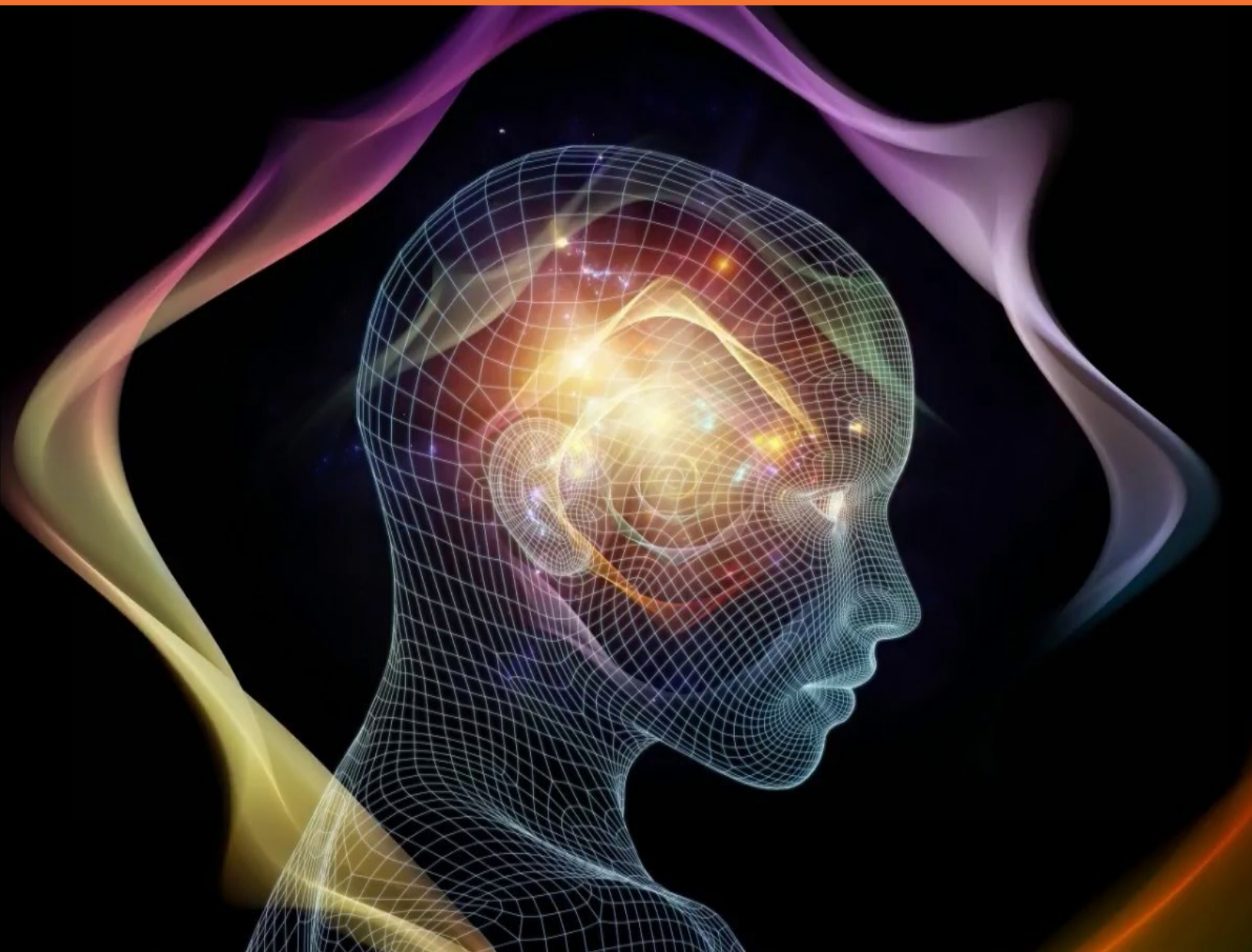


THE VOICE



Peoples Church Unitarian Universalist
November 2019

Minister's

MOMENT



Rev. Rebecca
Hinds

There is so much to pay attention to: the news, the election, the latest trends, the daily to-do list, and much more. So, as we head into a new month built around the theme of ATTENTION, I got to thinking about what we can let go of. What can we stop paying attention to? What can we put down in order to focus our limited attention on that which truly matters the most?

