



THE UUS NEWS

2023 | February

From Your Minister

Rev. Diana Smith

Dear Ones,

What a month January has been! There's no doubt that returning to full time work has been challenging for me, but oh what a gift and a blessing it is to be back fully as your minister! I am so grateful every day for all of you, for what this congregation is and what it is doing, and for this mysterious calling of ministry.

On January 15th we began our [30 Days of Love Campaign](#). 30 Days of Love is our annual month of spiritual nourishment, political grounding, and shared practices of faith and justice that we practice along with Unitarian Universalist congregations around the country. 30 Days of Love is developed each year by Side With Love, Unitarian Universalism's justice campaign, and runs from Martin Luther King, Jr. Day through Valentine's Day (plus a couple bonus days).

If you've been following along with us, you've already gotten to explore some fabulous themes and resources, and if you haven't, you can catch up! Our weekly themes have been and will be:

- January 15th–21st: [Interdependence: Democracy and Electoral Justice](#)
- January 22nd–29th: [Embodiment: LGBTQIA+, Gender, and Reproductive Justice](#)
- January 30th– February 4th (and February 12th): Resilience: Climate Justice
- February 5th–11th: Healing: Decriminalization
- February 12th–15th: Blessings: Liberatory Intersections

In addition to the 30 Days of Love resources we're sending out weekly in our email and social media, during February at UUS we'll be exploring how we follow the Path of Love through our small groups, special worship services (see page 2), and activities you'll find elsewhere in this newsletter like the Awakening the Dreamer series, the Star Within, our Circle of Friends Valentine's Party, WonderfUUI Wednesday, and more.

I look forward to exploring, together, the ways that we practice Love and finding out where the path of Love is taking us this month.

Love and Blessings,
Rev. Diana

Upcoming Services

Join us at 10 am on Sundays,
in-person or virtually

February 5th:

Justice and Fairness

"For the powerful, crimes are those that others commit." Many innocents suffer under the legal systems that rule them. We must begin with ourselves to build a just world. Join us as UUS's Secular Humanists group, with Daniel Valentin preaching, lead us in this service connected to our 30 Days of Love theme of Healing: Decriminalization.

February 12th:

Practicing Love

How do we practice the spiritual discipline of Love with joy? Join us as we close our 30 Days of Love worship services by exploring resilience, climate justice, and liberty intersections.

After the service at 11:45 we'll have a special Valentine's party with lunch for the refugee and immigrant families that UUS is sponsoring (see page 6 for details).

February 19th:

Creating a Living Tradition

We often say that Unitarian Universalism is a living religious tradition, but other than that we keep growing and changing, what does that actually **mean**? What does it ask us to do? How does this relate to Unitarian Universalism's proposed new Principles and Purposes? Join us for an interactive all ages service as we explore these questions and celebrate a child dedication!

February 26th:

Crafting a Community Of And For All Ages

What's so special about a community made up of people of many different ages who share their gifts and struggles together? Join us for a special exploration and celebration of what makes intergenerational community so wonderful for everyone and how we can all keep crafting UUS as a community of and for All Ages.

Find more information on our Sunday
Services [on our website.](#)

Sunday Offerings in February Benefit United Action for Youth (UAY)

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. Services include family mediation and therapy; a Youth Center with recording studio, art studio, art gallery, performance space, counseling, and the Rotary Center for Youth Volunteers; a family support program for pregnant and parenting teens; and a Transitional Living Program for homeless youth ages 16-22. Learn more at www.unitedwayjwc.org/united-action-youth-uay.

All cash donations collected during or for the Sunday Services offerings benefit our monthly community partner, unless otherwise earmarked on a donation envelope. Checks for the offering baskets should have "UAY" on the memo line. You can also donate online at <http://bit.ly/UUSPartner>, text "GivetoUUSIC Partner" to 73256, or mail a check to the UUS office.

