



The Voice

MINISTER'S MOMENT

As a student at the University of Minnesota I heard a story I will never forget. A young man, a college freshman from the Deep South, had just moved to Minneapolis and was experiencing his first real winter. Not realizing he would need a new winter coat, snow boots, and winter gloves, he was pretty shocked and miserable to say the least! One December morning with the thermometer well below zero he bravely walked (or probably ran) out to his mailbox at the end of the driveway. As he was heading back inside he waved to his next-door neighbor and said with a smile, "Cold out today isn't it?" "Sure is," she replied, "but at least it isn't humid!"

I cracked up of course when I heard this story and I love retelling it. With something as light and funny as the concept of "a dry cold" it doesn't really matter so much that the next-door neighbor minimized the young man's experience. But what happens when we minimize real pain and suffering?

I see it all the time. I do it myself. Growing up in the Midwest I somehow learned to respond to difficult emotions and conversations with blind optimism and disengagement. Did you? "Oh you had a bad breakup? Well at least you have good friends. Oh you are concerned about your health? Well at least you don't have cancer. Oh you are scared to make a big career move? Well at least you have a job."

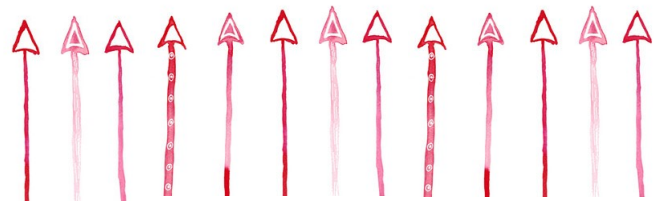
This is not empathy. As Brene Brown says, "Empathy never starts with the phrase "Well at least..." True empathy is not a quick solution offered or a superficial attempt to make things better. In fact, our responses, whatever they may be, will rarely, if ever, make anything better when a person is sharing their pain with us. What makes something better is real human connection. True empathy fuels connection. And here is the good news: the best place I have ever found to cultivate empathy is at church!

"Empathy is full presence to what's alive in the other person at this moment."
John Cunningham

So please join us this month at Peoples Church as we explore empathy, build real connections, and make a difference in the wider world. We will practice techniques like deep listening, genuine empathy, and compassionate communication in order to change our personal lives and the health of our planet. It is a big task so of course we will start small. We will engage our Mission, our Covenant of Right Relations, and our Anti-Racism/Dismantling White Supremacy work in all we do.

We will open our wild, yearning hearts to new connections and we will love fiercely and tenderly. Happy February!

Yours in faith,
 Rev. Rebecca





Sunday Morning Worship

11am

Join us for a month on the topic of *Empathy*

FEBRUARY 4

11am Service: What is Empathy?

Empathy is a difficult concept to understand at times. We'll explore what empathy is and how we use it our daily lives. Service led by Acting Director of Religious Education David Wise.

Music: Caden and Mya Messenger

Greeters: Kathy Juba and Bob Butikofer

Flower Ministry:

Coffee Hour: Jill Jones

FEBRUARY 11

11am Service: Self-Empathy & Compassionate Communication

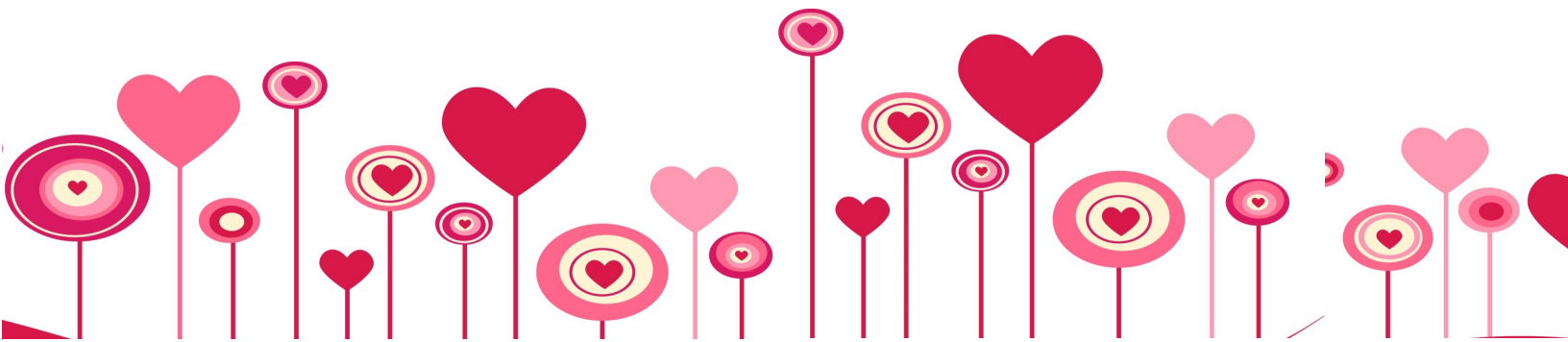
Sometimes the hardest person to feel compassion for is oneself. But without it meaningful relationships and good communication are almost impossible. We have to cultivate self-empathy, listen to our feelings, and know our own deepest desires in order to engage with others. Come learn how effective, nonviolent, and kind communication starts from within! Service led by Rev. Rebecca Hinds.