It turns out quite a bit! Only a few things really need our attention on any given day. The trick is to slow down and focus.

In an essay called “Set in Stone,” Rev. Victoria Safford writes about this by describing an epitaph she discovered one day on a walk through an old cemetery in New England. It said, “She attended well and faithfully to a few worthy things.”

Well how about that? At first it sounds sort of meager, but isn't it profound? For what else can a person really do in life?

I find that these are words to live by. In a world that is constantly pulling my attention in a thousand different directions and threatening to leave me scattered and wild-eyed, I hope that I can someday say at the end of my life that I “attended well and faithfully to a few worthy things.”

*ATTENTION
IS THE
BEGINNING
OF
DEVOTION.*

Mary Oliver

How about you? What are the “worthy things” in your life? Are you paying attention to them? Of course, it takes practice and patience, so I hope you will join us all month long as we learn to focus our attention on that which matters most.

As you may have heard by now, the first few days in November I will be turning my attention to protecting our

water resources. I am heading to a Spirit of Place Retreat on the shores of Lake Superior hosted by the Cedar Tree Institute in Marquette, MI. I will be joining up with other pastors, theologians, writers, ethicists, and

environmentalists to take an in-depth look at water as a threatened global resource, gain insights into the challenges facing North America's Great Lakes, and engage Judeo-Christian, Buddhist and Native American reflections on the theological dimensions of water.

It is a gift and a blessing to be able to use some of my study leave for this purpose and I look forward to sharing with you all about my experience and learnings in the months to come.

In faith,

Rev. Rebecca

NOVEMBER 2019

Attention

November 3: Our Ancestors, Our Future

The stories of our ancestors contain as many truths as they do untruths. Still they matter, and what they tell us of our collective journey is the way to the world of our aspirations. Let us explore these stories as a source of hope in increasingly dark times, seeking our own lights in the darkness. Service led by Andrea C. Hawkins-Kamper

