of the choir.

Seeking Summer Music

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

In March, covenant groups considered what it means to be a people of “Perseverance.” The usual image of perseverance is someone refusing to quit a task no matter how many obstacles are thrown in the way. But Shane Koyczan wonders if it’s possible to be “strong too long.” Perhaps the key to perseverance is knowing when to ease off and give ourselves a break, finding the right balance between pushing ourselves to achieve and taking care of our bodies and spirits.

This month we will talk about what’s involved in being a people of “Emergence.” As a rule, we say “no” to opportunities and experiences more often than not. There are plenty of “good” reasons: I don’t have enough time, I have to prioritize, it’s too risky, I’ve got to be realistic, etc. But too many “nos” cut us off from life and inhibit the possibility of personal growth. The emergence of Spring invites us to leave our safe zones and say “yes” to more things, to see what kind of new life emerges as a result.

If subjects like this intrigue you, you might be ready to join one of our 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, please contact Jan Locher (354-6260 or covgroups@uusic.org).

Green Alternatives to Traditional Burial, April 8th

Join us for a presentation on the carbon footprint of modern funerary practices including cremation and burial, the ways culture impacts views on emerging funerary practices, and a discussion of emerging greener technologies. Clayton Schuneman will be offering the program. He is the Administrative Director of the Johnson County Medical Examiner Department. We will meet in the Sanctuary at 11 am on Sunday, April 8th. Sunday forums are a part of our Adult Enrichment programming.

Singing Bowl Meditation, April 10th & 29th

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.

Conscious Dance Series, April 3rd & 10th

Conscious Dance is a free form dance or movement practice that draws on many spiritual disciplines and embodiment practices. It can be playful and exuberant and also internal and reflective. "Movement inquiries" provide guidance without limiting self-expression. This free four-session class will meet on Tuesday evenings from 7 to 8:30 pm in the Fellowship Hall, March 20th through April 10th, and is led by psychotherapist Chris Loeckle and yoga teacher-writer Jennifer New. They welcome you to come to one class or the whole series as you explore your own unique dance. Contact Peggy Garrigues (dcl@uusic.org) to sign up or register in Realm.

"Singing for Everyone," April 15th

Nourish your soul and sing for the pure joy of singing. Community Singing is a growing global community movement that knits us together through song. We will meet in the Sanctuary from 11 am to noon on Sunday, April 15th. It's okay if you join us late or leave early. All—including children—are welcome. The program will be led by Susan Salterberg. Sunday forums are a part of our Adult Enrichment programming.

UU Wellspring Course Begins This Fall

Are you looking for a way to deepen both your UU identity and your spiritual life? We are planning to offer a new program called UU Wellspring for those who want to go deeper in their spiritual life, develop a supportive community in a small group, and grow deeper in their understanding of UU values. The themes for the sessions grow out of the six sources of living tradition of Unitarian Universalism.

UU Wellspring incorporates five elements designed to balance a knowledge of UU history/theology with personal spiritual practice and engagement with the world:

- A commitment to daily spiritual practice
- Participation in a small-group community
- Individual work with a spiritual director
- Readings and resources for knowledge and reflection
- Reflection and commitment to live out our values in the work

The program will begin with a Saturday retreat in September, then meet for two hours every two weeks, on a weeknight yet to be determined, from September through June. There will be articles to read and/or video clips to watch before each session.

Put Sunday May 6th, at 11 am on your calendar to learn about this new program. Contact Peggy Garrigues (dcl@uusic.org) with questions.

Interest & Activity Groups

Friends of Friends, April 1st

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.

Buddhist Sangha, Mondays in April

The Sangha gathers every Monday evening at 7 pm at Oaknoll for silent meditation and discussion of contemporary Buddhist teachings. We are currently discussing the book *Seeking the Heart of Wisdom: The Path of Insight Meditation* by Goldstein and Kornfield. To find out more, contact Cindy Spading (buddhistsangha@uusic.org).

Green Sanctuary Committee, April 3rd

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, April 5th

Join us for an evening of gaming on Thursday, April 5th, from 6 to 9 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 Emma Barnum (admin@uusic.org) or Bailey Kelley (bailey.s.kelley@gmail.com) with questions.

