

From: Peoples Church Unitarian Universalist
Subject: Peoples Weekly December 22, 2016
Reply: voiceeditor@peoplesuu.org

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MARCH
2017

PEOPLES CHURCH

the Voice



minister's moment

11 am WORSHIP

March 5th - Led by worship associate Maria Kell. You are invited into People's safe sanctuary, where we will calm our minds, open our hearts, and find love and compassion for ourselves. By embracing self love and compassion, we can better navigate the ebb and flow of life.

Join us for a nurturing and supportive service! *Music by Mike Maas and Carlis Faurot.*

March 12 - Mindfulness. World Peace begins with inner peace and inner transformation. Come experience a mindfulness exercise and discover how to be mindful every day. *Music by Rachael Kilgour.*

March 19 - Logic and Intuition . Unitarian Universalists revere logic and reason. But what about intuition and the subconscious mind? How do we really make decisions and understand our world? *Music by the Peoples Choir.*

March 26 - Mental Health. Mental health shouldn't be a taboo subject. How can we take care of the Mind, both as individuals and as a society? How does our faith call us to support mental health and wellness? *Music by Sharon Bosquest.*

Have you ever gotten sick when you were really stressed out?

Have you ever chosen comfort foods when you were sad or upset? Have you ever had a "spiritual high" or peak experience? It's no secret that the Mind, Body and Spirit are intimately connected. Each one impacts the other. Health and wellness (or sickness and trauma) in one area of our being affects all three parts of our being.

This month at Peoples Church we will be focusing on the Mind.

Of course it would be impossible to separate the Mind from the Body or the Spirit, so we will approach the topic holistically. We will explore how mindfulness, reason, intuition, and mental health impact our full human and spiritual being. After all, as French theologian and Jesuit Priest Pierre Teilhard de Chardin once said, "We are not human beings having a spiritual experience. We are spiritual beings having a human experience."

So what does it mean to be a spiritual being with a Mind? What does it mean to be conscious and alive with the capacity to think, reason, and use logic? And what about mental health, an issue we usually don't talk about because we are embarrassed or maybe even ashamed? Mental health impacts each one of us, either personally or somehow in our family systems. The real shame is that we don't talk about it as much as we should.

We can change that. I believe Peoples Church is bold enough and loving enough to reject the stigma surrounding mental health. And we have already taken the first step! At our Congregational Meeting in December we voted on Mental Health as our social justice issue for 2017. We will work this year to make a difference in Cedar Rapids and the wider world in connection with mental health care and mental health care access. Can we also make a difference in our own spirits? Can we open up about the issue and respond to one another with love and care? I believe we can.

I am looking for a few people willing to offer a short testimonial during worship sometime this year on their own experience with mental health. The first testimonial is scheduled for March 26th. Are you willing to testify? Are you brave enough to open up about your experience and guide us on our path towards understanding and wellness? If so, please let me know! I would love to hear from you!

In faith,

Rev. Rebecca

NOTE: Rev. Rebecca will be away on Study Leave March 27-April 3. In the event of a pastoral emergency during this time you may please contact the Rev. Steven Protzman at rev.s.protzman@gmail.com or 319-337-3443.

10 am FORUMS

MARCH 12
Developmental Ministry
Topic: TBA

MARCH 26, 10 am
Conversations on Mental Health

Coffee hour in the Ely Room follows worship

DEVELOPMENTAL MINISTRY EVENTS

Sunday, March 12th, 6:00 pm

Members of the Board and wider leadership will meet to talk specifically about Developmental Ministry: where we are, where we're going, and how we're going to get there. All Peoples people are welcome to attend. RSVP is requested. Contact president@peoplesuu.org for more information about the agenda and location.



Coffee with the Minister

Thursday, March 16, 3:30-5:30 pm
Brewed Awakenings I 1271 1st Ave SE.

I am going to continue our coffee gatherings in the community **once a month on the third Thursday.** Please join me if you can!

news

Introducing Cathy Fischer!