November 10: Hearing Your Call

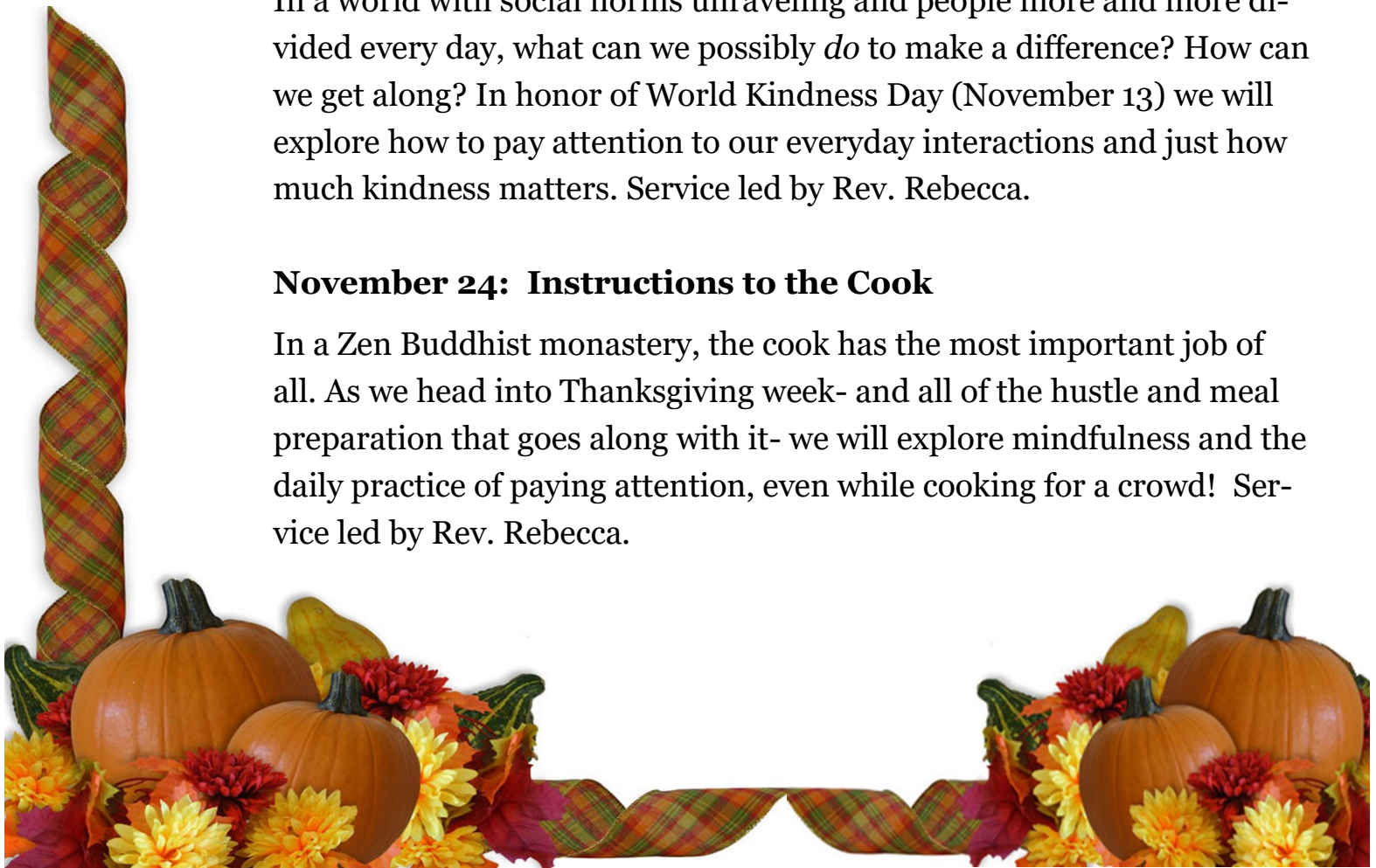
Is your life on the right track? Have you found your purpose? Everyone has a unique call (or purpose in life), if you listen for it. Come listen intentionally and pay attention to the still small voice within that is singing to you and calling your name. Service led by Rev. Rebecca.

November 17: Kindness Matters

In a world with social norms unraveling and people more and more divided every day, what can we possibly *do* to make a difference? How can we get along? In honor of World Kindness Day (November 13) we will explore how to pay attention to our everyday interactions and just how much kindness matters. Service led by Rev. Rebecca.

November 24: Instructions to the Cook

In a Zen Buddhist monastery, the cook has the most important job of all. As we head into Thanksgiving week- and all of the hustle and meal preparation that goes along with it- we will explore mindfulness and the daily practice of paying attention, even while cooking for a crowd! Service led by Rev. Rebecca.



Wise Words

David Wise, Faith Formation Director



Someone posted on Facebook recently an article about a congregation in Minneapolis who was nearing the end of their life and were defying their denominational leaders. A new pastor came in and encouraged them to reach out to the neighborhood—not to invite the people to the church. He wanted them to reach out to help the community around the church with home and car repairs! He wanted them to take care of the neighbors with the money and energy they had left! The congregation is still alive and is still reaching out to the community. They are showing those around them what it means to be caring and to be a community. What can you do to help those in our community?

One year for our Thanksgiving meal we did things a little different! We asked each of the kids what food they

were thankful for and we created a really different meal! We were fortunate! We were able to buy the ingredients for nachos, Cornish Hens, meatloaf, and all the other things the kids wanted for the meal. It was a great day and one the kids remember well! Not every family is so fortunate! We both had good jobs with decent incomes. We had a house and we had lots of food. There are hurting people all around our community. There is a major issue with food insecurity in our country and in OUR community! What can you do? How can you help? Where can you make a difference?

