

Unitarian Universalist Society
2355 Oakdale Road
Coralville, IA 52241
www.uusic.org

8 Principles of Unitarian Universalism

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

The UUS News

November 2025 Newsletter

TABLE OF CONTENTS

From Your Minister.....	2
Upcoming Services.....	3
November Offerings.....	3
Religious Education Credentialing Breakdown.....	4
Celebrating Our New Members!.....	6
Upcoming Events.....	9
UUS Committee and Team Reports.....	12
UUS Board Meeting Minutes.....	17



From Your Minister

Rev. Diana Smith

Dear Ones,

Outside my office window, dramatic late October storms are causing trees and grasses to ripple and sway, helping leaves change color, and sending many of those same leaves cascading to the ground in piles that crackle delightfully as we walk or roll over them and that kids and dogs are throwing themselves into.

And it calls to my mind our November theme of Cultivating Compassion. While we may associate developing compassion and empathy with quiet and gentle practices like the Buddhist lovingkindness meditation that many of us (including me) practice daily, actually developing compassion and empathy in relationship looks more like what I'm witnessing through my window.

It's turbulent, it stirs us up, it perturbs us, it causes us to bend and maybe lose some no longer useful branches and leaves that once served a purpose but now can best find new life as compost. It's work as we adjust our minds and lives to new ways of being in relationship. And it's playful, beautiful, awe-inspiring, joyful, and can make us laugh out loud.

Contrary to an opinion that is making the rounds on the news and social media this year, developing more empathy, growing it ever deeper and wider, makes us much stronger and enriches us as individuals, communities, and societies. As we learn to listen, understand, and adapt to others, we learn about ourselves, too. Compassion is key to all of our core values: Pluralism, Generosity, Transformation, Interdependence, Justice, Equity, and, of course, Love.

And we can cultivate it in the context of history, in relation to cultures that are different than our own, in our relationships, in our communities, with people who we hold as enemy images, and with ourselves. We'll be exploring all of these in worship services, classes and workshops, and special events in November. If you want to work ahead a bit, you might enjoy listening to these recent [Hidden Brain podcasts on "Love 2.0,"](#) exploring these UU World articles about the [Black empowerment tragedy](#), [decriminalization](#), and [Indigenous rights](#), participating in our Social Justice Day of Service on November 1, or registering for our [Responding to the Anti-Trans Movement](#) class on November 23.

I'm excited to Cultivate Compassion with you this November and beyond!

Love and Blessings,
Rev. Diana

Upcoming Services

November 2025 Sunday Services

November 2: Growing Elephant Ears

Who we listen to, how, and when - Join us to begin a month of celebrating the centrality of compassion and empathy as we reflect on who tells our stories and whose stories we listen to and learn from. As we reflect on who we learn from, we will mark All Souls Day with a table of remembrance. Rev. Diana Smith, Quanda Hood, Nic Kaplan, and Art Borreca leading.

November 9: The Promise and the Practice

What happened with the Black Empowerment Controversy in Unitarian Universalism? How did it impact our living religious tradition? What have we learned from it and how does it affect where we're going, who we listen to, and how we are changing our practices? Join us to hear about a less well-known part of our UU history and reflect on how we are growing and changing. Rev. Diana Smith preaching.

November 16: Answering the Call of Love: Perfectly Imperfect

In a culture that shames mistakes while venerating perfection, what role might compassion play as we strive – and fail – to create the world we dream about. What if merely striving to answer the Call of Love is enough? Rev. Carin Bringleson preaching.

November 23: Alternative Roads to Compassion

An exploration of Eastern "Crazy Wisdom" traditions and how these fit into the modern Unitarian Universalist understanding. Join us as we explore traditional yogic stories, conceptualize the UU's "crazy side" and witness the renowned dragon birth ritual (kid friendly). Join Worship Associate Andrew Levitt preaching, with Rainbow Dragon Puppet assisting.

November 30: The Practice of Tending with Wisdom from Joy Harjo

Madison Colquette, ministerial intern, preaching.