Vegetarian Community Movie Night, April 7th

The Vegetarian Community will commemorate Earth Month by viewing "Sustainable," a documentary investigating the economic and environmental instability of America's food system, from soil loss and water depletion to pesticide use and climate change, and discusses solutions for addressing these problems. The film will begin at 7 pm in the Oak and Hickory Rooms. Please bring a plant-based snack to share and a beverage. Everyone is welcome. Contact Carol Throckmorton at 337-3030 or vegcommunity@uusic.org with questions.

UU Book Discussion Group, April 9th

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. *Bottomland* by Michelle Hoover is our discussion book for April. For our last meeting of this year, in May we will discuss *The Wright Brothers* by David McCullough. Our group takes the summer off and will meet again in September 2018. Start thinking of what you'd like to read and discuss next year! For more information, contact Mary Lou Welter at 354-1231 or bookgroup@uusic.org. We welcome new regular members and guests who just like the month's book.

UUS Racial Justice Circle, April 15th

The Racial Justice study/ACTION Circle (RJC) meets on the first and third Sundays of most months during the liturgical year, from 11 am to 12:30 pm in the Oak Room of UUS. (In April we will NOT meet on April 1st.) 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.

Dances of Universal Peace, April 15th

Participants will gather in the RE Commons at 3 pm on Sunday, April 15th, 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.

CUUPs Obsidian Moon Meditation, April 15th

Experience the whispers of the dark of the moon. Together the Owl Moon Covenant of UU Pagans (CUUPs) will draw from an oracle to provide guidance, then sit in silence for a length of time listening to what the dark moon may whisper to each of us. This gathering may be held outside, so please come dressed for the weather, otherwise we'll meet in the Conference Room. Location will be determined on the day of the event based on attendees' mobility and on weather conditions. If you plan to attend and have mobility concerns, please contact Dawn Marshall (materursasum@gmail.com) prior to the event or arrive by 6:30. 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.

UU Secular Humanists, April 17th

We are excited to welcome Sam Grover, staff attorney at the Madison-based Freedom From Religion Foundation, as our speaker on Tuesday, April 17th, at 7 pm in the Common Room of Old Brick in Iowa City. Sam's talk, "Fighting the Good Fight for Separation of Church and State," will focus on recent important victories and ongoing litigation by the large staff of attorneys at FFRF. He will also share portions of his May presentation to the Dallas Bar Association on how the Evangelical Right's redefinition of "Religious Freedom" is being used as a tool to suppress minorities (no wedding cakes for gays, etc.). All are welcome! For further information on the Secular Humanists, contact Mark Yuskis at resdoggie@aol.com.

UU Grief Group, April 18th

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.

UU Scrabble Group, April 19th

The UU Scrabble Group will meet Thursday, April 19th, 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.

Save The Date: SecSI Conference, April 21st

The Secular Students at Iowa group (SecSI), based at UI, is planning a day of speakers on the theme of "Human Rights and Secular Values." The conference is scheduled for Saturday, April 21st, on the UI campus, but details are still being worked out. Save the date, and watch the Wednesday emails for details. SecSI regularly meets with our UU Secular Humanist group, and our congregation will be providing some planning and financial support to help the SecSI group with this event.

Guatemalan Lunch, April 22nd

A Guatemalan lunch fundraiser will be held on Sunday, April 22nd in the Fellowship Hall, following social hour. Similar to last January's lunch, a Guatemalan stew, salad, beans and rice will be served for \$10. Proceeds will go to scholarships for UUS youth to participate in a social justice trip to Guatemala in June.

Girls' Night Out! April 24th

All UUS women are invited for conversation, lots of laughs, and refreshments at 5:30 pm for Girls' Night Out on Tuesday, April 24th, at Vesta (Mediterranean-inspired menu, 849 Quarry Rd #100, Coralville). Contact Jamie Sharp (girlsnightout@uusic.org or 400-2551) if you plan to attend.