STAFF

[Rev. Rebecca Hinds](#)

Developmental Minister

(319) 362-9827(w)

(319) 200-7650 (h)

Tuesday - Thursday: 10-3
or by appointment

[Cathy Fischer](#)

Operations Coordinator

319 362-9827

Office Hours:

Tuesday, 8:30-2:30 Wednesday
9-2

Thursday, 8:30-2:30

Friday, 9-Noon

[Jamie Zaruba](#)

Director of Religious

Education

(319) 210-4239

[Deborah Maynard](#)

Childcare Manager

Tristan Maynard, Deneka

Harris, Rachael Nading

Childcare Providers

Jerry Morris & Bob Osborne

Custodians

**PEOPLES CHURCH
UNITARIAN UNIVERSALIST**

www.peoplesuu.org

[Peoples Facebook page](#)

Members & Friends

Facebook: [PCUU](#)



Cathy Fischer is our new Office Coordinator. Cathy has a passion for project management, organization and time management that will make her a great addition to our church family as we continue to work on our Developmental Ministry plan. She comes to us after a nine-year career at Transamerica, where she has worked in financial reporting, management and project management. Cathy obtained her B.S. from Iowa State University in 2006 and has been working towards a MBA at the University of Iowa.

Cathy is busy mother to four boys, Vance (8), Royce (5), Calvin (10mo) and Isaac (10mo). After the twins were born, Cathy decided to find a career that would allow her to have more time at home with her children. She is delighted to have found that partnership with Peoples Church!

Cathy is married to Austin Fischer, who is a faculty member at Kirkwood College, where he teaches in the Turf Management program. They will be celebrating their nine-year anniversary in March. She is a lover of cats and has two litter-mates named Abbott and Costello, after the beloved classic movie duo. Cathy actually studied Horticulture in college, and while she never put that degree to use professionally she has a love for gardening – as well as a growing collection of garden gnomes!

She and her family recently moved to Robins, and she is looking forward to designing her garden at her new house. She also recently joined the Robins Civic Club and is chairing the Kid Carnival for this summer's Robin's Round Up.

Please welcome Cathy to our church and reach out to her regarding any questions you may have, her hours are: Tuesday, 8:30-2:30; Wednesday 9-2; Thursday, 8:30-2:30; and Friday, 9-Noon.

Look for her regular column in the Voice, where she'll explain the how-tos and procedures as she tunes up church operations!

CATHY'S CORNER

Cathy's Corner is a new addition to the Voice to inform our members of changes to office policies, good practices, how-tos and general office information. Each month a new topic will be covered – but if you ever have any questions related to the office administration, please feel free to reach out to Cathy anytime. Additionally, please contact Cathy with any suggestions.

This month's topic is the reimbursement form process. In the past if you had purchased items for church activities or projects and needed to be reimbursed, a request form was completed indicating the reason and the amount and then submitted to the office for reimbursement. Unfortunately, this process has resulted in reimbursements not receiving approval or the church reimbursing for items that wouldn't have been approved had a formal request process been in place.

Going forward, **prior approval will be needed by Rev. Rebecca, Robyn Kubanek, Gary McGraw, or Jamie Zaruba in purchasing anything over \$10** if reimbursement for expenses is expected. You can obtain a hard copy of the forms, which are now yellow, in the **Reimbursement Forms Mailbox** at the church or requesting an

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planning



BOARD OF TRUSTEES

President

Robyn Miessler-Kubanek
(319) 594-3458

Treasurer

Gary McGraw
373-9449

Scott Gay

Geoff Johnson

Kathy Juba

Scott Mansfield

Kathleen Watson

The Board of Trustees meets
on the 3rd Wednesday.

Board meeting minutes are
now available
in two ways:

ONLINE

Archived minutes are
available at
www.peoplesuu.org.

PRINT

Copies are available on an
Ely Room table in a folder
marked Board of Trustees
Meeting Minutes, and listed
on the NEW Board bulletin
board.