Find more information on our Sunday Services on our website: www.uusic.org/services.

Join us on YouTube Livestream: www.youtube.com/@UUS_IC.

November Offerings

November offerings support the [Free Dental Clinic](http://freemedicalclinic.org/dental-care/). The Free Dental Clinic provides services like exams, x-rays, and extractions to those in our community who do not have access to care due to financial hardship. You can learn more about the Free Dental Clinic at freemedicalclinic.org/dental-care/.

Cash and check donations are collected during the Sunday service offering. Checks should be made out to UUS and have "Free Dental Clinic" on the memo line. You can also donate online at bit.ly/UUSPartner and select "Monthly Community Partner," text "GivetoUUSIC Partner" to 73256, or mail a check to the UUS office.

Religious Education Credentialing Breakdown

Nic Kaplan, Director of Lifespan Religious Education



“Hey Nic, congratulations on your credentialing! Now... what does that mean?”

I’ve received congratulations followed by some variation of that question repeatedly since my receipt of “Advanced Level” credentialing at the end of April. Now that we’re through summer camp season, the launch of the church year, and I’m finished with my portion of the budget process, I have a little bit of time to better answer that question in a way that I’m hopeful will help the whole congregation better understand both the process of credentialing and what it means for UUS.

First off, what is the UUA’s religious education credentialing program?

“The Religious Education Credentialing Program is a three-level program for religious education professionals that nurtures the call to religious education as a profession, provides a comprehensive path for professional development, and articulates and upholds professional standards and guidelines in religious education leadership.” - uua.org

The program is administered by the Religious Education Credentialing Committee (RECC) of the Unitarian Universalist Association in collaboration with the Liberal Religious Educators Association (LREDA). The program encourages in-depth study and requires demonstrated competency in the many facets of lifespan religious education, primarily through the development of a portfolio. Credentialing candidates are also required to meet regularly with a mentor that has been assigned to them by LREDA. I met with my mentor, Nancy Combs-Morgan, virtually for an hour nearly every month for over two years.

When Nancy explained to me that the credentialing program had been written so that the Advanced Level was equivalent to the work required for a Master’s degree, the number of required readings, essays, and classes made more sense to me. On top of eight classes and three reflective essays, I completed reflections on 33 books, movies, articles, and lectures. I also compiled a 50 page portfolio that covered 8 required competencies and 1 elective competency. Each competency required at least two work samples and I had to reflect on the lenses of technology and anti-racism/anti-oppression in at least half of the competencies.

The competencies in which I had to demonstrate knowledge and application were as follows:

- Administration and Volunteer management
- Human and Faith Development
- Safer Congregations, Right Relations, and Professional Ethics
- Sexual Health
- Six Sources of Unitarian Universalist Inspiration
- Systems and Conflict
- Unitarian Universalist Foundations
- Worship

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So, why go through this lengthy process?

As a Unitarian Universalist, I believe strongly in the importance of lifelong learning. When I was working part-time for my previous congregation, I knew that I wanted to be in a position to engage with the credentialing process. When I applied for the Director of Lifespan Religious Education position here at UUS, you all were looking for someone who was either already credentialed by the UUA and LREDA or someone who was willing to pursue credentialing. The credentialing process not only allows a credentialing candidate to prove their skills and understanding, but it also ensures that the individual is well-connected with colleagues across the country, strengthening the candidate's connection to resources and Unitarian Universalism.

My dedication to lifelong learning will always be a piece of who I am. UUS's understanding of the importance of continuing education and connection to the wider world of Unitarian Universalism, meant that from day one UUS has supported me with time for study leave and professional development funds to take classes, attend trainings and conferences, and invest in myself with retreats for religious educators.



Now that you've completed the Advanced Level of credentialing, what's next?

As I mentioned, I will always pursue more knowledge and understanding. I spent over 80 credit hours in classes over the course of about 2 years. Will I continue taking classes at the same rate? Not likely! There's too many programs that I want to personally support at UUS to continue taking multiple classes at the same time or even back to back. However, I do plan to continue taking modules and trainings as my time and professional development budget will allow. There are classes in curriculum development, management, and philosophy that I'd like to take - not to mention refresher courses and more levels of Our Whole Lives, comprehensive sexuality education that I would like to take.

