



THE UUS NEWS

July 2021

WE ARE A WELCOMING, SPIRITUALLY DIVERSE HOME. WE ACT ON OUR VALUES:

- * HONOR THE EARTH
- * ADVOCATE FOR RACIAL AND SOCIAL JUSTICE
- * FOSTER DEEP CONNECTIONS
- * EMBRACE THE ONGOING QUEST FOR MEANING

Upcoming Sunday Services

Join the Virtual Service via Zoom each week at bit.ly/UUSVirtualService. Meeting ID: 422 482 660, Passcode: 006311
 Or join via phone: Find your local number: bit.ly/UUSServicesFindZoomNumber.

Each week the Zoom meeting will open at 9:50 am, with the service beginning at 10. A time for virtual fellowship will follow.

July 4th: "Loved Into Being" UUA Stewardship Service

Faith in Unitarian Universalism isn't just an intellectual exercise: it's "heart" work. This full-length worship experience features a sermon by UUA President Rev. Susan Frederick-Gray, as well as vibrant music, storytelling, and other worship elements that will help us to grow in spirit, courage, and generosity.

July 11th: "Compassion and Resilience: Welcoming Asylum Seekers to the UU Society" Sally Hartman & The Immigration Action Team

A sage from Myanmar once said, "The words of poets will outlast tyrants." How does one become resilient in the face of tyranny? How do we as Unitarian Universalists respond? UUS member Sally Hartman will lead this service on resilience and compassion as UUS prepares to sponsor two asylum seekers as they seek safe haven. Read more about our Congregational Sponsorship on page 3.

July 18th: "Friends Gathered Round," Lynette Marshall

UUS member Lynette Marshall will address the theme of resiliency and the important role that community can play in sustaining us in times like these.

July 25th: "Have You Forgiven Life for What It Has Asked of You?" Winnie Ganshaw

UUS member Winnie Ganshaw will lead this service on the necessary resilience of aging and facing death, sharing her personal experiences and her observations as a hospice volunteer and later as a hospice chaplain. Sometimes resilience is found externally, sometimes internally, and sometimes it is one foot in front of the other, one day at a time—walking, creating, and finding your own path into resilience.

July's Social Justice Offerings Benefit Inside Out

Inside Out Reentry Community is based in Iowa City, serving people returning to Johnson County after incarceration, and also working with individuals incarcerated throughout Iowa regardless of where they plan to live after release. IO mission: to support people involved in the criminal legal system, and educate the public to promote healing, restore relationships, and reduce recidivism.

Services include 1: a drop-in Resource Center to socialize and get assistance with education, job and housing applications, etc. 2: mentoring a returning citizen with a community member to discuss reentry plan, work on skill-building activities and enjoy social time; 3: weekly community meetings for sharing successes and challenges, skills workshops, and small group activities.

Volunteers are welcome (insideoutreentry.com). Thanks for your contributions.

Cash or check donations can be given [online through Realm \(onrealm.org/uusic/-/give/SJOffering\)](https://onrealm.org/uusic/-/give/SJOffering) or mailed to the office. (Write checks to UUS, with *Inside Out* on the memo line.)

Past Sunday Service Attendance

**May 30th: "Listening to Our Inner Wisdom and
 Courageously Living Out Our Values,"
 Peggy Garrigues and Wellspring Participants**

~96 Participating Zoom Accounts

June 6th: "Blessing of the Animals," Rev. Diana Smith
 ~81 Participating Zoom Accounts,
 ~16 in person at UUS

June 13th: "PRIDE!" Rev. Diana Smith
 ~90 Participating Zoom Accounts,
 ~21 in person at UUS

June 20th: "Transitions," Rev. Diana Smith
 ~99 Participating Zoom Accounts

**June 27th: General Assembly: "Until Love Wins,"
 First Universalist Church of Minneapolis**
 ~82 Participating Zoom Accounts



From Your Minister

Dear Ones,

What does it mean to be resilient? Does it mean the ability to snap back to the shape that something (that we) once held? Does it mean our ability to keep going? Does it mean the capacity to recover and renew ourselves, keeping the lessons, responding

to the changes that have happened?