Board of Trustees News

February 15, 2017 Meeting Summary

- Treasurer Gary McGraw reported that **January ended well**, in part because of early pledge payments. We also received \$12K for the endowment due to the letter sent by the pledge campaign committee at the end of 2016.
- We **changed the membership policy** so the Board will no longer review or approve new members. Rev. Rebecca explained this practice tends to imply exclusivity in who can join. We discussed some other questions about membership, which we will take up when the congregation begins work on that developmental goal.
- We discussed the **evaluation form** required by the Unitarian Universalist Association for Rev. Rebecca to achieve full ministerial fellowship. This is a requirement for all new ministers during their first three years after finishing seminary. Board members will complete the evaluation individually for the March meeting, and then will discuss next steps.
- We clarified details for the Board's **upcoming Developmental Ministry Strategy Meetings**. These meetings will take place on the 2nd Sunday of each month at 6:00 PM and are open to everyone, though an RSVP is requested. Please email president@peoplesuu.org for information about meeting agendas and locations.
- **We scheduled the May Congregational Meeting for Sunday, the 21st after church with a potluck**

President's Message

Growth Vs. Development: Competing or Complementary?

Many new members joined Peoples Church on February 26. On behalf of all Peoples people, I welcome all of them into our community.

As we all begin inviting these new folks into fellowship, I encourage everyone to remember that membership is one of our developmental goals. What does it mean to be a member of our faith community? What might it mean to develop our membership?

Development and growth can take many forms. Very often, we look first to the most obvious counting and sorting of numbers. We want to grow in numbers in order to better fund our church and populate our groups.

Yet we must always remember, as Dori Davenport reminded us at our startup event last

Continued on page 9

Board of Trustees March Business Meeting

Wednesday, March 15th, 6:15 pm

The Board of Trustees meets every month to plan and discuss the business of the church. Peoples people are always welcome to observe and learn about the topics under discussion.

Finance Committee Update

The Finance Committee met on 2/9/17. January finance reports were reviewed by e-mail after the meeting. January cash flow was positive as a number of households pay their annual pledge at the beginning of the year:

Income \$28,144

Expenses \$15,323

Submitted by Judy Price

r.e.notes

DRE's Moment by Jamie Záruba

Howdy, Peoples Church members and friends!

The Religious Education Department is happy about our turnout for the Mardi Gras 2017! We brought in over \$420, and after our costs, the proceeds will really help our kids reach their goal of funding the Boston trip. I cannot thank all of you great people who gave our youth their hard-earned cash and time to attend the Mardi Gras Party.

If you couldn't make it this time we understand, but you truly did miss out on a stellar feast. Our spectacular cooks, Rachel Nading and Carole Sinclair Carmer, with the help of our Coming of Age youth and several other awesome people, cooked a Cajun-themed delicatessen. We enjoyed lots of vegan options, from the dirty rice, Louisiana red beans, collard greens and much more.

Now, more than ever, we need our fantastic congregants to actively support our young Coming of Age middle school youth. We have some great opportunities for you to help us raise the funds needed. We did drop the dinner idea for the remainder of the year, but we will be offering **pancake breakfasts on March 19th and April 9th.**

We are glad so many people continue to help out these kids to reach their goal. Please

Continued on page 7

RE Classes should gather in the classrooms by **10:55 am on Sunday mornings** unless notified of a change.



RE COUNCIL

Deb Maynard & Amber Todd, co-chairs
Arianne Waseen
Jennifer Brade
Tristan Maynard
Danny Booth
Lance Maynard

religious education calendar

Mar 1 - Youth Activity Night 6-9 Let's all get together for some board games, cards, table tennis, and socializing with some of our youth from here at Peoples! Drinks, snacks, see you all there.

Mar 4 - Nerf Wars The Battle is On!!! Join us at People's Church on this Saturday event. Teams are formed and we count the number of hits to form a winning team. Fun, active, friendly youth and adults welcome. \$10 per entry (Nerf guns are provided but may bring own Nerf weapon)

Mar 5 - RE Council Meeting 12:30 High School Room

Mar 8 - Spirit of Life RE for Adults 7-8:30 pm Spirit of Life workshops offer participants space, time, and community to explore their Unitarian Universalist spirituality. Each focuses on a different aspect of the spiritual life, framed by the lyrics of Carolyn McDade's song "Spirit of Life." Like the song, the workshops are designed to be welcoming to Unitarian Universalists of many spiritual and theological persuasions. Participants are invited to claim an inclusive definition of spirituality and recognize the spiritual aspects of their lives.