I will also continue spending time each month connecting with other religious educators from our area and beyond. I truly believe that my connection to colleagues is one of the key factors in where I am today.

I look forward to continuing to integrate my learning into stronger, more vital religious education programs and multigenerational ministries as UUS, the congregation and its individuals and I continue to learn and grow together.

Photos included of Nic at General Assembly with colleagues and during the Service of the Living Tradition

Celebrating Our New Members!

Victoria Huitt, Membership Coordinator

We welcomed 10 new members on Sunday, October 19th and we are so happy to have all join us! Here are their biographies.

Robyn and Benjamin Easley



Rob (short for Robyn, pronouns are they/them, currently identified as a genderfluid trans masc person) hails from Chariton, a small town along Hwy 34 in southern Iowa. After graduating Truman State University in Kirksville, Missouri, they married Benjamin and moved to Memphis, Tennessee, where they worked as a pharmacy tech.

They've recently settled closer to home in North Liberty with Benjamin and the three pets MojoJojo (3yo cat), Oswin (10yo ball python) and Kirby (9 yo Leopard Gecko). They enjoy playing tabletop games, painting and crafting, visiting outdoor spaces, learning about nature and nearly every sport. Rob's faith journey started with being born and raised in the Mormon church but is now significantly more fluid and open to the general spirituality of the earth and the self, also touching on history and ancient pagan beliefs.

UUS has been a welcome sigh of relief when finding community their first year back in Iowa and hopefully will continue that way as they use their gifts and unique intersection of experience to uplift and support in the years to come.



Benjamin was born and raised in Chicago, Illinois. Having lived for a few years in Missouri and in Tennessee, he has recently settled closer to home here in Iowa. He enjoys playing the piano, doing his taxes, using trigonometry to determine his latitude on the earth, learning foreign languages, and bowling. He describes his faith as atheistic, a devotion to fundamental empathy.

He is interested in history and ancient pagan beliefs. He occasionally writes poetry and paints. He works full time as a manager for the North Liberty Walgreens. He tries not to take himself too seriously.

John Jadreyv and Kathy McGowan



My name is **John Nicholas Jadryev Jr.** born on June 5, 1941 (you do the math), at South Shore Hospital in Chicago, Illinois. I spent nearly the first 21 years of my life at the same home on the Eastside of Chicago, close to the Indiana border. I have one sibling—my younger brother James—who is five years my junior.

I spent the majority of my adult career in sales, with the exception of my military service during the Vietnam War where I was drafted and served. I am a proud father of three daughters and grandfather to five wonderful grandchildren. I retired in 2005.

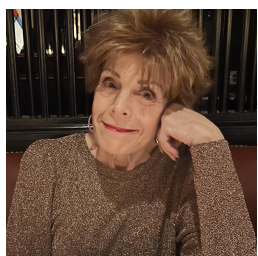
My connection to UUSIC began through my spouse, Kathy McGowan, whose encouragement inspires me to engage more deeply with others and broaden my sense of community. UUSIC offers a warm and inclusive atmosphere, grounded in values that resonate strongly with my own.



Kathy McGowan: I committed in January 2025 to attend UUS because it is inclusive and welcoming and I immediately felt as though I had come home. I share the values of UUS and I am inspired by the many avenues of service. I am a member of a Covenant Group and I am taking the Wellspring classes.

I am very interested in working with the immigrant families and with Mary McMurray as my mentor, I am helping an Afghan family with transportation and learning English. Most of all, I am loving my experience of connection through activities and conversations.

Mimi Sherburne

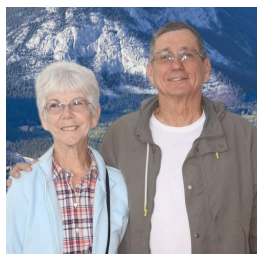


1969 — I was sitting alone in the University of Michigan's Arboretum when I was surrounded by hundreds of bees swarming around and around me. In those moments I knew awe. I heard infinity and felt the connectedness of the universe to each little bee and to me. I felt love. It was a vivid moment.