As we move into summer, our worship theme has turned to Resilience. This past year has challenged and changed us in many ways. Many of us feel stretched beyond anything we could imagine. Many of us are feeling new energy as we move back to activities we've been hungering for. Many of us aren't certain what we feel, as we find numbness, doubt, or confusion settling in. And many of us feel some combination of all of these (sometimes even in the same moment) and other things.

Sometimes, as we work to hold space for the complexities of our own and each other's feelings, the bounds of resilience seem to be tested and we wonder if we will make it. And yet, we've also been encountering resilience as we've explored new ways of being together, used new systems of traffic light gatherings, and engaged in covenantal conversations about our own and our family's needs, and our comfort levels meeting in person or online, and recently, with or without masks. Perhaps we don't think about these conversations and ways of being in space together as being about resilience, as being about drawing upon and expanding our resilience, but that's part of what they are.

It's often in times like these that we come to know our own and our communities' resilience. It's also in times like these that we come to know covenant in new ways. And it's in times like these that we find ourselves needing to reach down into the well to find the nourishment, the source of life and love that sustains us.

As we reflect on and celebrate resilience during July and August, I encourage you to play, to laugh, to be still, to cry, to reflect, to yell, to run, to sleep, to sing, to mourn—in short, to do the many different things that help you find release, that help you get in touch with your heart and witness the hearts of those around you, that help you reach the Source, Mystery, the Spirit of Love.

Every year, but especially this year, it's important to take time for renewal and recharge. That's true for me, too. And so, I'll be on leave from July 1st through 31st and August 13th through 19th. During my study leave time, I'll be attending a national training for faith-based community organizing and catching up on some reading and reflection. I'll also be taking some vacation.

During July I will not be checking email or voicemail messages. The Pastoral Care Team will be providing pastoral care coverage and the Worship Team will be providing worship services with wonderful speakers from this congregation. If you have a pastoral or other urgent need during July, please email or call Congregational Administrator Emma Barnum or Director of Congregational Life Peggy Garrigues.

Take good care of yourselves and each other.

Love and Blessings,

Rev. Diana

Farewell From Our Director of Lifespan Religious Education, Jessica Zimmer

As my time at UUS has wound down, I have been thinking a lot about what it means to leave well and say goodbye. In *Reluctant Goodbyes*, Kaaren Solveig Anderson writes, "I hate goodbyes. I hate everything about them. It bothers me that "goodbye" isn't really what I think we most often want to say." And I must agree with her. Whether someone else is leaving or I am, I dislike goodbyes, because "goodbye" can't possibly contain the multitudes of what I want to say to them or to you all now. So, to leave well I want to tell you what my goodbye means.

When I say goodbye, what I am saying is that in my time at UUS, we went through immense and many transitions, and we wrestled with some big questions. At times it was challenging and prickly. Those times stretched and helped me grow both professionally and personally. Some challenges, like the pandemic, will remain for you after I am gone, but I know in this community lies the strength and resolve to take on whatever it is the future has in store for you. I know this because love and community are two very powerful resources that UUS has in limitless supply.

Among all those challenges, no matter the size or complexity, there were many moments of shared joy, laughter, and caring. The community and love you offered me and each other is what calmed the rough parts and helped me know that I was not alone because this is a faith and ministry that we all share.

Another piece of saying goodbye is leaving space for your new Director of Lifespan Religious Education, Marsha Thrall,

to create her own identity and leadership in the congregation. This means stepping away from the congregation in person and virtually for two years. Taking this break is part of the professional ethics I agree to abide by as a member of LREDA (Liberal Religious Educators Association), and even if it wasn't part of our professional covenant, it is important to me that I support Marsha the best ways I can in creating her relationship and a successful ministry with you.

Please know that leaving well doesn't mean doing it with happiness. I am glad to have known all of you and sad to be leaving you. While we may not be connected like we used to be, I will still consider you all friends.

And finally, my goodbye means thank you. Thank you for the memories of bounce houses in the Sanctuary, Haunted Halloween Trails, campouts and sleepovers, water slides, shared learning, delicious food, holiday pageants, movie nights, all ages cooking together in the kitchen, beautiful music, OWL and RE rooms filled with laughter, and so many more that they could fill this entire newsletter. Thank you for your grace, support, generosity, curiosity, and trust. Thank you for all the gifts tangible and intangible you have given me and my family. Being part of this community and raising our children surrounded by your love is a blessing we will carry forward with us wherever our journey takes us.