Mar 15 - Youth Activity Night 6-9

Let's all get together for some board games, cards, table tennis, and socializing with some of our youth from here at Peoples. Drinks, Snacks, see you all there.

Mar 18 - Coming of Age Sleepover Begins at 6 pm

Mar 19 - COA Pancake Breakfast 9 -11

Mar 22 - Spirit of Life RE for Adults 7 - 8:30 pm

Mar 29 - Youth Activity Night 6 - 9 pm

RE
ROCKS!

social justice

Wish You Had One of Those Cool T-Shirts?



Show *Peoples Pride* –

[Click here to order Standing on the Side of Love items including socks!](#)

Social Justice Forum

A Conversation About Mental Health

Sunday, March 26 at 10 am, Ely Room

Mental health issues affect all members of society in some way, shape, or form. Misunderstandings about mental health can lead to negative attitudes that prevent people with mental illness from being accepted and supported and getting the help they need. Trusted and supportive relationships, such as those that can be found in faith-based organizations are important to building resilience and wellbeing. We invite members who would like to share their stories at this Forum to contact marcia.swift@gmail.com.

A Show of Unity: Prayers & Meditations for Immigrants & Refugees

Reverend Rebecca was one of nine religious group representatives to speak at an Inter-Religious Council event held February 16 at the Community of Christ Church. The gathering provided a demonstration of solidarity with immigrants and refugees around the world in the face of the recent Presidential Executive Order.

Social Justice: Standing in Solidarity

Reverend Hinds and church members represented Peoples at the Standing in ***Solidarity: A Call for Fair Policing & Justice Reform*** event on February 4. This beautiful and inspiring event culminated in the adoption of a 12-step platform for seeking justice in police and prosecutorial policies and processes in Cedar Rapids.

Representatives of the sponsoring organizations for the event will be advocating for such policies as mandating outside independent investigators and special prosecutors for officer-involved shootings.

If you would like to learn more about the plans to address this social injustice in our community and how you can get involved: Marcia Swift, 366-4874, marcia.swift@gmail.com.

NOTE: Be sure to check the Social Justice bulletin board for updates on actions in Cedar Rapids, and look for our Action Center, with postcards and stamps for writing legislators about issues that concern you!

Please share photos of you and other Peoples people as you taking action around our community and state! Send photos (hi-res if possible) to voiceditor@peoplesuu.org

activities



Souper Supper #2: CUBA!

Friday, March 10th, 6:00 pm

Our second winter Soup Supper is Friday, March 10th at 6:00 p.m. in the Andre room. Enjoy delicious Cuban-themed soup, salad, dessert and bread—an incredible bargain at \$10.

Don't miss Kris and Bryan Davis, who will speak about their recent trip to Cuba! Tickets available after church on Sunday or at the door the night of the event. We hope to see you there!

Contact Sheryl Ochs for details at sochs1224@gmail.com.

CUUPS

Wicca 101 Classes

Mondays: March 6 and 20 and Monday, April 3 and 17, 6:30-8:00 pm; Ely Room

We are in the final months of our study of Wicca 101. Classes are the first and third Mondays from 6:30 - 8:00 pm in the Ely room. Childcare is provided. [Deborah Maynard](mailto:Deborah.Maynard@gmail.com), (319) 775-0619.

Our Caring Community

Good Neighbors:

March: Kris Davis, 294-5010 daviskris49@gmail.com

Paraministers will meet Tuesday, March 7, 1-2 pm.

March 6 - March 19 Rose Gabe (319) 396-5202



Peoples Church is a vibrant, welcoming spiritual community that empowers and encourages its members to develop and explore more sacred, positive and healthy lives through reflection, education and community outreach.