There's a long stretch to January 2025 and another pivotal time for me. I very much needed a community of like-minded people. I needed focus and fulfillment. I needed love in my life. I needed the UUS. The principles of inclusion, justice and compassion rooted in love spoke to me. During my first visit we all repeated 'service is our prayer' and I knew I was in the right place.

Since then, I've been enriched in so many ways. I'm learning to explore and grow into a spirituality that's inspiring. I have found dear new friends and meaningful connections. I have found a liberal home with love empowering its mission of service and personal spiritual growth. I feel connected and am grateful for the gift.

Emery and Virginia Styron



Emery and Virginia Styron moved to Iowa City in 2021 from Riverside, Iowa, where they lived for three years. They previously lived for 22 years in Mount Pleasant, Iowa. Both Emery and Virginia grew up in southwest Missouri. They have two children, seven grandchildren and one great-grandchild.

Educated at then-Southwest Missouri State University and the University of Iowa, Virginia is a retired public school educator. Her career included teaching elementary grades and junior high social studies and physical education in Missouri, serving as guidance counselor for WACO Schools in Iowa, and working post-retirement as a high school completion specialist for Kirkwood Community College.

Emery Styron, a graduate of the University of Missouri School of Journalism, is retired from a 40-year career as a community newspaper reporter, editor and publisher in Missouri and Iowa. He currently works part time as community liaison for the Health, Brain & Cognition Lab at the University of Iowa.

(continued on page 8)

(continued on page 7)

Edie Pierce-Thomas and Volker Thomas



Edie Pierce-Thomas

I have been a UU since 1991 when Fritz Hudson was the minister here. We had recently experienced a miscarriage, and I first attended on the Sunday he did an annual memorial service. I knew I was in the right place. Now with Volker's diagnosis I seek the same love, community and support I found 34 years ago. I hope to find a place where I can also serve our community, either as a worship leader or in hospitality or perhaps in another way. In Indiana I served on the UU board as President and on several committees. I would welcome anyone to ask me about my personal and professional background.

Volker Thomas

I joined the UU with Edie. We were looking for an opportunity for us and our children to grow up in a liberal faith community. While we lived in Indiana for 18 years, I taught Religious Education and OWL for many years and served on UU board at the Lafayette UU. Upon our return to Iowa City, we are now rejoining the UUS in search of a loving and supportive liberal faith community in the final journey of my life. I would be happy to answer any questions about my personal and professional life.

Ibrahim Mamudu



I grew up in Ghana and moved to Minnesota, Duluth in 2022 to get my master's degree in applied mathematics. Afterwards, I worked for one year and decided to move down here for my Doctorate in Applied Mathematics from the University of Iowa. In my free time, I enjoy cooking, working out and playing soccer. I'm here to help affirm and promote the eight principles of UUS. I'm looking forward to exploring my hidden talents that I can tap into to contribute to UUS as a member.

Upcoming Events

Ancestors Ritual, Nov. 1

Please join us for a ritual meal to honor our ancestors on the evening of Nov. 1. The meal, lovingly prepared by those gathered, will be served in three courses and eaten in **silence**. Toasts will be made, and blessings shared, until it is time for our guests to leave us once again.

Doors open at 6 pm. Please arrive by 6:15 to place item(s) on the altar and add your food contribution. The ritual will begin at 6:30.

This ritual is intended for adults and mature youth (must be able to sit/eat in silence for up to 20 minutes).

Men's Sunday Social, Nov. 2

UUS adult men are invited to gather together the first Sunday of most months from 6 to 8 pm to socialize in a casual setting. Members and Friends are welcome. Currently, our monthly gatherings take place at 2Dogs Pub (1705 First Avenue, Iowa City).

Send questions to Russ Lenth and Phil Beck at menssundaysocial@uusic.org.