David

**Cub Scout Popcorn
available after this
Sunday's Worship!**

Children's Faith Formation for November and December

The children will be working on the holiday program Nov 17 and 24, and December 8 during class! The program will be presented in Worship on December 15th.

There will be no Faith Formation for children on Dec 1, 22, and 29. The nursery will be open for those up though age 4.

Adult Faith Formation

Due to the need to reschedule the first session and to avoid Thanksgiving weekend, the remaining sessions of Transgender Inclusion in Congregations will be as follows:

Session 2 November 3rd

Session 3 November 17

Session 4 November 24

Session 5 December 8

Session 6 December 15

The sessions will have a film component and a discussion component. The discussion component will begin at 9:45 on Sunday mornings. The film portion can be done individually through the week or at 8:45 on Sunday morning.

Instructions to enroll:

Go to the course page (<https://transforming-hearts-collective.teachable.com>)

Scroll to the bottom and select the \$500 option

Click "Enroll"

On the next page click the red text "Add Coupon"

In the box that appears, enter PEOPLESUU and click "Apply" (the total will be adjusted to FREE)

Fall New Member Class

Tuesday evenings at 7pm

Nov. 5, 12, 19

Are you interested in learning more about Peoples Church, Unitarian Universalism, and what it means to be a Member? Contact Rev. Rebecca to sign up!

Those who wish to join the church will be welcomed into membership during worship on Sunday Nov. 24th.

Mike Meshak,

Board President

After rewatching Downton Abbey, I was struck by how often they use the word kind. Any favor or attitude is expressed as kind or unkind. Even in the Boy Scout Law, kind is mentioned, as well as friendly.

People's Church is a kind house of worship, and this year you all have been especially kind. We celebrated 150 years of existence as a religion in the Cedar Rapids area, and will feel the effects for years to come.

We are a welcoming congregation, and we are non-judgmental in many, many ways. We are kind. We look to help others in our programs, and allow others to discover for themselves their place in the world.

As a rule we don't force a dogma at others, and we vote democratically when we govern. If there is strength in being kind, we are among the strongest organizations that exists.

I personally appreciate every kind act and word that has

come my way since joining PCUU. There are days when my faith in humans gets tested. And then some person just does or says the kind thing that amazes me, and inspires me to be kind myself.

Going in to the Holiday Season, kindness can take many forms. As an adult, gifts mean less to me than they once did. But a little kindness never grows old.

I hope to see you all at our Annual Meeting in December, and yes, this time a meal will be involved.

Sincerely,

Mike Meshak
PCUU Board President



The Negro Artist

Caleb Rainey

**Saturday,
November 9
at 7 p.m.**



**Peoples Church
Unitarian Universalist**
4980 Gordon Ave NW
Cedar Rapids IA 52405

Light refreshments will be
served after his
performance.

A free will donation
is requested with
proceeds to help benefit
the NAACP of Iowa.

Sample
[The Negro Artist on
YouTube](#)

Caleb "The Negro Artist" Rainey is an author, performer, and producer. He hails from Columbia, Missouri, and holds a bachelors degree in English (Creative Writing) from the University of Iowa.

His debut book, Look, Black Boy, became Amazon's #1 new release in African American poetry, and was featured on Iowa Public Radio. He co-founded the literary magazine *Black Art; Real Stories*, was published in the Little Village Magazine, and writes a monthly column for The Real Mainstream.

As a performer he is the winner of the Des Moines Poetry Slam, the Iowa City Poetry Slam, a two-time winner of the Fire & Ice Poetry Slam, and a finalist for the UNESCO City of Literature Global Poetry Slam - Iowa City.

He has done spoken word across the nation including Iowa, Missouri, Nebraska, Wisconsin, Indiana, Colorado, Illinois, New York City, and has even performed internationally in London, England. He was the opening poet for Dan Brown, featured on the album *Blk Boi Joy*, and acted in the Iowa debut of the plays, *Exit Strategy* and *Luna Gale*.