With deepest appreciation and a full heart,

Goodbye,

Jessica

From Your Board President, Alan Swanson

I'm honored to begin my term as board president for 2021-22. This congregation is thoughtful and loving of one another, in-person and online, and you remain engaged to improve the world around us. As vice-president this past year I've come to appreciate even more the high quality and dedication of our minister, staff, and lay leadership, all of whom spend countless hours striving to keep the UUS spiritually inspiring, connected, and smoothly functioning under our new shared ministry governance model.

We've endured a pandemic with carefully updated phases of involvement and evolving multi-platform technology to expand the dimensions of our participation. In the months ahead UUS will open carefully, safely, and inclusively.

Eager to lead, I'm fortunate to be surrounded by people willing to share their skills and experience. I'm especially grateful for the counsel of immediate past president Joe Rasmussen and past president Amy Fretz. They've set a high standard.

We're entering an exciting time of intense efforts to balance our budget while expanding our connections within the congregation and to others. A board-created task force led by new vice president Rochelle Honey-Arcement will work creatively toward a solid plan of steps to practical solutions.

In the months ahead as we come out of a pandemic, your board will be guided by bedrock UU principles while moving forward with the UUS's vision and mission. We're ready to embrace the opportunities of an exciting new paradigm, looking forward to the congregation's input and support.

Family Picnic & Splashpad, July 9th

Everyone is invited to join us at the splash pad at Wetherby Park on Friday, July 9th, from 4:30 to 7 pm. Drop-in as your schedule allows. Bring Your Own Picnic (BYOP), and we'll have outdoor games and toys available. Contact RE Assistant Anna Rode (re.assistant@uusic.org) with questions.

Family Night: Chalk the Lot, July 30th

Everyone is invited to join us for Family Night on Friday, July 30th, from 4:30 to 7 pm. Drop-in as your schedule allows. Bring Your Own Picnic (BYOP), and we'll have outdoor games and popsicles available. As part of the evening, we'll also be creating chalk art in the parking lot to welcome our new DLRE, Marsha Thrall, to UUS (Marsha will be starting on August 1st). The rain date is July 31st. Contact RE Assistant Anna Rode (re.assistant@uusic.org) with questions.

Keep Your Eye Out for a New Starting Point Class

We are just about to schedule a new Starting Point class for those who want to learn more about Unitarian Universalism and our UU Society. Watch the Wednesday emails for details for this class that will begin sometime in July!

Congregational Sponsorship

Asylum seekers flee persecution and death in their home countries. During World War II, Unitarian Universalists responded with a clandestine operation in Czechoslovakia that saved the lives of hundreds of Jews. Our world now is not dissimilar. Regimes in many parts of the world persecute innocents as well as dissidents.

The UU response to persecution is Congregational Sponsorship. The UUs for Social Justice work with other nonprofits to locate those seeking a safe haven. The UU Society's hosting of asylum seekers gives two deserving individuals the opportunity to be heard in our courts. We promise to house them, provide transportation, orient them to our community and support them in ways that will foster resilience and hope for the future.

Everyone can be a part of this humanitarian effort. More about our Congregational Sponsorship and our asylum seekers will be shared during the July 11th UUS Worship Service. Should you have any questions about sponsorship, or wish to volunteer, contact Sally Hartman (sallyahartman@hotmail.com) or Deb Schoelerman (dshoelerman@gmail.com).

Summer Common Read: *Breathe: A Letter to My Sons*, Discussions on July 19th & 27th

This year's UUA Common Read is Imani Perry's *Breathe: A Letter to My Sons*. From the UUA Bookstore: "Emotionally raw and deeply reflective, Imani Perry issues an unflinching challenge to society to see Black children as deserving of humanity. She admits fear and frustration for her African American sons in a society that is increasingly racist and at times seems irredeemable. However, as a mother, feminist, writer, and intellectual, Perry offers an unfettered expression of love—finding beauty and possibility in life—and she exhorts her children and their peers to find the courage to chart their own paths and find steady footing and inspiration in Black tradition. ... *Breathe* offers a broader meditation on race, gender, and the meaning of a life well-lived and is also an unforgettable lesson in Black resistance and resilience."