(continued on page 9)

(continued on page 8)

Play Group, Nov. 4

Play Group hosted by Pregnant and Postpartum in the Corridor! Weekly gathering to socialize in a safe and welcoming environment. We'll begin at 1:30 in the nursery (just inside the main doors). There are also outdoor playscapes and trails available, but we'll start each gathering in the nursery. All young kids (0-4) and caregivers welcome! The goal is to provide an opportunity for peer support and community!

Love at the Center: Wellspring Series, Nov. 4

An eight-session program from Wellspring; a spiritual exploration of UU values and covenants. Email education@uusic.org for more information.

Vegan Community Plantluck, Nov. 8

Details TBD!

Compassionate Connections, Nov. 9

For those who would like to share their joys or sorrows in conversation in a smaller venue after worship services, the Pastoral Care Associates lead a Compassionate Connection Circle immediately after worship services on 2nd and 4th Sundays. These circles are opportunities to share with and support each other in our lives' journeys.

Banned Book Club, Nov. 9

Join us for our monthly gathering of our Banned Book Club. This month we will continue discussing *Nineteen Minutes* by Jodi Picoult.

Please reach out to Nic Kaplan if you need help obtaining the book: education@uusic.org.

Play Group, Nov. 11

Play Group hosted by Pregnant and Postpartum in the Corridor! Weekly gathering to socialize in a safe and welcoming environment. We'll begin at 1:30 in the nursery (just inside the main doors). There are also outdoor playscapes and trails available, but we'll start each gathering in the nursery. All young kids (0-4) and caregivers welcome! The goal is to provide an opportunity for peer support and community!

Rev. Diana Community Office Hours, Nov. 13

Rev. Diana will be at Sacred Collective at 213 N. Linn St. from 12 pm to 2 pm for members and friends to stop by and chat about whatever's on your heart or mind. You don't need to have an appointment. She hopes you'll stop by to say "Hi!"

Free Lunch Program, Nov. 14

The UUS Free Lunch Team will be serving a meal on Friday, September 12. See the Free Lunch Program update in the UUS Committees and Teams Report below for all the details.

UUS Men's Sharing Circle, Nov. 16

Men who are UUS members and friends are invited to join us at our monthly sharing circle. You are invited to share your joys and sorrows, practice deep listening, and offer support when asked for, all in a confidential environment. We will meet in the Hickory & Oak Rooms at UUS on the third Sunday of each month from 6-8 pm. For questions, contact Ron Pile and Niklaus Jakob at menssharingcircle@uusic.org.

Play Group, Nov. 18

Play Group hosted by Pregnant and Postpartum in the Corridor! Weekly gathering to socialize in a safe and welcoming environment. We'll begin at 1:30 in the nursery (just inside the main doors).

(continued on page 10)

(continued on page 9)

There are also outdoor playscapes and trails available, but we'll start each gathering in the nursery. All young kids (0-4) and caregivers welcome! The goal is to provide an opportunity for peer support and community!

Love at the Center: Wellspring Series, Nov. 18

An eight-session program from Wellspring; a spiritual exploration of UU values and covenants. Email education@uusic.org for more information.

UUS Board Meeting, Nov. 19

The UUS Board of Trustees holds a monthly meeting at 6:30 pm on third Wednesdays, with the public portion typically beginning at about 6:50 after a chalice lighting and check-in.

UUS members and friends are welcome to attend. Meetings are held in the UUS Conference Room, unless otherwise specified, and can also be joined via the Zoom link. Advance notice of attendance is appreciated by contacting the Board president at president@uusic.org.

Compassionate Connections, Nov. 23

For those who would like to share their joys or sorrows in conversation in a smaller venue after worship services, the Pastoral Care Associates lead a Compassionate Connection Circle immediately after worship services on 2nd and 4th Sundays. These circles are opportunities to share with and support each other in our lives' journeys.