Music: Megan and Tim Jones

Greeters: Sheryl Ochs and Joye Winey

Flower Ministry:

Coffee Hour: Sarah Herman and Brenda Meshack



EMPATHY IS.....

SEEING WITH THE EYES OF ANOTHER,

LISTENING WITH THE EARS OF ANOTHER,

AND FEELING WITH THE HEART OF ANOTHER.

FEBRUARY 18

11am Service: Empathy: Moral Strength or Moral Failure?

Empathy is always a good thing, right? Or is it? Is there such a thing as too much empathy? And how does empathy impact our morality: for better or worse? When it comes to moral decision making empathy certainly plays a big role, but it is far more complicated than you might think! Service led by Rev. Rebecca Hinds.

Music: Peoples Choir

Greeters: Robyn Miessler -Kubanek and Rose Gabe

Flower Ministry:

Coffee Hour: Eve & Sam Christiansen

FEBRUARY 25

11am Service: Empathy & Art

We'll explore the practice of empathy through the creation of, and our reaction to, inspired arts—poetry, music, and canvas. Service led by worship associates Maria Kell and Bryan Davis.

Music: To be determined.

Greeters: RC Eichacker

Flower Ministry:

Coffee Hour: Sarah Herman

**COOKIES,
COFFEE,
& FELLOWSHIP**

Following service.



WISE WORDS

I heard on the radio this morning, “You have lived through 100% of your bad days!”

As I thought about that statement, I went through several emotions. He was right. I have lived through all my bad days. But so many others have not. The issue of violence by and against children has been on my mind quite a bit lately. As I write this, the local media has stories about an Iowan mom starving her child, an 18-year-old Iowan fatally stabbing an 18-year-old and a 17-year-old, and follow-ups to the two school shootings last week in Texas and Kentucky.

When will this stop? A recent study estimates 1 billion kids around the world likely experience violence. For comparison the population of the United States is somewhere around 325 million! Let that sink in for a moment! In the US alone, estimates put the violence at 3 million kids a year. The population of Iowa is just over 3 million! These are staggering numbers!

What can we do about it as a congregation and RE program? We can invite others to come and join us here at Peoples. The RE classes are a safe place for kids. The congregation is a safe place for everyone. In the classes, students learn how to get along with others through covenants. The congregation can help each of us learn how to cope with issues that may prompt violence. Is it foolproof? Absolutely not! Very few things in life are! But folks who have support systems in place are far better able to cope with difficult situations than those who have no support.

Churches have been places of peace and comfort for centuries. Peoples is a place of peace and comfort today. Are there children you know that need that comfort? Are there adults who need that comfort? Invite them today and perhaps it will help them find peace and support in these difficult times!

David Wise

Acting Director of Religious Education

RE Volunteer Opportunity

We would like to begin the SCRIP program I talked about at the Congregational Meeting in December. I have had one volunteer come forward to help. We really need at least one more. The SCRIP program is a great way to raise money for the Coming of Age trip to Boston. It requires no additional spending on the part of the congregation! Would you be willing to help us start and run this program for the youth of the church?

February Movie Night

The movie on February 23 will be ***Pay It Forward***. This was a movie that was both well received and criticized when it debuted. It has also been discussed in recent news cycle because of the lead actor and sex abuse and harassment allegations. ***Pay It Forward*** is a 2000 American drama-romance film based on the novel of the same name by Catherine Ryan Hyde. It is set in Las Vegas in the present day, and it chronicles 12-year-old Trevor McKinney's launch of a goodwill movement known as 'pay it forward'. Come watch the movie at 7 pm and join the discussion afterwards.

My FIRST YEAR



February 7th is my one year anniversary with Peoples Church. As with all things in life, I cannot believe it has already been a year!