We will have two opportunities to discuss the 2020-21 UUA Common Read:

- Monday, July 19th, from 1:30 to 3 pm ([Zoom Link](#), Meeting ID: 930 8661 8016; Passcode: 284279)
- Tuesday, July 27th, from 7 to 8:30 pm ([Zoom Link](#), Meeting ID: 951 2292 6439; Passcode: 48751)

Registration for the Common Read Discussions is not required but appreciated. [Sign up here](#).

July UUS Birthdays

Bruce Alexander	Wanlass	Alan Swanson
Sharon Booker	Larry Kent	Dan Tallman
Alan Brink	John Lanaghan	Carol Throckmorton
Craig Christophel	Andrew Lopez	Steve Van Abbema
Monique DiCarlo	Janet McKee	Zach Wahls
Lee Eberly	Alex Miller	If you would like
Dave Gallaher	Marcy Neumann	your birthday listed
Winnie Ganshaw	Liz Noyes	in the newsletter (or
Mike Haverkamp	Lina Schmitz	removed), contact
Emma Holmes-	Cindy Spading	dcl@uusic.org

Covenant Group Report

In June groups toyed with a subject dear to most people's hearts by asking, "What Does It Mean to Be a People of Play?" We were originally going to cover this topic in June 2020, but there wasn't much appetite for play then, so we decided to leave it for another, more appropriate, time. We hope that time is here, or soon will be, as long as it's approached with some caution. Don't give play short shrift, though, because it seems trivial or "escapist." Play connects us deeply to our sources of creativity. The Rev. Scott Tayler has written about the important relationship between play and curiosity, for instance: "There is a type of curiosity that is about enjoyment and adventure. It invites us to experience life as a playground."

Experiencing life as a playground doesn't mean not taking things seriously. Playing games can be educational. We learn skills and lessons from them, even critical thinking. But in a broader sense, experiencing life as a playground means, in the words of Dr. Stuart Brown, getting ourselves "back in touch with the joy that we have all experienced at some point in our lives. Find that joy from the past and you are halfway to learning how to create it again in your present life." In other words, reconnect with the fun and imaginative freedom you had in childhood not just for nostalgia's sake (although that's nice, too) but to harness the energy for living you had in a less structured, rule-bound time in your life. Doesn't it seem everyone could benefit from that? Especially now?

And here are another couple of questions to consider: Can play be a form of political resistance? Can ideas of social justice be taught through play?

The covenant group program offers its members the opportunity to share their views and deepen their understanding of a wide range of issues while creating closer ties with other UUs. You can learn more about the program and how to join a group by contacting Jan Locher (354- 6260, locherj@mchsi.com).

IUUWAN

The Iowa UU Witness and Advocacy Network (IUUWAN) strives to unite all Iowa UUs to work for social justice. Because IUUWAN was awarded a grant from the UUs for Social Justice, this goal will become easier with the hiring of a part-time organizer. UU Society will benefit because we have the chance to work for change with other UU congregations and like-minded non-profit organizations, or partners. Learn more about amplifying our voice for justice by signing up for the IUUWAN Newsletter: <http://iuuwan.com/home/contact-us/>.



UU Free Lunch Program Report

A warm, sunny June day on Friday, June 11th, brought 81 diners to the Free Lunch program. Still dressed in pandemic gear for the 15th straight month, UUS volunteers Jan Jacobson (this month's UUS Team Coordinator), Lori Marshall (Jan's trusty Assistant), Carolyn Johnson, Cynthia Kemp, Russ Lenth, and Vicki Siefers assembled boxed lunches, distributed them to diners out a side door window at 1105 S. Gilbert Court, and cleaned up the kitchen afterward. Jan Jacobson reports that much juice, milk, and water were served on this very warm day. Grateful thanks to Russ Lenth and Jane DeWitt who purchased the main dish of chicken strips and to Al and Jean Hood who purchased side dishes of potato salad, baked beans, fresh fruit, and cookies.