Committees & Groups

Archives committee will meet **Monday, March 20th 9:30 a.m**

Peoples Organic Homemade Jam will meet the first Wednesday of each month at 6:30 pm. Bring a song to share. Kris Davis, daviskris49@gmail.com

Faith Explorers Study Group is meeting at **9:30 am** on the second and fourth Saturdays of the month at Kenwood Park United Methodist Church through April. Our new book is Thich Nhat Hanh's *Going Home, Jesus and Buddha as Brothers*. "In this book, Jesus and Buddha share a conversation about prayer and ritual and renewal, and about where such concepts as resurrection and the practice of mindfulness converge" (front cover). Contact [Nancy Kotalik](mailto:Nancy.Kotalik@gmail.com) for more information.

continued...



NEWSLETTERS

The *Voice* and the *eWeekly* are YOUR best tools to share news and events with the wider Peoples Community!

VOICE SUBMISSIONS for the April *Voice* are due Saturday, March 25.

E-WEEKLY SUBMISSIONS are due *each Wednesday noon* for the Thursday edition.

TO SUBMIT INFORMATION to the *Voice* or *eWeekly*, please click [here!](#) Submissions with attachments may be sent to [voice editor](#)

DRE message, *continued from page 4*

keep in mind that your help is needed and we are very happy to use your assistance in any way you choose. If you would like to help this year or going into next year just contact me or anyone in our RE council.

Our youth is the most important entity in this church, for a couple of reasons. First, without our children we have no chance of growth and sustaining our congregation. Second, We love all the help we get, and it is understood many of you helped in the past. We still need your help!

Until next time... *RE Rocks!*

President's message, *continued from page 5*

November: people don't join churches because they want to give money. People join churches and other groups because they're looking for something.

As we consider what it means to be a member, we must consider what people are looking for – both new and long-term members. Perhaps it is the spiritual growth and maturation we experience and foster in each other. Or the sense of unity within a shared purpose. Or maybe the fellowship of like-minded individuals seeking to bring meaning to our lives and the world in which we live.

What does it mean to each of us to be a member of this particular faith community? What does Peoples uniquely bring to us? What encourages us to express our faith through participation in activities and programs? And how can our community be more intentional in creating and sharing these experiences?

These are a lot of questions, which I encourage everyone to begin answering individually and in conversation with other Peoples people. Learn what brought others here, and more importantly, what keeps them here. Think about ways we can develop those things, together

Submitted by Robyn Meissler-Kubanek

CATHY'S CORNER, *continued from page 3*

electronic copy from Cathy via email at the office@peoplesuu.org. Continue to return completed forms with attached receipts to the Office Coordinator mailbox.

The process to receive a check has also changed. Previously, the reimbursement check was mailed to the church. Now checks will be mailed directly to you using our Bill Pay service. To receive a check, simply provide your mailing address and phone number on the completed reimbursement form and the check will be sent directly to your house. Easy!

actions



Show of Unity: Prayers & Meditations

In a series of readings and prayers, nine faith and social service leaders (Hindi, Muslim, Humanist, Christian, Native America, Jewish, Unitarian Universalist, Bahai, and the Catherine McCauley)

spoke Thursday night at a program orga-

nized by the Inter-Religious Council of Linn County held at the Community of Christ Church in Hiawatha. Each speaker focused on why their traditions support welcoming immigrants and refugees.

The **Rev. Rebecca Hinds, minister at Peoples Church Unitarian Universalist**, said Unitarians believe in inclusion and collaboration.

"Our commitment to inclusion and social justice have us outraged at any discrimination," she said. "We open our hearts wide to others.

May you know your inherent worth and dignity every day of your journey. Let us pray for the people whom you will meet along the way.

May they remember how they were strangers, too.

May they embrace the pathways of compassion."

A collection was taken for the Catherine McAuley Center of Cedar Rapids, where volunteers teach English to immigrants and which has committed to becoming a primary refugee settlement organization.

From an article by Makayla Tendall, The Gazette, February 17, 2017

Cliff Jette photos/The Gazette



Peoples members Dorothy Hershner, Kris Davis, Marcy Mattison, Cate Shiller, Paulette Montague, Rose Gabe and Scott Mansfield at the Inter-Religious Council event held February 16.