From Your Director of Congregational Music

Alex Heetland

UUS Singers meeting on Sundays in February

In February, the UUS Singers will meet on Sundays following the morning service at 11:30 am to 12:30 pm. During this time, we will prepare choral music and hymns for upcoming services. (This is a change from our normal Thursday night rehearsal time).

Some pieces on the plan for February are the protest song "Resilience" by Abbie Betinis, and a mash-up of "Put a Little Love in Your Heart" with "Love Train." If you've been thinking about joining in, come check it out!

Email me at music@uusic.org if you have any questions.

The schedule for February will be: February 5th, 12th, and 19th: 11:30 am to 12:30 pm. (There will be no rehearsal on February 26th, as I will be away at a conference.)

Past Sunday Attendance

December 24th: Christmas Eve Services

5 pm: 134 in-person, 64 YouTube views

9 pm: 22 in-person (no livestream)

December 25th: A New Day

57 YouTube views (no in-person)

January 1st: Making Change

57 YouTube views (no in-person)

January 8th: The Communities Plural of UUS

73 in-person, 122 YouTube views

January 15th: Tough Mind, Tender Heart

91 in-person, 82 YouTube views

January 22nd: Learning to Rest

54 in-person, 76 YouTube views

From Your Board President

Rochelle Honey-Arcement

With Winter fully upon us, the time for reflection and contemplation returns. A time for each of us to pause, to look inward, to be still. While nature rests around us, what can we learn from the natural world around us?

Everyday, three times a day, I walk my dog. Much of the time I walk him in my little neighborhood, out on the Coralville Reservoir. We have a little nature preserve at the end of our neighborhood. It is actually where the quarry is, where the stones for the Old Capitol Building were dug up. It is our little slice of nature, where nothing will be built, and where the dog can run free. It is a patch of trees, up on a cliff overlooking a small cove or inlet and the lake. All through the year I gratefully experience the changing seasons and the beauty in all of the seasons, even in the middle of Winter.

There is a stillness there. At certain times it seems almost silent. Peaceful. A sanctuary away from the bustle of society and the expectations of work and production. A little space where the stresses of life wash away and I can be one with nature. I am grateful that this space is available to me, and has been available during COVID for me to commune with nature without having to go far from home.

What can we learn from our natural world during this time of year? How can we make sure we are taking the time to rest, reflect, recharge? What are we recharging for? Nature rests at this time so that when Spring arrives, a rebirth can happen. With Spring comes life, changes, growth, newness. What are you recharging for? What changes do you want to make happen? What growth do we, as a congregation and spiritual community, want to see happen? How can we find gratitude in the stillness, the quiet, the reflection? What can that gratitude bring forward in the coming months for us as a community?

Awakening the Dreamer **Free Climate Justice Course**

Pachamama Alliance-Iowa and the Iowa UU Witness Advocacy Network (IUUWAN) are offering a free three-session climate justice course called *Awakening the Dreamer*. The purpose of this course is to bring forth an environmentally sustainable, spiritually fulfilling, socially just human presence on this planet—a New Dream for humanity.

Hosted at First Unitarian Church of Des Moines, this course will also be offered via Zoom from 1:30 to 3 pm on Sundays, February 5th, 19th & March 5th. You may attend individually from home, or join us in the UUS Conference Room for a group experience. Learn more and register at <https://www.ucdsm.org/pachamama-alliance-iowa/>.

My January was filled with gratitude. Gratitude for having Rev. Diana back. Gratitude in looking back on the last few months, and how so many people stepped up to ensure that our community would continue to thrive while she was gone. Gratitude in people acknowledging their limitations and gratitude in people stretching outside their comfort zones and taking on new roles.

I want to specifically thank John Bowman for taking the brave step to acknowledge that he needed to step down from the Vice President role and to thank Jeff Walberg for his willingness to step into that role for us, mid year. Jeff was intended to be Leadership Development Committee's candidate for Vice President for next year and now the congregation will have the opportunity to vote on him being President at our next Congregational Meeting in May.