He is actively curating a community of spoken word poets in Iowa City through his creation of a high school program, IC Speaks, and producing local events like *Poetry & Motion*.

In Memoriam

William (Bill) Shuttleworth

Bill passed away Monday, October 28 in his home surrounded by family.

Rev. Rebecca is in touch with the family and together they are working on a Memorial Service to take place at an off -site location in early December. Further details will be published in the eWeekly as they become available.

Please keep the Shuttleworth family in your thoughts and prayers.

Peoples Church Memorial Service

Doris Hamilton

November 9 1pm

There will be a Memorial for Doris on November 9th at 1:00pm. The Van Vechten Guild is facilitating the refreshments.

Kathy Juba is leading the way and she needs some help! *First*, she needs some help on Friday, the 8th at 3:00 to set up tables etc. *Second*, she then will need help in the kitchen on the 9th from 12:00 to 1:00 to prepare the refreshments.

Third, Laura Jean has requested that the Guild serve cookies/bars with the coffee. (Doris loved cookies!) so Kathy needs volunteers to make either 2 dozen cookies or bars and have them to the church by 12:30 so they can be plated. *Lastly*, Clarice and Joye could use some help to clean up and prepare for the evening event at Peoples. If you can help Kathy in one or more of the above activities, please email her at: kathywilson@imonmail.com.

Doris L. Hamilton
May 5, 1917—Oct 18, 2019

Peoples has lost one of our own.

Doris Hamilton, long-time and beloved member of Peoples, passed away Friday October 19, 2019 at the age of 102. We will not forget her generous smiles and twinkling eyes – but what an interesting life she led! Her life shines as an example to how to embrace your community, country and work to make them better.

During WW II she served in the **WAVES** (Women Accepted for Volunteer Emergency Service) in cryptology as a Lieutenant Junior in Washington D.C. In April 2011, among the many memorials visited during the Eastern Iowa Honor Flight to Washington, D.C., Doris was especially proud of the Women in Military Service for America memorial, of which she was a charter member.

She earned a degree in Adult Education from the University of Iowa, using it in her work with Heritage Agency Council on Aging and Kirkwood Community College.

In our community, she was active in the Inter-Religious Council of Linn County, Jane Boyd House, United Nations Association, League of Women Voters, NAACP, Amnesty International, the Cedar Rapids Art Museum, Audubon Society, Iowa Federation of Handweavers, Cedar Rapids Fiber Art-

ists, and the Indian Creek Nature Center. She was also one of the original officers of the Iowa Abortion Access Fund (previously CRMAF and IMAF).



She belonged to Peoples Church for more than 50 years, working with the Paraministry, with our Partner Church in Romania. She brought much joy to the day-to-day life of our congregation and as a member of our own Van Vechten Guild.

Most of all, Doris loved traveling to visit with family. Thanks to Doris, the fun of exploring history, the arts, mountains, rivers and seashores with her are now the memories cherished by her children, grandchildren, great-grandchildren, relatives and friends.

Many believe that it was because of her laid-back, free-spirited, fearless curiosity, her generosity, and her love for life and experiences that Doris enjoyed an active life for so many years. Her values, based in the creative arts, the natural world, and family, will be carried forward by all who knew her.

A celebration of life will be held November 9th at 1pm. Condolences and memorials may be directed to the family.

More details are available in The Cedar Rapids [*Gazette*](#).



Veterans Day

Monday

November 11

Van Vechten Guild

November 11th Meeting

We are moving our meeting to Groundswell this month to support and learn more about this mission in Cedar Rapids.

Most of the members have already signed up for their meals but please don't hesitate to come if you haven't set up a meal preference.

All are welcome to attend.

Social Justice

The Social Justice Council will be presenting the 2nd and 3rd parts of a 3 part series this fall:

So You Want To Talk About Race!