UUS Members & Friends with April Birthdays

<i>Joe Barrash</i>	<i>Russ Lenth</i>	<i>Tabitha Rasmussen</i>
<i>Daniel Benton</i>	<i>Marcela Linley</i>	<i>Tony Razavi</i>
<i>Leiden Cervantes</i>	<i>Mary McCann</i>	<i>Tom Rocklin</i>
<i>John Elson</i>	<i>Raina McFarland</i>	<i>Anna Rode</i>
<i>Linda Fisher</i>	<i>Samuel Myers-</i>	<i>Sarah Ross</i>
<i>Kurt Friese</i>	<i>Verhage</i>	<i>Emily Uhl</i>
<i>Nathan Gall</i>	<i>Jerry Nordquist</i>	<i>Theresa Ullerich</i>
<i>Adam Ingersoll</i>	<i>Tina Primmer-</i>	<i>Steve Vincent</i>
<i>Sandy Keller</i>	<i>Tamayo</i>	
<i>Noah Lehan Makin</i>	<i>John Raley</i>	

CUUPs Tarot Workshops, April 28th

Join us for two Tarot Workshops led by River Roberts and sponsored by the Owl Moon Covenant of UU Pagans (CUUPs) in the Hickory and Oak Rooms on Saturday, April 28th. You can attend one or both:

“An Introduction to the Tarot” will run from 1 to 4 pm. With 78 cards and a myriad of ways to interpret them, cracking open your first deck of Tarot cards can feel daunting. Where do you begin? Join us for a laid-back, stress-free introduction to the art of interpreting the Tarot. This class will provide a foundation for you to increase your comfort level with the tool with a variety of techniques. The class will be interactive and accessible for all levels, whether you’ve never touched a deck or have been reading for years. Register here: <https://goo.gl/forms/f36l7MX1Zks3sbt1>

“Going Deeper: Building a Relationship with the Tarot” will follow from 6 to 9 pm. This advanced class will take you into a deeper exploration of how the Tarot speaks both to itself and to us. Together, we will explore different access points such as numerology, elemental associations, symbols, imagery, and story. This experiential class is designed to enhance your own relationship with the cards and increase your comfort in reading for yourself and for others. There are no prerequisites for this class. However, we will not be spending much time on learning each individual card in the deck. This is not an introductory workshop, but you will still get quite a bit out of the class even if you consider yourself inexperienced. Register here: <https://goo.gl/forms/FMezB4kTfj0KwdOP2>.

River Roberts has taught Tarot throughout several communities in North America and Europe and has been reading professionally for close to 20 years. For more information, see www.expandinginward.com.

Vegetarian Community Potluck, April 28th

The Vegetarian Community will enjoy a potluck on Saturday, April 28th, from 5 to 8 pm in Fellowship Hall. Following the potluck, Carol Throckmorton will present “Environmental Benefits of a Plant-based Diet.” This is Part 2 of the research findings presented at the 7th International Congress on Vegetarian Nutrition (held from February 25th to 28th at Loma Linda University, CA). For the potluck, please bring a favorite vegan 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.

Shelter House Luncheon, May 11th

This will be the 13th benefit luncheon UUS has offered to the Iowa City/Coralville community to support Shelter House. Many of you have helped for all those years, and to others it will be new. It is exciting to picture this annual event in our new Fellowship Hall on Friday, May 11th, from 11:30 to 1 pm. Invite your friends to come!

SJCC encourages you to jump in and volunteer with homemade salads and desserts of your choice. And we’ll need people to set up, serve, and clean up. To recruit help, we’ll be at the Social Justice table on Sundays and making phone calls. Volunteers can also sign up online via instructions in upcoming Wednesday emails.

Social Justice News and Events

Social Justice Coordinating Committee (SJCC), April 3rd

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, April 3rd, at 7 pm in the Conference Room. Contact socialjustice@uusic.org for directions or to get more information about the committee.

5th Sunday Contributions in April

In each month that has a fifth Sunday, the cash contributions and designated checks from one Sunday go to an organization nominated by an individual or group in UUS and selected by the Social Justice Coordinating Committee. Chosen for April is Habitat for Humanity. Watch for news about Habitat and the specific Sunday.

CROP Walk, April 8th

How about a nice spring walk—while you help fight hunger both locally and around the world! The annual Iowa City CROP Hunger Walk will be held on Sunday, April 8th, at 1:30 pm, starting at the Crisis Center Free Lunch Building (1105 Gilbert Court, Iowa City). The walk is a 5k (about 2.7 miles long), and dogs are welcome. We need both walkers and pledgers. If you can’t walk, please stop by the Social Justice Table on Sundays to support someone who can. Families are encouraged to participate! About 1/4 of the money raised goes to the Crisis Center of Johnson County to relieve hunger.

UU Free Lunch Program, April 13th

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. In March we served 150 guests. 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, April 13th.