My gratitude is vast for Nic Kaplan and their work on the development of our upcoming Nature Summer Camps and Nature Preschool. Exciting new growth for our community that will increase visibility and connections and further our Mission and Vision. My gratitude is extended to the RE Team and to all those who have supported Nic in this process.

I am also grateful for the UUA and the Common Read. As a Board, we will be reading *Mistakes and Miracles* and discussing at Board Meetings, and then Board members will lead discussions of the book when the congregation reads the book later in the year. We are looking forward to engaging in those discussions with you.

I am so grateful to be part of this community. To share space with each of you, to learn from you, to grow with you, and to be your Board President. Please share your ideas for growth, change, newness, and ways that we can connect with one another. You, each, make this place special, and I thank you.

UUS Masking Survey

The worship leaders, staff, and board would like your input on masking for Sunday services. At some point in the future it will probably make sense to have masking optional at Sunday services. We will for sure be waiting until the end of this flu season, probably around the end of March.

We would like to know your thoughts about masking, and whether and how it will impact your in-person attendance at Sunday services. The survey also asks whether you volunteer in some way on Sunday mornings. Please take just a couple of minutes to [answer a few questions in this survey](#) to help us in our decision-making process!

From Your Director of Congregational and Community Engagement

Peggy Garrigues

Update on Rentals of our UUS Building

2022 was the first year that we were fully back to offering rentals of our beautiful UUS building! We had a couple of rentals in the last part of 2021, but we just began offering the building for rent in late 2021.

In late 2021 we had two requests for weddings in May of 2022, so some of our income for 2022 rentals came in during 2021. The actual rental income we had in 2022 was just over the budgeted amount of \$10,000 income—\$10,794. But if you include the money that came in during 2021, our income from 2022 rentals was \$13,814. That money came in from:

- 3 UUS member weddings (probably highly unusual to have three in one year)
- 2 nonmember weddings
- 1 family gathering for a member
- 2 nonmember memorial services
- 5 small recitals, musical rehearsals, or musical recording rentals
- 5 small nonprofit rentals
- 3 larger nonprofit events
- 1 meditation retreat
- 1 nonmember wedding shower
- and 1 five-day training for a group of therapists

2022 was also a year with a high learning curve for rentals. Initially, Emma was coordinating the rentals when we first moved into our current building. She helped develop a lot of systems for record-keeping and communication for rentals from before COVID. But our hired rental coordinators after Emma found it a challenging position, and none of them stayed in the position longer than 11 or 12 months. Two of them only had the position for 3 months before leaving.

I was grateful for the very capable and committed support working directly with events by Sue Kann as a volunteer, including while I was out on sabbatical. She made lots of helpful suggestions on procedures, and we both learned a lot about expecting the unexpected! Together we have worked out a system of training and assigning either paid or volunteer event coordinators for larger events, as well as beginning a pool of folks who are willing to wash dishes for larger events as requested (either paid or volunteer). Our Facilities Coordinator, Jeremy Garvin, is responsible for setting up and cleaning up after events as needed, or we can also call on another cleaner who is willing to work nights after Saturday events.

I am also grateful to the team who provided consultation on rental policies and pricing for several months in 2022: Gary Lawrenson, Tom McMurray, Joe Rasmussen, and Dave Tokuhisa.

At the congregational meeting in December, we approved a budget that includes \$20,000 of rental income. We currently have 10 rental events finalized or in the works for 2023, and are trying to get repeat business, especially from nonprofit and training rentals. Weddings take a huge amount of work on the part of UUS to communicate clearly, to coordinate many details, and to train wedding folks on AV and using the kitchen.

In my next report, I will share some of the plans for reaching our rental goal of at least \$20,000, including more focused outreach and advertising to potential renters in 2023.

Starting Point Class to begin on Thursday evenings in February

If you are new to the UU Society, or to Unitarian Universalism, I invite you to our next round of Starting Point and Preparation for Membership classes! You are also welcome to join the class even if you have been around a while, and would like to learn some things, get more involved, meet some newer folks, or become a member.