November 9 at 7 pm a performance by Caleb Rainey, "The Negro Artist." Caleb is an award winning writer, performer, and producer. Caleb has performed his poetry around the world, including in London, England, NYC, and the Midwestern states. Go to <https://www.facebook.com/thenegroartist/> to learn more about this outstanding performer.

November 10 at 9:30 am in the Ely Room---Own Your Own Behaviors, Master Your Communication, Determine Your Success. We will actually practice talking to others about race as we learn to feel more comfortable in responding to racist statements as well as recognizing our own microaggressions.



Looking for holiday gifts?

We can help you out!



Please contact the [office](#) or [David Wise](#) if you are interested in purchasing a mug, travel mug or coaster set for a holiday present.

It's not too late to order a t-shirt for a holiday gift *AND* in doing so, support our Faith Formation program.

Everyone likes shirts right? We have 2 designs that can be ordered online.

Simply go to: <https://onemission.fund/support/pcff/?shopfor=173649>

Scroll down and you can pick out your favorite shirt or hoodie! You can choose between 2 designs or buy both! If shirts are not your thing coffee cups are also available.

We have partnered with a company from Mount Vernon called One Mission. We love that they are local and are committed to things that we at Peoples care about!

“One Mission is founded on strong values and a devotion to quality and service. We adhere to exceptionally high standards of production and sustainability for absolutely everything we make. This includes a commitment to Made in the USA, No Animal Testing, Recycled Corrugate & Shipping Material, and a whole list of other product standards that ensure the highest level of performance and safety for you, your family, and our planet.

Inspired by the simple goal of helping more people do more good, One Mission exists ultimately for missionaries, non-profits, and many other important groups and individuals that entrust us with their fundraising needs.”

There are 3 easy ways YOU can support our fundraiser:

1. You can purchase any of One Mission's great products and 40% of what you spend will be donated.
2. You can donate cash (One Mission doesn't charge a platform fee).
3. You can share this fundraiser with your friends and family.

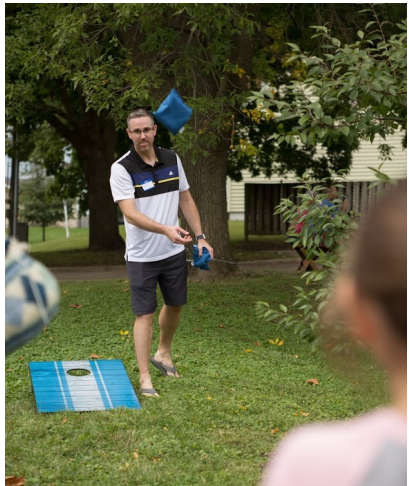
Please consider doing all these of these things!

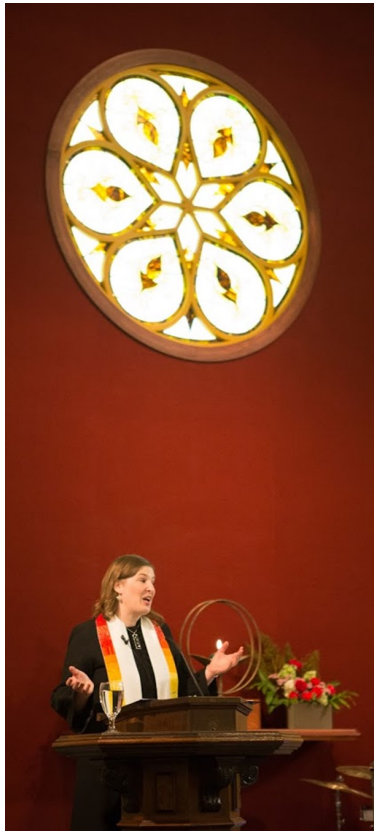


Peoples Church

SESQUICENTENNIAL Celebration

September 14 & 15





To view more photos from the Sesquicentennial Celebration select this [link](#).