Responding to the Anti-Trans Movement, Nov. 23

This brief course is designed to offer:

- An introduction to gender diversity and trans identity
- Aid in understanding the current political attack on trans people and the

misinformation that is part of that attack

- Train you in how to create safety and belonging for trans people in UU congregations in this moment

We will watch a series of lectures from the Transforming Hearts Collective and engage in discussion and activities in small groups to practice ways we can respond to the Anti-Trans Movement.

Please register here:

<https://forms.gle/ReFNNZ3uE7dYzR3E9>

Play Group, Nov. 25

Play Group hosted by Pregnant and Postpartum in the Corridor! Weekly gathering to socialize in a safe and welcoming environment. We'll begin at 1:30 in the nursery (just inside the main doors). There are also outdoor playscapes and trails available, but we'll start each gathering in the nursery. All young kids (0-4) and caregivers welcome! The goal is to provide an opportunity for peer support and community!

Sound Bath Meditation, Nov. 26

Join Tina McCoy in the Fellowship Hall for a mini-retreat from the distractions and busyness of life in an immersive sound meditative bath. The unique sound experience offers a peaceful respite to enjoy feelings of relaxation and serenity. This is your time to reconnect with heart and spirit, all supported by soothing vibrations and sounds from singing bowls, gongs, chimes, and other instruments.

Caregiver Council, Date TBD

The Caregiver Council meeting TBD. Email education@uusic.org for more information.

Check out the UUS Committee and Team Reports for more events.

Find our full list of November Events at uusic.org/upcoming-events.

UUS Committee and Team Reports

AESTHETICS COMMITTEE

Visit the Gallery Hall this month for our inaugural art exhibit. Ron Pile will be exhibiting Birds of Iowa, avian photography. Subsequent shows include collages and poetry by Diana Miller, pen and ink drawings by Julia Audlehelm, and UUS youth showcasing their artistic talent. The Gallery Hall is possible thanks to a generous donation from the Reese-Nordquist Endowment Fund.

BUDDHIST SANGHA

In November, the UU Buddhist Sangha will continue to explore in depth the 26 thematic chapters in the revered scripture, The Dhammapada. Members selected their own translator from Pali with notes and references, which differ with each scholar. We decided to focus on verses from specific chapters which will be noted for each week's agenda on Realm. If you wish to join us, you will need your own copy of the Dhammapada and prepare from the agenda we post on Realm for each Monday evening gathering on Zoom. The translators most selected by the sangha are Gil Fronsda, Eknath Easwaran, Ananda Maitreya (Translator) & Thich Nhat Hanh (Foreword), but there are others, which makes for interesting interpretations and sharing. Since the sutra comprises a collection of "law verses" that encapsulate the teachings of the Buddha, focusing on ethical conduct and mental cultivation, the text emphasizes the importance of personal responsibility, mindfulness, and the pursuit of wisdom to achieve enlightenment. How members apply these chapters and verses to their experience, insights and personal practice will guide our contributions to the meetings.

For new members or inquires, contact our UU email: buddhistsangha@uusic.org.

COVENANT GROUPS

In our groups this month, we took up the question of how we experience gratitude. Gratitude is essential to living fully, so we need to pay attention when moments of gratitude arise. But is that enough? For instance, it's one thing to notice the beauty of nature when you happen across it; it's quite another to make time to seek it out and enjoy it. It's important to appreciate gratitude when it occurs, but might it not be more important to make it intentional—to nurture it so that it grows into a practice? What do you think of this view of gratitude? Do you create opportunities for yourself to feel and express gratitude?

In November, groups will ask similar questions when they discuss "Cultivating Compassion." If subjects like these intrigue you, you might want to consider joining a covenant group. 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. If you're interested, please contact Nic Kaplan (education@uusic.org) for more information.

GREEN SANCTUARY

Green Sanctuary Joining with Social Justice

While most folks want to do good works, only a very small number is interested in meeting to plan them. This is the situation Green Sanctuary finds itself in. To make better use of our remaining members' time and promote coordination with other social justice efforts, GS asked to become a part of the Social Justice team. We are already collaborating with them on the SEJ Sunday postcard campaign, and many of our remaining members are already involved in Social Justice.