UUS has provided a monthly Free Lunch meal for the past 37 years! This would not be possible without the generous support of UUS Free Lunch volunteers as well as other UUS members and friends. Thank you! If you would like more information on how you can support the Free Lunch Program, please contact Carmen Griggs at csgriggsiowa@gmail.com.

Are You Considering UU Wellspring for the 2021-22 Program Year?

Several people have already expressed interest in a new UU Wellspring group for this coming program year. Wellspring is a program that meets twice monthly from September through June, for spiritual deepening from a variety of perspectives within Unitarian Universalism. We plan to start a new group in September. If you would like to learn more, you can watch the May 20th Sunday service video that is either on the homepage of our website (uusic.org) or on the "Service Archive" link in the section near the top of the homepage that talks about Sunday services.

Follow this link (<https://forms.gle/2NbnAQAsdF9N5Jk6>) to a form to express your interest. You can also talk to Peggy Garrigues (dcl@uusic.org) to ask questions and learn more.



On Sunday, June 20th, many congregation members viewed the virtual Sunday service from the UUS parking lot (pictured left), while the worship team gathered together in the Sanctuary (above). This was one of three multi-platform service experiments held in June, testing out new ways to be together as we plan for the fall.

Unitarian Universalist Society Board of Trustees Meeting Highlights

June 16th, 2021 (virtual via Zoom)

Full Board meeting minutes are available [on the website](#) or can be requested from the UUS administrator.

PRESENT: Joe Rasmussen (President), Alan Swanson (Vice-President), Amy Fretz (Past-President), Mike Pavelich (Treasurer), Carol Adamson (Secretary), John Raley (Financial Trustee), Colleen Higgins (Trustee), Paul Pomrehn (Trustee), Julia Audlehelm (Trustee), and Rev. Diana Smith (Minister, Ex-Officio). **ABSENT:** None. **GUESTS:** Rochelle Honey-Arcement, Diana Henry, Hazel Seaba, and Rev. Sharon Dittmar.

President Rasmussen called the meeting to order at 7:04 pm.

CONSENT AGENDA: Consent agenda and other items are uploaded to Dropbox for Board review prior to the meeting. The Board voted and received the consent agenda and approved the May Board Minutes, June Executive Committee minutes, Staff Report, Treasurer report and financial summary, and Executive Committee confirmed GA delegates.

UUA CONSULTATION: Rev. Sharon Dittmar, MidAmerican Region—Congregational Life Staff, joined the meeting at 7:30 pm. She led a discussion of how the new taskforce could approach its task of addressing the chronic financial shortfall that UUS has seen in its annual budgets.

UNFINISHED BUSINESS:

• **Building Re-opening:** Rev. Smith presented the proposed revisions to re-opening guidelines for Board approval.

Pavelich made a motion, seconded by Fretz, to approve the policy of exemption as stated above. The motion carried with one abstention.

NEW BUSINESS

• **MidAmerican Region Delegate Appointments:** The MidAmerican Region meeting will be held virtually during the General Assembly, June 26th, 10 am.

Pomrehn made a motion, seconded by Higgins to designate the approved GA delegates (Rochelle Honey-Arcement, Diana Henry, Colleen Higgins, Miriam Kashia, Dave Martin, Susan Salterberg, and Hazel Seaba) for the RA delegate slots. The motion passed.

May Financial Report Excerpts

May financials at a glance:

- Operating Bank Accounts end-of-month totals = \$428,000
- Endowment Funds end-of-month totals = \$1,541,000
- Pledge income was equal to budget.
- UUs raised \$1,244 for our various social justice agencies.
- May expenses continued to stay under budget. For the year we are ~\$33,000 under budget for expenses. YTD we have an operating profit of ~\$2,850, about \$80k ahead of the \$77.5k loss we anticipated at this point in the year.

Our net funds in the bank have increased given the deposit of \$50,000 from an anonymous member to cover the finishing of the ceiling in the Fellowship Hall. The nice jump in Endowment stocks value of \$16,000 is just the result of a strong stock market. Thank you, again, to all those UU folks who established these Endowment Funds.