Share photos of you and other Peoples people taking action around our community and state! Send photos (hi-res if possible) to voiceditor@peoplesuu.org

calendar

march 2017



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Our mailing address is:
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Cedar Rapids Iowa 52405 |
(319) 362-9827

www.peoplesuu.org

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- 1 Wednesday, **eWeekly deadline**
- 1 Wednesday, **Peoples Organic Homemade Jam** 6:30 - 7:30 pm
- 2 Thursday, **Volunteer Income Tax Assistance Program (VITA)**, 5:30 - 9 pm
- 4 Saturday, **VITA**, 9 am -12:30 pm
- 4 Saturday, **Nerf Wars**, 6 - 9 pm
- 5 Sunday, **OWL - Middle School**, 8:15 - 9:45 am
- 5 Sunday, **Choir Practice**, 10 am
- 5 Sunday, **RE classes**, 11 am -12 pm
- 5 Sunday, **Worship Service**, 11am -12 pm
- 5 Sunday, **RE Council Meeting**, 12:30 - 2 pm
- 7 Tuesday, **Paraminister Meeting**, 1- 2 pm, Ely Room
- 7 Tuesday, **VITA**, 5:30 - 9 pm
- 7 Tuesday, **Spirit of Life**, 7 - 8:30 pm
- 8 Wednesday, **eWeekly deadline**
- 9 Thursday, **VITA**, 5:30 - 9 pm
- 10 Friday, **Souper Supper #2: Cuba!**, 6 - 9 pm
- 11 Saturday, **Faith Explorers**, 9:30 -11:00 am @ Kenwood Church
- 11 Saturday, **VITA**, 9 am - 12:30 PM
- 12 Sunday, **OWL - Middle School**, 9:15 -10:45 am
- 12 Sunday, **RE classes**, 11 am -12 pm
- 12 Sunday, **Worship Service**, 11 am -12 pm
- 13 Monday, **Van Vechten Guild**, 1-1:30 pm, Andre Room
- 14 Tuesday, **VITA**, 6:30 -10 pm
- 15 Wednesday, **Youth Activity Night**, 7 - 10:00 pm
- 15 Wednesday, **eWeekly deadline**
- 16 Thursday, **VITA**, 6:30 - 10 pm
- 18 Saturday, **VITA**, 10 am -1:30 pm
- 18-19 Saturday - Sunday, **Coming of Age Overnight & Pancake Breakfast**, 6:30 pm -12 pm
- 19 Sunday, **OWL - Middle School**, 9:15-10:45 AM
- 19 Sunday, **Choir Practice**, 10 - 10:45 am
- 19 Sunday, **Multigenerational Worship Service**, 11 am-12 pm
- 19 Sunday, **RE classes**, 11 am-12 pm
- 19 Sunday, **CUUPs**, 2 - 4 pm
- 21 Tuesday, **VITA**, 6:30 -10 pm
- 21 Tuesday, **Spirit in Practice**, 8 - 9:30 pm
- 22 Wednesday, **eWeekly deadline**
- 23 Thursday, **VITA**, 6:30 -10 pm
- 23 Thursday, **Finance Meeting**, 7- 8:00 pm
- 25 Saturday, **VITA**, 10 am -1:30 pm
- 25 Saturday, **Faith Explorers**, 9:30 -11 am
- 25 Saturday, **Nerf Wars**, 7-9 pm
- 25 Saturday, **Voice deadline**
- 26 Sunday, **OWL - Middle School**, 9:15 -10:45 am
- 26 Sunday, **Social Justice Forum**, 10 -11 am
- 26 Sunday, **RE classes**, 11 am -12 pm
- 26 Sunday, **Worship Service**, 11 am -12 pm
- 28 Tuesday, **VITA**, 6:30 -10 pm
- 28 Tuesday, **Youth Activity Night**, 7-10 pm
- 29 Tuesday, **eWeekly deadline**
- 30 Wednesday, **VITA**, 6:30-10 pm