(continued on page 12)

(continued on page 11)

Becoming part of Social Justice works at UUS because we already have the greenest building (not much left to do there) and because there is a strong and active Land Ministry team that is working to transform our property into a haven for wildlife.

We will be figuring out exactly how this will work over the next few months. For sure there will be no more separate Green Sanctuary meetings for now. There may or may not be GS columns in the newsletter. For now, the contact remains Jan Weaver. You can reach her at jan.weaver57@gmail.com.

How Green is Our Congregation?

We know we have the greenest church (building) in Iowa. How are we doing as a congregation? Since April we have surveyed over 80 members of the congregation to see what green practices they have adopted. There are practices related to food, transportation, energy use, waste, and social engagement organized into three categories, things everyone could do, things only homeowners can do, and things that are definitely a stretch. The results in the table are reported in four categories - practices that less than 25% of us do, things that 26-50% do, things that 51-75% do and things that over 75% do.

Green Practices in Our Congregation

November Better Together - Transform Your

Bonds with Stuff: Each month of Better Together we have actions that members of the congregation can take to help the environment. The fall season is about mitigating climate change and our focus for November is about stuff. Here is a list of local libraries for books, bikes, and tools you can turn to instead of buying more stuff. And if you can't find a place to borrow stuff, consider renting. Just search for the item and the term "rent".

Books:

- Iowa City Library members can check out books but they can also pick up seeds and check out art, video players, video games, toys, discovery kits (for trying new hobbies), book club kits, and read with me kits.
icpl.org/books-more/more-to-borrow
123 S. Linn St. Iowa City
- Coralville Library members can check out books and pick up seeds.
coralvillepubliclibrary.org/elibrary/
1401 5th Street, Coralville
- North Liberty Library members can check out books and pick up seeds.
northlibertylibrary.org/ 520 W. Cherry St. North Liberty
- Little Free Library World Map - littlefreelibrary.org/map/ Is there a little free library in your neighborhood?

Bikes:

- Iowa City Bike Library started out as a volunteer run community bike project with the mission of getting more people on bikes. They repair donated bikes and offer them for check out or purchase. They also sponsor community rides and events to make bicycling accessible to everyone.
icbikelibrary.org 1222 S. Gilbert Court, Iowa City
- North Liberty First United Methodist Church (NFLUM) Bike Ministry repairs donated bikes and gives them to kids and adults with limited options for transportation in the community. In 2023 they donated 130 bikes to the NL Community Pantry and Inside Out Recovery programs.
nlmethodist.org/shifting-gears-nlfumc-bike-ministry/ 85 North Jones Blvd, North Liberty

Tools:

- Friends of Historic Preservation Tool Library members can check out tools, including power tools at the Salvage Barn (next to Habitat for Humanity's Restore). You must be a member of

FHP, and at least 18 years old.
<https://www.ic-fhp.org/tool-library>

2401 Scott Blvd. SE Iowa City

- Public Space 1 Art Equipment Lending Library members can check out tools for making things, displaying things, projecting things, making music, taking pictures, lighting things, and taping things. publicspaceone.com/library 225 & 229 N. Gilbert, Iowa City
- Iowa City Fab Lab members can use space and tools (after training) for woodworking, fiber arts, silk screening, laser cutting, color printing, stained glass, ceramics, jewelry, and pottery. icfablab.org/ 870 S. Capitol Street, Iowa City

Social and Environmental Justice Sunday November 9

Green Sanctuary is collaborating with the Social Justice Team to hold Social and Environmental engagement activities on second Sundays. Help us make good trouble by writing a letter, penning a postcard, or signing a petition for a SEJ cause. (SEJ is pronounced "sedge" like the plant.)

PRISON MINISTRY TEAM

During October, the prison ministry at Newton Correctional Facility (NCF) continued to grow. Bridget met with the group on Oct. 20, the third Monday of the month, per arrangement. The men have requested happy and uplifting stories about UU life, and PMT reached out to the congregation to provide them. On Social Justice Sunday, Oct. 12, PMT supplied postcards and postage for people to address messages of welcome and encouragement to members of the Newton ministry. We plan to have a table every Social Justice Sunday going forward.