Perhaps it has gone so

fast because my time spent here has been so wonderful. Over the last year I have gotten to know several of you and have enjoyed our many conversations. Over the last year I have also seen many positive changes in the church, and it is very exciting to witness and to feel the positive energy that seems to radiate throughout the building. I am proud to support you in these many changes and am even more proud of all of you for accomplishing so much in just one year!

Communication

Some of my favorite things I get to do are creating the e-Weekly, Voice and the Order of Service. I get to tap into my creative side, and I hope you are enjoying all of these “artistic liberties” as much as I do creating them. More recently, I’ve been creating a new brochure for Peoples Church, so be on the lookout for that new material to give to our visitors.



Facilities

The last year has brought some changes to our facility. The office was cleaned, organized and rearranged and received an upgraded computer to support the church. The lighting was updated by our lighting committee to install energy efficient bulbs and the spot light bulbs in the sanctuary were all replaced, we can see now! The wireless in the building was expended and the overall connection is much better. The greenspace was also cleaned up and maintained by church members and our lovely landscaper Lyle Broer.



Operations

Over the last year I have been focused largely on organizing the office to ensure that there are defined procedures and policies so the church operations can run smoothly. Some of changes I’ve implemented are creating a variety of trackers to reconcile spending, inventory amounts and purchasing, and the order of service music and readings used each service. With that I created a record retention policy for Peoples Church to continue to follow even long after I’m gone. We also made a huge change to the church database we used this year with the conversion to Realm. We have even converted our calendar to a Google calendar which is far more user friendly than our previous calendar.



Cathy's Column

Thank you so much for a great first year! I'm looking forward to continuing to support you with the upcoming, and very exciting changes here at Peoples.

Cathy



STAFF

Rev. Rebecca Hinds

Developmental
Minister

(319) 362-9827(w)

(319) 200-7650 (h)

Tuesday – Thursday:

by appointment

David Wise

Acting Director of
Religious Education

(319) 362-9827

by appointment

Cathy Fischer

Operations
Coordinator

(319) 362-9827

Office Hours

Tuesday 8:30-3:30

Wednesday 8:30-2:30

Thursday 8:30-3:30

Childcare Providers

Valerie Angerer Zieser
Jana Anderson

Custodians

Jerry Morris
& Bob Osborne

BOARD OF TRUSTEES

President

Robyn Miessler-
Kubanek

(319) 594-3458

Treasurer

Gary McGraw
(319) 373-9449

Board of Trustee Members

Geoff Johnson
Kathy Juba
Scott Mansfield
Mike Meshak
Kathleen Mavity

President's Message

Creating Space for Change

In *Leading Change in the Congregation*, author Gilbert Rendle explains what he calls the emotional roller coaster cycle of change.

He points out that folks usually respond to impending change with some initial level of excitement and determination. Whether we're buying a car or losing a job, at the outset we often recognize opportunity or at least start planning ways to make the best of things. The emotional energy ticks upward a bit before it begins to slope downward in the classic roller coaster plunge.

The downward slide can include shock, mourning, anxiety, detachment, and anger. We begin to feel the discomfort of change without yet enjoying the positive ends we promised ourselves. We dwell in the trench before we begin climbing the next upward slope into hope, enthusiasm, and renewed action.

Rendle says we miss the point if we respond to downward plunge emotional needs with reasons and explanations. People on the downward slope aren't looking for hope and enthusiasm and reason. Instead, we need to recognize and live through the emotional pain and meet people where they are rather than where we think they should be.

As we consider new things at Peoples, like exploring different worship mode or responding to recommendations from our Religious Education Taskforce, we need to create space in our community where folks can recognize their uncertainty and receive support.

It's a tricky proposition since we're all at different places in our emotional journeys. So I invite you to tell me: what are some ways we can create space in our community not just for hope and joy, but also for doubt? What would that look like for Peoples Church to provide space for us to dwell together with our loved ones in the trench?

Robyn Miessler-Kubanek

FEBRUARY BOARD MEETING

Ely Room, Wednesday, February 28 @ 6:15 PM

The Board of Trustees meets every month to conduct the business of the church. Peoples people are always welcome to observe and learn about the topics at hand.



BOARD MINUTES

JANUARY 24, 2018

- Treasurer Gary McGraw reported that our 2017 operations budget ended with a deficit of ~\$7200, which is smaller than budgeted. At the same time, our endowment increased by ~\$100K.
- Gary reported the Finance Council began discussing considerations for a fundraising policy. Primarily, proceeds from fundraisers will go into the regular operations budget and two individuals must be responsible for cash handling at all events. Additional details will be established when the board undertakes writing the policy.
- We approved the project proposal submitted by the joint Aesthetics and Windows Teams to begin restoring the central rose window.
- We continued discussion about the draft policy

FINANCE COMMITTEE UPDATE

Finance Committee met on 1/16/18 to review financial reports, discuss ideas for fundraising policy, and development of narrative budget reporting categories for 2018.