Date	Day	Time	Event
1	Friday	6 – 8pm	CUUPS Samhain Ritual
3	Sunday		DAYLIGHT SAVINGS TIME ENDS
		8:45 – 10:50am	Fall Forum Series: Transgender Inclusion in Congregations
		9:45 – 10:45am	Faith Formation Class for children and youth
		11am – 12pm	Worship
		12 – 12:30pm	Cub Scout Popcorn Sales
5	Tuesday	7 – 8:30pm	New Member Class
6	Wednesday	4:30 – 5:30pm	Membership Committee Meeting
		7 – 8pm	Choir Practice
9	Saturday	1 – 3pm	Private Event
		7 – 8:30pm	Performance by Caleb Rainey, "The Negro
10	Sunday	9:45 – 10:45am	Faith Formation Class for children and youth
		9:45 – 10:45am	Parenting Group
		10 – 10:50am	Social Justice Forum
		11am – 12pm	Worship
		12:15 – 1:15pm	Worship Associates
11	Monday	All Day	Veterans Day
		12 – 1pm	Van Vechten Guild - Groundswell - Matthew 25
12	Tuesday	2:30 – 3:30pm	Stewardship Meeting
		7 – 8:30pm	LGBTQ Support Group
		7 – 8:30pm	New Member Class
13	Wednesday	7 – 8pm	Choir Practice
17	Sunday		Fall Forum Series: Transgender Inclusion in Congregations
		8:45 – 10:50am	Faith Formation Class for children and youth
		9:45 – 10:45am	Faith Formation Class for children and youth
		11am – 12pm	Worship
		4:30 – 5:30pm	Board Meeting
18	Monday	9:30 – 10:30am	Archives Committee
		6:30 – 7:30pm	CUUPS Monthly Meeting 6:30pm
19	Tuesday	7 – 8:30pm	New Member Class
20	Wednesday	7 – 8pm	Choir Practice
23	Saturday	All day	Happy Birthday Rev. Rebecca!
		6:30 – 7:30pm	CUUPS Drinks and Discussion
24	Sunday		Fall Forum Series: Transgender Inclusion in Congregations
		8:45 – 10:50am	Faith Formation Class for children and youth
		9:45 – 10:45am	Faith Formation Class for children and youth
		9:45 – 10:45am	Parenting Group
		11am – 12pm	Worship
25	Monday	6 – 9pm	IRCLC Interfaith Thanksgiving Service
27	Wednesday	7 – 8pm	Choir Practice
28	Thursday	All day	Happy Thanksgiving!
29	Friday	All day	Black Friday



OUR STAFF

Rev. Rebecca Hinds

Developmental
Minister

(319) 362-9827(w)
(319) 200-7650 (h)

David Wise

Director of
Faith Formation

(319) 362-9827
by appointment

Christine Kullander

Operations
Coordinator

(319) 362-9827

Office Hours

Tuesday 8:30-2:30
Wednesday 8:30-2:30
Thursday 8:30-2:30
Friday 8:30-10:30

Childcare Providers

Valerie Angerer Zieser,
Alexis Wauford
& Jenna Straatmann

Custodians

Jerry Morris

OUR BOARD OF TRUSTEES

President

Mike Meshak
(319) 480-8202

Treasurer

Gary McGraw
(319) 373-9449

Board of Trustee Members

Charlie Cizio
Jude Johnson
Kathy Juba
David Miessler-Kubaneck
Samantha Wilson

THE VOICE.

PEOPLES CHURCH MISSION STATEMENT

LEADING COMPASSIONATE LIVES THROUGH
SPIRITUAL GROWTH AND JUST ACTION.



Good Neighbors

November

Amy Bostwick | 775-2805 | sassafrass2011@gmail.com

Paraministers

October 28—November 10 | Dorothy Hershner

November 11—December 8 | Jan Federer

QUESTIONS, COMMENTS, SUGGESTIONS.

OFFICE@PEOPLESUU.ORG | (319) 362-9827

the Voice

»—————«

A MONTHLY NEWSLETTER



**PEOPLES
CHURCH**
4980 GORDON AVE. NW
CEDAR RAPIDS, IA 52405