A5 Art Show, April 28th

The Seventh Annual Awesome Autism Awareness and Acceptance Art (A5) Show displays art created by children and young adults on the Autism Spectrum. This year’s theme is “Growing Together: Thoughts on Nature and Personal Growth.” Join us at UUS for an afternoon of art, crafts, and nature-themed activities at one of the greenest spaces in the area! More info on Facebook at “The Awesome Autism Awareness and Acceptance Art Show.”

The UUS News

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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 April 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>1</p> <p>9:30 AM Service (S) 10:30 AM Social Hour (FH) 10:30 AM Inquirer Session (C) 11 AM Friends of Friends (H)</p>	<p>2</p> <p>7 PM Buddhist Sangha (Oaknoll)</p>	<p>3</p> <p>5:30 PM Green Sanctuary (C) 7 PM Conscious Dance Series (FH) 7 PM Social Justice Coordinating Committee (C)</p>	<p>4</p>	<p>5</p> <p>6 PM UUS Board Gaming Club (FH) 7 PM Choir Rehearsal (S)</p>	<p>6</p>	<p>7</p> <p>8:30 AM Garden Bed Work Day (UUS Grounds) 7 PM Vegetarian Community Movie Night (H&O)</p>
<p>8</p> <p>9:30 AM Service (S) 10:30 AM Social Hour (FH) 10:30 AM Inquirer Session (C) 11 AM Green Alternatives to Traditional Burial Forum (S) 1:30 PM CROP Walk (1105 Gilbert Ct)</p>	<p>9</p> <p>7 PM Buddhist Sangha (Oaknoll) 7:30 PM UU Book Discussion Group (Oaknoll)</p>	<p>10</p> <p>6 PM Singing Bowl Meditation (Judi Clinton's home) 7 PM Conscious Dance Series (FH)</p>	<p>11</p> <p>6 PM UUS Community Meal (FH)</p>	<p>12</p> <p>6:30 PM Board of Trustees Meeting (C) 7 PM Choir Rehearsal (S)</p>	<p>13</p> <p>11 AM Free Lunch Program (1105 Gilbert Ct., IC)</p>	<p>14</p> <p>10 AM "Speaking by Heart" Workshop (FH)</p>
<p>15</p> <p>9:30 AM Service (S) 10:30 AM Social Hour (FH) 10:30 AM Inquirer Session (C) 11 AM Racial Justice Circle (O) 11 AM "Singing For Everyone" (S) 3 PM Dances of Universal Peace (REC) 6:30 PM CUUPs Obsidian Moon Meditation (C)</p>	<p>16</p> <p>7 PM Buddhist Sangha (Oaknoll)</p>	<p>17</p> <p>7 PM Secular Humanists (Old Brick)</p>	<p>18</p> <p>12:30 PM UU Grief Group (O)</p>	<p>19</p> <p>1:30 PM UU Scrabble Group (W) 7 PM Choir Rehearsal (S)</p>	<p>20</p> <p>12 PM May Newsletter Submission Deadline</p>	<p>21</p> <p>10 AM Trails & Woodlands Work Day (UUS Grounds)</p>
<p>22</p> <p>9:30 AM Service (S) 10:30 AM Social Hour (FH) 10:30 AM Inquirer Session (C) 11 AM Service Forum (H&O) 11 AM Guatemalan Lunch (FH)</p>	<p>23</p> <p>7 PM Buddhist Sangha (Oaknoll)</p>	<p>24</p> <p>5:30 PM Girls' Night Out! (Vesta, Coralville)</p>	<p>25</p>	<p>26</p> <p>7 PM Choir Rehearsal (S)</p>	<p>27</p>	<p>28</p> <p>10 AM A5 Art Show (CW) 1 PM CUUPs Intro to Tarot (H&O) 5 PM Vegetarian Community Potluck (FH) 6 PM CUUPs Advanced Tarot (H&O)</p>
<p>29</p> <p>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>30</p> <p>7 PM Buddhist Sangha (Oaknoll)</p>	<p>1</p> <p>5:30 PM Green Sanctuary (C) 7 PM Social Justice Coordinating Committee (C)</p>	<p>2</p>	<p>3</p> <p>7 PM Choir Rehearsal (S)</p>	<p>4</p>	<p>5</p> <p>9:30 AM Wholehearted Leadership Workshop (RE Wing) 6:30 PM CUUPs Beltane Ritual (C)</p>