Peoples Church ended year with smaller deficit than budgeted. The deficit will be covered by the church's cash reserves.

- 2018 Income \$169,323
- 2018 Expenses \$175,819

on policies. We will meet with a consultant in February to gather feedback and suggestions on this foundation of our governance structure.

- We discussed the leadership culture we want to create at Peoples. Included: a broader definition of leadership than serving as team leaders or on the board; developing mentoring and project-oriented opportunities; nurturing a culture where members enthusiastically take on leadership roles.
- We reviewed the schedule for the Mission in Action workshop on February 3 at 10 AM. All board members will attend and participate with the rest of the congregation.



*Board Meeting
Minutes are
available online at
www.peoplesuu.org
or printed and kept
in The Office.*



MARCH 12

Reverend Rebecca Hinds will be speaking on the March 12th panel sharing her views on Unitarian Universalism.



Know Your Neighbor

The Inter-Religious Council of Linn County presents a moderated discussion with representatives from various faith traditions.

Jan. 8
Bahai, Buddhism, Christianity

Feb. 12
Hinduism, Humanism, Islam

Mar. 12
Judaism, Native American, Unitarian Universalist



Downtown Library, Beems
6:30-7:45 pm

Saturday, February 3rd
7pm, Peoples Church
Free! Writers will be selling their books.

CRACKED WALNUT

Cracked Walnut's mission is to create community through spoken literature by giving talented local writers the opportunity to share their work with an appreciative audience.

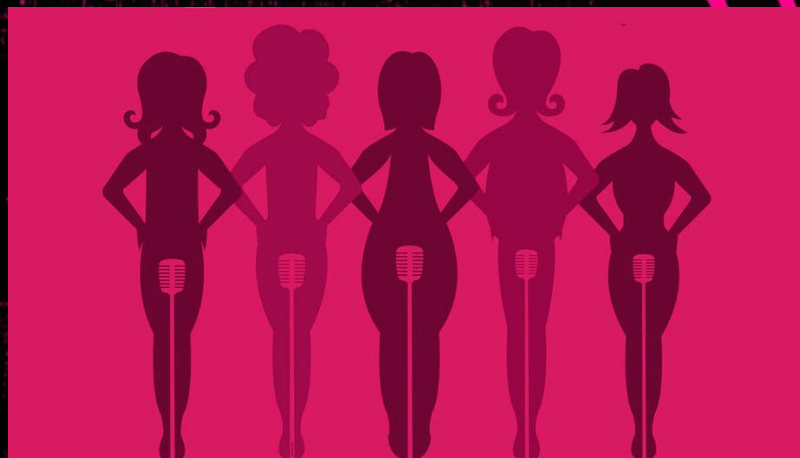
Readers for this evening will include:

S.P. Jayaraj
Karen Bovenmyer
M.L. Williams
Mike Moran



The Vagina Monologues 2018

Saturday, February 17th
7pm, Peoples Church
\$25 General, \$20 Student



All proceeds go to benefit woman's organizations in our community.

Monsoon — United Asian Women of Iowa serves victims and survivors of domestic violence and sexual assault in Asian and Pacific Islander (API) communities in Iowa.

NISAA — Nisaa African Family Service's mission is to end domestic violence and sexual assault in African Immigrants and Refugee communities.

— Here's What's —
GOING ON
AT PEOPLES CHURCH

Home Church

This is the final week to sign up for a Home Church group. February will have the first home church meetings, so if you are interested sign up this Sunday or contact Rev. Rebecca Hinds to grab one of the remaining spots!

Mission in Action Congregational Workshop Saturday, February 3, 10-2pm, Andre Room

You're invited – yes, YOU! – to help begin putting our new Mission to work for Peoples Church: Leading compassionate lives through spiritual growth and just action. At this congregation-wide workshop, we'll examine together how the Mission speaks to our current activities and our future endeavors. Bring your ideas about how our values and mission should define our church. Lunch will be provided. Watch for more information in your postal mail.

Cracked Walnut

Saturday, February 3, 7pm, Peoples Church

Peoples Church will be hosting the Cracked Walnut group for their February literary reading. Cracked Walnut's mission is to create community through spoken literature, by giving talented local writers the opportunity to share their work with an appreciative audience. All readings are open to the public.