The Starting Point class is a four-week session that happens from 7-8:30 pm on four Thursday evenings, to learn some basics of Unitarian Universalism and UU history, learn about the history of this UUS congregation, and learn about current groups and opportunities, while getting to know others.

The Starting Point sessions will be both in person and online, beginning February 2nd, and continuing on the 9th, 16th, and 23rd. A fifth session on Thursday evening, March 2nd, will be for those who are interested in becoming members of UUS, or at least learning more about what it means to be a member. The next opportunity to join will be Sunday, April 2nd.

[Fill out the form here](#) to let me know of your interest. Or you can contact me at dce@uus.org to sign up or ask questions, and let me know if you want to meet in person or on Zoom.

Join Us in Celebrating Our February Birthdays



<i>Audrey Adamson</i>	<i>Kathy Huedepohl</i>	<i>Paula Sanan</i>
<i>Alice Atkinson</i>	<i>Brigette Ingersoll</i>	<i>Jill Stephenson</i>
<i>Sharon Beckman</i>	<i>Betsy Klein</i>	<i>Vanessa Taylor</i>
<i>Susan Boyd</i>	<i>Jim Laughlin</i>	<i>Ali Tunnicliff</i>
<i>Judi Clinton</i>	<i>Ronald L. McCall</i>	<i>Scott</i>
<i>Susan Eberly</i>	<i>Nancy Noyer</i>	<i>Carly van der Heide</i>
<i>Christine Etlar</i>	<i>Maureen Patterson</i>	<i>Peg Voelker</i>
<i>Karen Fox</i>	<i>Gerry Pearson</i>	<i>Kylie Wetherell</i>
<i>Amy Fretz</i>	<i>Ethaen Rode</i>	<i>Nora Wittenkeller</i>
<i>Kurt Hamann</i>		
<i>Virginia Hayes</i>		

From Your Director of Lifespan Religious Education

Nic Kaplan

In February, we move on to the theme of **Love**. RE classes and gatherings will focus on this theme through crafts, books, and discussions.

Help with Sunday Service Chalice Lighting

We're continuing to look for individuals and families who can help us with the Chalice Lighting ritual each Sunday service. You can [sign up here](#). If you sign up by the Wednesday before the Sunday you'll light the chalice, your name(s) can be included in the Order of Service.

RE Classes

Nursery: Our nursery is open from 9:30 until 11:30 most Sundays. The nursery is intended for infants and toddlers through age three except on 3rd Sundays when preschoolers are also invited to the nursery if they wish. On the 3rd Sunday of each month, the nursery stays open until noon to allow parents and caregivers time to engage with our all ages activities on their own and then with their tiny tots.

Pre-k and Kindergarten: Preschool children and kindergartners are invited to start the morning in the Juniper room or in service. If they begin in service with their families, they'll be invited to go to class after the Time for All Ages. These 3-6 year olds will be using the Soul Matters curriculum and have a variety of activities each week and they love to spend time playing together outside, so please plan accordingly. During All Ages services, preschool and kindergarten children are welcome to explore the nursery space.

1st-3rd and 4th-6th grade: Currently these age groups are gathering together in either the Redbud or Maple rooms after the Time for All Ages.

- 1st and 2nd Sundays - Soul Matters
- 3rd Sunday - No class during service; all ages activities afterwards
- 4th Sunday - Superhero Sunday (real lessons to be learned from superheroes about anti-oppression, personal responsibility, and love.)

Jr. and Sr. High: Our youth have requested more opportunities to craft, discuss deep topics, and get out into our community.

Adult RE: WonderfUUL Wednesdays: We have a new planning team for WonderfUUL Wednesdays! Watch the Wednesday emails for details. On February 1st the programming will have a focus on Imbolc and the end of winter. Plan to bring something to make noise with! Then, on February 15th, we will have a social justice focus.

Volunteer with RE

We have lots of exciting events planned for 2023: from an Earth Festival to summer camps to all ages faith development and more.

If you have any questions or if you'd like to volunteer with the Religious Education program in any capacity, please email me, Nic Kaplan, at education@uusic.org or call (319) 423-9924. I look forward to hearing from you soon!