• **Task Force Appointments:** The following persons were proposed as members of the new taskforce:

1. Rochelle Honey-Arcement – Chairperson
2. Mike Pavelich – Treasurer
3. John Raley – Finance Trustee
4. Reverend Diane Smith – Ministry
5. Diana Miller – Stewardship Committee
6. Gary Lawrenson – Endowment Committee
7. Chris Rode – Past Treasurer

After discussion, Swanson made a motion, seconded by Pavelich, to approve the seven members as listed, with the option of inviting other individuals to attend in an ad hoc capacity for their expertise and/or input. There was no further discussion. The motion carried.

• **Stewardship Committee Proposals:** The Stewardship Committee is asking the Board to set a goal for the 2022 Campaign, and to formulate its vision/mission statement and themes for the 2022 Campaign by the first week of July.

Raley made a motion, seconded by Fretz, to set the goal at \$420,000 as recommended by the Stewardship Committee. The motion carried.

EXECUTIVE SESSION: The Board entered Executive Session at 9:39 pm for Rev. Smith to inform the Board of the final candidate for the Music Director position. The Executive Session ended at 9:50 pm.

CLOSING

There were no guest comments. Higgins provided process observer comments, Fretz provided closing words, and the chalice was extinguished.

Audlehelm moved to adjourn the meeting; seconded by Raley. Rasmussen adjourned the meeting at 9:55 pm. The next full Board meeting is Wednesday, July 21st, 2021, at 7 pm.

—Carol Adamson, Secretary

At the June Finance Committee Meeting, we discussed the coming work of the Board's new Task Force on budget/mission with energy and enthusiasm. The Finance Committee will be represented on the task force by the Endowment and Stewardship chairs, the Board Treasurer and Finance Trustee, and the minister.

The Stewardship Team also presented its proposal and timeline for the 2022 Pledge Drive. The Finance Committee approved their pledge goal and commended them for their analyses and planning.

—Mike Pavelich (Treasurer) and Emma Barnum (Congregational Administrator)

The UUS News

The Unitarian Universalist Society
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UUS Staff

Minister: Rev. Diana Smith (minister@uusic.org)
Congregational Administrator: Emma Barnum (admin@uusic.org)
Director of Lifespan Religious Education:
Marsha Thrall (begins August 1st)
Director of Congregational Life: Peggy Garrigues (dcl@uusic.org)
Publicity and AV Coordinator: Jeff Walberg (publicity@uusic.org)
Administrative Assistant: Nik Jakob (admin.assistant@uusic.org)
Religious Education Assistant: Anna Rode (re.assistant@uusic.org)
Building Steward: Ron Wright (contact the office)
Online Music Leader: Dave Rowe (info@daverowemusic.com)
Community Minister: Rev. Lois Cole (community.minister@uusic.org)

UUS Board of Trustees, 2021-2021

President: Alan Swanson (321-3129, alan-swanson@mchsi.com)
Vice President: Rochelle Honey Arcement (331-1045, rochelle.r.honey@gmail.com)
Past President: Joe Rasmussen (721-7777, uusicc.joe@gmail.com)
Secretary: Open
Treasurer: Mike Pavelich (338-5168, treasurer@uusic.org)
Finance Trustee: John Raley (321-9209, jralley@amfam.com)
Trustee: Julia Audlehelm (530-4471, juliasdrawings11@gmail.com)
Trustee: Diana Henry (354-7224, savekemet@gmail.com)
Trustee: Hazel Seaba (936-6520, hazel-seaba@uiowa.edu)

Our Mission: We are a welcoming, spiritually diverse home. We act on our values: Honor the Earth; Advocate for racial and social justice; Foster deep connections; Embrace the ongoing quest for meaning.

Our Vision: We aspire to be a more inclusive, loving, diverse congregation that welcomes all people. We will defend and celebrate the Earth, confront racial and social injustice, and nurture deep connections.

Our Seven Principles

1. The inherent worth and dignity of every person.
2. Justice, equity, and compassion in human relations.
3. Acceptance of one another and encouragement to spiritual growth in our congregations.
4. A free and responsible search for truth and meaning.
5. The right of conscience and the use of the democratic process within our congregations and in society at large.
6. The goal of world community with peace, liberty, and justice for all.
7. Respect for the interdependent web of all existence of which we are a part.