Shared Spirits (A Pub Theology Gathering)

Sunday, February 11, 4pm, White Star Alehouse

Come talk about Serious Topics over drinks (alcoholic or otherwise) and deepen connections between Peoples people. We'll talk about the (im)morality of keeping wealth as argued in: <https://www.currentaffairs.org/2017/06/its-basically-just-immoral-to-be-rich>. Contact Robyn M-K with questions or input: robyn-kubanek@gmail.com or 319/594-3458.

Van Vechten Guild Meeting

Monday, February 12, 12pm, Andre Room

This month the Guild will host our Minister Rebecca Hinds as members will look forward to Rev Rebecca insights on Peoples after her first year here in Cedar Rapids. Bring you questions and comments to this informative meeting.

Vagina Monologues

Saturday, February 17th, 7pm, Peoples Church

Peoples Church will be hosting the 20th Anniversary of the Vagina Monologues. All proceeds will go to benefit woman's' organizations in our community. Tickets are \$25, \$20 for students and can be bought in the office or after service on Sunday's.

February Movie Night

Friday, February 23rd, 7pm

The movie will be Pay It Forward. This was a movie that was both well received and criticized when it debuted. It has also been discussed in recent news cycle because of the lead actor and sex abuse and harassment allegations. Pay It Forward is a 2000 American drama-romance film based on the novel of the same name by Catherine Ryan Hyde. It is set in Las Vegas in the present day, and it chronicles 12-year-old Trevor McKinney's launch of a goodwill movement known as 'pay it forward'. Come watch the movie and join the discussion afterwards.

Waking Up White Discussion

Sunday, February 25, 9:30am, Ely Room

Our first discussion on white privilege and supremacy as reflected in the book, Waking Up White and Finding myself in the Story of Race occurred on January 28. 17 Peoples members shared their early encounters with stereotypes about people of color and we learned from each others experiences. Our next session will occur on Sunday, February 25 at 9:30 in the Ely Room. We will be talking about chapters 16 through 30 from the book and exploring how we connect with what the author is sharing about herself. All are welcome.

Board Meeting

Wednesday, February 28th, 6:15pm, Ely Room

The Board of Trustees meets every month to conduct the business of the church. Peoples people are always welcome to observe and learn about the topics at hand.

have a nice day

hello february

Date	Time	Event
1-Feb	6:30 – 8pm	CUUPS Imbolc Ritual / Full Moon
3-Feb	10am – 2pm	Dev. Ministry Mission Workshop
	6:30 – 9pm	Cracked Walnut Reading
4-Feb	11am – 12pm	Religious Education
	11am – 12pm	Worship
4-Feb	12:15 – 2:15pm	RE Council
7-Feb	6 – 7pm	Membership Committee Meeting
	7 – 8pm	Choir Practice
10-Feb	9am – 12pm	VM Rehearsal
11-Feb	11am – 12pm	Religious Education
	11am – 12pm	Worship
	12:15 – 2:15pm	RE Task Force
11-Feb	4–6pm	Shared Spirits—Pub Theology
12-Feb	12 – 2pm	Van Vechten Guild
13-Feb	7 – 8:30pm	LGBTQ Support Group
14-Feb	All day	Valentine's Day
	7 – 8pm	Choir Practice
17-Feb	6 – 10pm	The Vagina Monologues - Fundraiser for Women Organizations
18-Feb	10 – 11am	Choir Practice
	11am – 12pm	Worship - Multigenerational
	12:15pm	Worship Associate Meeting
19-Feb	All day	Presidents' Day
21-Feb	7 – 8pm	Choir Practice
22-Feb	7 – 8pm	Finance Committee Meeting
23-Feb	6 – 10pm	Movie Ely Room
25-Feb	9:30 – 10:30am	SCJ Waking Up White - 2nd 15 Chapters Discussion
	11am – 12pm	Religious Education
25-Feb	11am – 12pm	Worship
28-Feb	6:15–8pm	Board Meeting



OUR CARING COMMUNITY

GOOD NEIGHBORS

GINA MOLBY ~ 210-2605 ~ RNKROEMER@GMAIL.COM

PARAMINISTERS

JANUARY 22–FEBRUARY 4 ~ SCOTT MANSFIELD ~ 362-0436

FEBRUARY 5–FEBRUARY 18 ~ SUSIE HAUTER ~ 448-4490

FEBRUARY 19–MARCH 4 ~ DOROTHY HERSHNER~393-6617



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