Exciting Opportunities Coming Soon!

Our Whole Lives Facilitator Training

On March 24th through the 26th, UUS is hosting both elementary and adult levels of OWL facilitator training. [More information about registration can be found here](#). A limited number of scholarships are available for people interested in leading OWL at UUS.

Summer Camps

UUS is excited to offer FOUR summer camps in 2023 for children entering Kindergarten through 8th grade and K-12th:

- June 12th-16th Nature Camp (Plants)
- June 19th-23rd Nature Camp (Animals)
- June 26th-30th Nature Camp (Elements)
- July 10th-22nd Musical Theatre Camp

[Details and registration information for all of our camps can be found here](#). We already have 10 UUS members and friends signed up. Our musical theater camp is for grades K-12 and the nature camps are for K-8. High school youth can apply for a limited number of paid and volunteer positions for our nature camps. Applications for high school camp counselors will be available soon.

Nature Preschool

Do you know someone whose 3-5 year old would enjoy more time to explore outside? Please have them [fill out our Interest Form](#) for Nature Preschool so that when we're ready to begin registering, they are the first to know.

Earth Festival

Our first annual Earth Festival will be May 6th from 10 am - 3 pm and we hope you will join us. To help cover the costs of educators, activities, and crafts, we will be raffling off Earth-themed baskets to the attendees. Please consider working together with a team, committee, small group, or family to put together a basket. [Basket suggestions and sign ups can be found here](#).

Religious Education February Calendar

- **February 1st:** WonderfUUI Wednesdays Imbolc potluck and programming begins at 6 pm
- **February 3rd-4th:** [Youth Lock in for Youth Sunday Planning](#)
- **February 5th:** RE classes during service; no youth group
- **February 12th:** RE classes during service; youth group joining the Circle of Friends Valentine's Party with lunch
- **February 15th:** WonderfUUI Wednesdays Social Justice potluck and programming begins at 6 pm
- **February 19th:** All Ages Service followed by all ages activities
- **February 26th:** RE classes during service; youth group from 11:30-1 with lunch

Highlighted Upcoming Events

Leadership Development Committee

Building Our Leadership Muscles

Featured leadership practice: *Model the Way: Find your voice by clarifying your personal values. Set the example by aligning actions with shared values.*



Peg Bouska leads with her heart and embodies the leadership practice of “modeling the way.” She’s found her voice in her personal values of caring for and connecting with others, aligning her actions with her values and setting examples for those who share them. She’s said she works her “muscle to speak for those who have no voice,” stepping outside her comfort zone to confront injustice and forge connections with those at the margins of society—to “love out loud.”

Her passion for justice fuels her professional life and her volunteer activities. As a Physician Assistant, she’s worked at the Free Medical Clinic; the UI Mobile Medical Clinic, assisting those without good access to medical care; and Proteus, a non-profit that provides medical care to migrant farm workers in Iowa.

At UUS she’s chaired the Social Justice team and now co-leads the Racial Justice team. Her personal relationships with people of color, witnessing their struggles first-hand, compels her to use her privilege to help create a better environment for them.

Peg derives great joy from spending time with people from diverse backgrounds. She’s taught English as a Second Language through Iowa City Compassion and been a member of the Oakdale choir, singing alongside incarcerated individuals. She also volunteers at Lucas Elementary, helping children one-on-one with reading. She believes reading can lead them to see their own value and fulfill their potential.

Peg models the way!

The Leadership Development Committee initiated this column to highlight leadership practices. We also want to connect and re-connect you to some of UUS’s leaders.

Energetic Practice: Exploring the Star Within, February 4th

There is a star within every body—its points can be found in your head, hands, and feet, each buzzing with an energy of its own. We call these body pentacles, and they can be a powerful tool—meditation mixed with energy work—to add to your spiritual practice. This is a practice that can be used while sitting, standing, moving, or lying down, so it is accessible no matter what is going on around you.