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

Welcome Our Newest Members Who Joined on Sunday, February 25th, 2018



Craig Christophel and Laura Westfall-Christophel

Laura grew up in Colorado, where her family had been for five generations. She went to school in Boulder, Colorado, and then studied Buddhism in New Hampshire. She and Craig and their children, Dahmia (12) and Curran (16), came to Kalona to be closer to Craig's parents and to care for his mother. They are now happy to call Iowa home. Laura studied vocal music and theater and has worked in those areas, in addition to running natural living-based Herb Fest in Colorado Springs. More recently she has been working as a psychic reader and Reiki practitioner. The CUUPs group is what originally attracted her to UUS, but she also appreciates our focus on environmental responsibility and social justice. She is glad to have found our society of like-minded people who are also diverse and accepting. In addition to offering her energy to the CUUPs group, she hopes to further LGBTQ causes.

Craig has a master's degree in Public Administration and is a licensed nursing home administrator. He has also worked as a log home designer and builder, and he enjoys writing poems and novels. Craig has given hundreds of lectures on science and religion and on working to heal the schisms between religious factions. He affiliates as Pagan, mostly aligned with the Hindi and Brahmanist tradition. He appreciates that Unitarian Universalism is service oriented and has a long history of religious freedom and loving openness. Craig is very pleased to have found a society of compassionate seekers of truth, health, and love, and for now he wants to quietly observe and take in the wonderful healing energy he has found here at UUS.

Carolyn Howe

Carolyn grew up on a small farm outside Traer and currently lives in Solon. She has always had a deep-seated love of animals and nature, and she first got involved in UUS by participating in the UU Vegetarian Community for several years. Carolyn, her husband, Bob, and their two daughters have been vegan for seven years now. Carolyn worked at the University of Iowa, in addition to being a full-time mother and caring for their 28 acres of land. She retired two and a half years ago. She loves our nonjudgmental, diverse, and welcoming congregation, that has a focus on being "green." Carolyn is a secular humanist who enjoys vegan cooking and lifestyle, gardening, animal welfare, crafts, hiking, and rock and fossil collecting.



Mary McCann

Mary grew up and lived mostly on the East Coast—NJ, NY, MA, and DC—in a military family. From the time she was a young child, Mary couldn't accept Christian logic, so her father turned over her religious training to her Jewish grandmother and godparents. Mary has two daughters, one son, one daughter-in-law, and five grandsons. She lives with her daughter, Sara, and three of her grandsons: Nick, Chris, and Marcus. Mary is now retired but has worked in a variety of areas: marketing, diversity training, political and union organizing, and health information technology. She was impressed by UUs in Davenport, so when Trump pushed her over the edge, and our Open House was announced—poof!—she arrived here. She is already sharing her talents in the Racial Justice Circle, the Social Justice Coordinating Committee, and the Publicity Committee. She offers the warning that she is radically progressive and curses like an Irish sailor.

Sarah Ross

Sarah moved here from Ann Arbor, Michigan, last September to be with her partner, Peggy Garrigues. Her family moved around a lot while she was growing up. She was born in San Francisco and has lived in Wisconsin, Montana, Illinois, Iowa (Davenport and Bettendorf), Oregon, Maine, and Michigan! For the past 14 years Sarah has lived in a cohousing community in Ann Arbor called Great Oak. She loves cohousing and is still very connected with her neighbors. Sarah works part-time as a facilitation consultant and trainer with non-profits and goes back to Ann Arbor once a month as a weekend manager at the Ronald McDonald House. She is currently exploring baking gluten-free cookies to sell at local farmers' markets and is working to become a respected opponent on the pickleball court! In addition to attending the UUS Buddhist sangha on Monday evenings, she may also be seen from time to time on Wednesday evenings as head chef at our new monthly UUS Community Meal.



Glenn Wiltgen

Glenn is a native Iowan who has been involved in the Vegetarian Community for the past four years. He is an accountant and a happy grandpa of four perfect grandkids. He recently started attending the Sunday services here because of the diversity. He believes in the Seven Principles, and he is hoping to find fellowship, community, and acceptance here at UUS. He is open to a variety of ways to share his skills and energy and is still exploring and learning. He wants us to know that he is a nice guy, who is also a naturalist and bicyclist. You may have seen him recently on crutches. He had planned to join in December but injured his leg from over-exercising.