Fifteen of the men at Newton have said they would like pen pals. This is a great opportunity to connect with individuals who are beginning to explore UUism. In PMT's Pen Pal program, volunteers correspond with incarcerated individuals either by "snail mail" or through the

Iowa Department of Corrections' e-mail system, CorrLinks. We're always looking for more people to write, so if you think you might be interested, please email prisonministry@uusic.org. You can check out our page at www.uusic.org/connect/#justice.

The UUA has a prison ministry through the Church of the Larger Fellowship, the Worthy Now Prison Ministry Network. They're also looking for people to become pen pals to incarcerated individuals nationwide. For more information, go to worthynow.org.

The Prison Ministry Team meets on the first Tuesday of each month in the UUS Conference Room. You are welcome to join us at our next meeting on Nov. 4, at 7 pm, either in person or via Zoom (email for passcode).

SECULAR HUMANISTS

The Secular Humanists will host a member-led meeting on Nov. 18. The member will decide the topic. We like to engage the interests, background knowledge, and various experiences that our members bring to the larger group, especially as they pertain to Secular Humanism.

SOCIAL JUSTICE TEAM

Day of Service

A stalwart group from the UU Society show up for the UUS Day of Service each month. The thankful agencies they serve say "they rock"! The next Day of Service on Saturday, Nov. 1, supports Houses into Homes joined with the Immigrant Welcome Network, which just purchased a duplex needing furnishing.

On Saturday, Nov. 1, the two volunteer times are 9 am for loading a truck at Houses into Homes and around 11:00 am for unloading and setting up the Immigrant Welcome House's new duplex.

(continued on page 14)

(continued on page 13)

Check the Wednesday Updates on Oct. 30 for exact times. The address is 2433 Catskill Court, off of Dover on Iowa City's east side.

At the latter address, there will be many activities that do not require lifting. Two kitchens need to be set up, and many beds need to be made. In addition to showing up, consider bringing a household item to supplement what Houses into Homes is furnishing. Gently used dishware, glasses, and anything kitchen as well as towels and blankets would be much appreciated. Cleaning supplies are also needed! See you on Nov. 1st for the UUS Days of Service!

Social Justice Leadership

Would you like a chance to create a more just world? Consider leadership! Might you be interested in organizing UUs for a rally or moderating a Social Justice Team meetings on the second Tuesday? How about staffing the Second Sunday Social Justice table or coordinating a day of service some month? It would be super cool if someone were interested in initiating and planning a project of their own choosing. Social Justice leadership enriches your life. For a testimonial or just more information, contact Sally Hartman (sallyahartman@hotmail.com).

Voting for The Twelve Agencies UUS Supports

November marks the democratic UUS event that happens every third year: Voting for 12 agencies that receive the UU Society Sunday

offerings! Democracy in action! Twenty four agencies were nominated, and you will be voting for 12. Which agencies do you believe we should support? Please check out the link that will appear in the UUS Wednesday Updates for the voting. Also, you can vote on Nov. 2 in person at the Second Sunday Social Justice table.

UUMYSTICS

UU Mystics continue to gather monthly on the first Wednesday of each month. On Nov. 5 and through March 2026 **we will gather at 2:30 p.m.** We will gather in the conference room as an in-person community. Zoom is not an option at this time. As a community of spiritual seekers under the UUA and UUS umbrella, we welcome your energy, curiosity, and sharing of experiences. Our UU Mystics community is self-directed with shared decision-making.

On November 5 we will continue exploring Distant Healing and use a labyrinth to aid us in this practice. There is a wealth of scientific research we can reference, as well as a treasure-house of anecdotal material. Our gatherings are also open to anyone from the public who is referred by a group member and agrees to honor our mutual covenant.

You may contact Miriam Kashia at miriam.kashia@gmail.com if you have any questions or wish to be added or removed from the email list. Please use "UU Mystics" in the subject line.