On Saturday, February 4th, join the Owl Moon Covenant of UU Pagans (CUUPs) for a workshop (from 10 am to 4:30 pm) where you will create a personal body pentacle. Choose a core value or concept you’d like to focus on over the next year. This could be something new you want to bring into your life or something familiar that you would like to understand more deeply. We will use individual and group processes to identify the energetic components of your chosen value or concept, map them to each of the five points in your body, and practice consciously moving energy through those points in sequence. We’ll finish our day with a discussion of techniques to deepen this spiritual practice, how it might evolve over time, and how it can bring you into greater balance.

You may wish to bring a journal, water bottle, and a light jacket/sweater (if you tend to get cold easily). Lunch and snacks will be provided. This workshop is free and open to all who are interested in this work, but is most appropriate for adults or mature teens. Pre-registration is required to ensure adequate food and supplies for everyone who wants to participate. Please fill out the registration form here: <https://forms.gle/R4EmXCJ6Y2rNaDzu7>

Contact Marsha Cheyney or Dawn Marshall with questions by email at cuups@uusic.org or by text at 319-321-2307.

Circle of Friends Valentine’s Party, February 12th

Please join us for a Valentine’s party in the Fellowship Hall from 11:45 am to 2 pm on Sunday, February 12th, where our Circle of Friends immigrant families will be our guests of honor. This is a chance to meet and socialize with the families we support. There will be pizza, veggies, fruit and lemonade for a freewill donation, as well as games and activities for all ages. This event is open to all. Contact Sally Hartman at sallyahartman@hotmail.com with questions.

Secular Humanists, February 21st

The UU Secular Humanists will have their regular 3rd Tuesday meeting at 7 pm on February 21st, in Room D of the Iowa City Public Library and also online ([Join Zoom Meeting](#), Meeting ID: 872 4240 8646, Passcode: 725581). All are welcome at our meetings.

This month, Daniel Valentin will host a discussion of Governor Kim Reynolds’ voucher program for private (religious) schools. Peter Nothnagle shared the following article from OnlySky about this topic that is a good starting place for discussion: [“If Iowa passes a voucher bill, this guy says he’ll open up a Satanic school”](http://bit.ly/3ZLGGcS) (<http://bit.ly/3ZLGGcS>).

UUS Team and Committee Reports

Little Free Pantry Team

The UUS Little Free Pantry (LFP) was created in mid-2022 as one way we can help people facing food insecurity. The pantry has been very popular so we know that the need is real.

If you haven't seen the pantry (pictured to the right), it's between the labyrinth and sidewalk-stop by and take a look!

Here are a few ways you can help to keep the pantry stocked:

1. Shop for groceries: Pick up one of the small, green lists on the table in the foyer for ideas on what to buy at the grocery store. There are bins below the table where you can leave your items and we will add them to the LFP.

We hope to have this list available online soon so that we can make updates and you can check while you're in the grocery store.

2. Contribute to the LFP fund: We now have a restricted fund where you can make a donation (using Realm or by check) and the LFP group will do the shopping for you! If you use Realm, choose "Little Free Pantry" in the list of funds when you make your gift.

With grocery prices on the rise, the LFP group plans to use the fund to buy items that are more expensive (like cans of tuna) so that you pick up items that don't strain your own grocery budget.

3. Make suggestions: You can send ideas or ask questions by sending an email to littlefreepantry@uusic.org.

4. Join us! If you want to join the LFP group or learn more about us, send us an email message—we'd love to hear from you!

Free Lunch Program Team

The old days are back! After two years of pre-prepared food, the UUS Free Lunch Program began a new era for serving our own food prepped by a team of chefs under the guidance of Vicki Siefers. Our chefs were Vicki, Russ Lenth, Frank Wildensee, Gary Lawrenson, Linda Rice, and Bonnie Penno, who made oven-baked chicken salad casseroles. Every morsel was just enough for a crowd of 119.

We had volunteers to prepare the green veggie salad (Bonnie and Carolyn Johnson) and the fruit salad (Frank, Russ, and Todd Littlehale) and we also thank Margaret Kinsman, Theresa Ullerich, Nancy Lynch, and Gay Mikelson for bringing the fruit and veggies. We had bread rolls and butter, various dessert bars, and of course veggie lasagna from Caryl Lyons. These accoutrements were donated by Sarah Vance, Lula Palmer, Sally Hartman, and Jeanette Carter. Janet McKee and Terri O'Berry brought apple juice.

Most of these volunteers stayed for the duration and some later help was provided by Joe Rasmussen and Sherry Dolash. At one point we had 18 volunteers, some of whom were being introduced to our process by Vicki, Donna, and Bob. Bravo!

It was a very fun social time for all of us and our guests. Indeed...a party!



Social Justice Team

Spread the Love: Peanut Butter Jelly Drive

Every year UUS supports the CommUnity Crisis Services and Food Bank by participating in their Spread the Love: Peanut Butter Jelly Drive. February is the month—bring the stuff that makes good sandwiches for all ages! There will be a box in the UUS vestibule for your donations. Please, no glass jars.

Green Sanctuary Team

Composting at UUS

As a Green Sanctuary accredited congregation, one of our commitments is to live as sustainably as possible. One of our practices is to compost food scraps and compostable materials. Why is it important to compost? Food in the landfill breaks down in a way that can create greenhouse gases, including methane, which affect air quality and public health. Recycling food and other organic waste into compost, which is often applied to soil, also provides a range of environmental benefits, including improving soil health, recycling nutrients, and mitigating the impact of droughts.

All compostable materials will be taken home by UUS volunteers. The organic waste at UUS is then transported to the Johnson County compost facility. Guidelines:

Bathrooms: Only put paper towels and other compostable materials in the wall mounted trash receptacles in the bathrooms (which are lined with a green compostable bag). Other waste (sanitary products, diapers, etc.) can go in the black trash cans on the floor.

Kitchen and Fellowship Hall: Food scraps go into the white buckets in the kitchen: fruit peels and rinds, tea bags, coffee grounds, meat, bones, cheese, etc. The white buckets should be lined with a green compostable bag.

Napkins, compostable plates and cups are also placed in the white buckets.

For large events, please use the large paper bags (stored in the pantry area).

Thank you for composting at UUS!

January Financial Report Highlights

UUS had a very good financial year. Our total bank balances at the end of December were \$328,390. Final accounting for 2022 includes the following items. The 2022 Operating Pledge Campaign goal was \$420,000, and we collected \$430,000 (102% of the goal). We started rentals again with a goal of a \$10,000 income, and slightly exceeded that amount. Our fundraising goal was also exceeded thanks mainly to the fine folks who participated in the auction. We projected a maximum deficit in the Operating Budget of \$95,000 and we were ready to cover that. It turns out that our actual OB deficit for 2022 was \$33,000. A big part of that “savings” was due to the DLRE position being vacant for half the year.

Operating Income Received last Month:

- o \$41,779.77 in operating budget pledge giving
- o \$304.17 in non-pledge giving
- o \$105 in rental income
- o \$9,866 in auction income (more to come in January)
- o \$55 from Dec. 18th cookie exchange

Justice Income Received last Month (Highlights):

- o \$75 additional raised for Free Lunch Program (Nov. agency, total \$1,469.45)
- o \$1,180.13 raised for Free Dental Clinic (Dec. Agency)
- o \$510 raised for Circle of Friends
- o \$1,665 raised for UU Free Lunch Program

Other Income Received (Highlights):

- o \$511 for the Minister’s Discretionary Fund (Christmas Eve services)
- o \$161 for Music Outreach Program events (trombone and member holiday concerts)
- o \$1,280 to the Endowment Fund
- o \$400 for OWL classes

The 2023 Operating Budget is projected to be \$610,000 as we continue to support full staffing and programs for another year. This is \$17,000 above the OB for 2022, mainly due to a 5.3% salary increase for all staff given inflation and two previous years of minimal raises. Our projected regular income (pledges, fund raising, rents and ASA draw) will not cover all our costs. We project a deficit of about \$100,000, the same as in 2022. Again, we will cover this deficit with extra monies in the bank account and with an extra draw from Endowment Fund earnings.

2023 will be a year where staff, programs and the community will push hard on increasing income. We urge everyone to stay engaged, get engaged, use your community, share your skills and enthusiasm. 2024 is our agreed upon “now we must live within our regular income” year. Let us make those pending decisions from strong experience.

—Submitted by Mike Pavelich, Board Treasurer, and Emma Barnum, Congregational Administrator

UUS Endowment Committee

As members of the Society are aware, the Endowment Committee has annually reported the status of the General Endowment Fund as well as other endowment funds. Beginning this year, the Endowment Committee will be reporting the accounts to the board and the congregation on a quarterly basis. This change is in response to the Board of Trustee’s request to keep all of us updated on a more frequent basis. The accompanying table is meant to show much of what you may be interested in, and if it brings up more questions, please contact any member of the Endowment Committee.

2022 4th Quarter Endowment Holdings

	09/30/2022	12/31/2022
General Endowment Total Value	\$1,003,822	\$1,037,301
Corpus (Total Donations Invested) ¹	\$712,327	\$712,327
Donations this quarter ¹	\$0	\$2,859
Non-corpus Total Earnings ²	\$291,495	\$327,833
UUA Earnings	\$0	\$0
Expenditures from General Endowment	\$36,828	\$18,414
Annual Spending Allowance (ASA) ⁴	\$21,828	\$10,914
Endowment-Approved Withdrawal ⁵	\$15,000	\$7,500
Other Endowment Funds Value ³	\$148,697	\$153,800
Other Endowment Funds Expenditures		
Jean Reese Fund	0	0
Music Fund	0	0
Detiger Fund	0	\$2,114
Bristol Fund	0	0

Table notes:

¹ Can only be accessed under very special circumstances

² Can be accessed by vote of congregation

³ Earmarked for specific purposes, e.g., music, outdoor projects, etc.

⁴ Amount/quarter to Annual Budget

⁵ Amount Approved by Congregation Above ASA

⁶ Total amounts will vary by quarter depending when business days appear in the month, i.e., sometimes two bills will appear in the same month, 1st and 30th.

[Visit our website for more information about UUS: www.uusic.org.](http://www.uusic.org)

[Subscribe to our email list](#) for weekly updates and important announcements.

Find a full list of upcoming events and group meetings [on our online calendar.](#)

Our Mission: We are a welcoming, spiritually diverse home. We act on our values: Honor the Earth; Advocate for racial and social justice; Nurture 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.



2022-2023 Board of Trustees

President: Rochelle Honey-Arcement
(president@uusic.org)

Vice President: Jeff Walberg

Past President: Alan Swanson

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(treasurer@uusic.org)

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UUS Staff

Minister: Rev. Diana Smith (minister@uusic.org)

Congregational Administrator: Emma Barnum (admin@uusic.org)

Director of Congregational and Community Engagement:
Peggy Garrigues (dcce@uusic.org)

Director of Lifespan Religious Education: Nic Kaplan (education@uusic.org)

Director of Congregational Music: Alex Heetland (music@uusic.org)

Administrative Assistant: Nik Jakob (admin.assistant@uusic.org)

Communications Coordinator: Barb Danielson (communications@uusic.org)

Staff Pianist & Music Outreach Coordinator: Hsin-Hui Liu (pianist@uusic.org)

Facilities Coordinator: Jeremy Garvin (contact the office)

Community Minister: Rev. Lois Cole (community.minister@uusic.org)

UU Eight 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.
8. Journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions.

UU Six Sources

1. Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
2. Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
3. Wisdom from the world's religions which inspires us in our ethical and spiritual life;
4. Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
5. Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
6. Spiritual teachings of Earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

The Unitarian Universalist Society

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THE UUS NEWS

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