

A woman with long brown hair, wearing a dark grey quilted winter jacket and a vibrant blue and white patterned knit scarf, stands in a snowy forest. She is looking upwards with a joyful expression, her mouth open in a smile, and her arms are outstretched to the sides. The background is filled with bare tree branches heavily laden with snow, creating a soft, white, and textured environment. The overall mood is peaceful and celebratory.

THE VOICE

Peoples Church Unitarian Universalist
December 2019

Minister's

MOMENT

When was the last time you had an experience of awe? Were you looking up at the night sky, gazing at the face of a newborn baby, or listening to your favorite piece of music? Did your heart expand, did your breath quicken or stop, and did the skin on your arms raise with goosebumps?

Awe is an incredible emotion. It is empowering and intense. When it happens, it is hard to describe, for it feels so unique, as if the universe were offering us our own special gift. And on top of all that, it is good for us! It is well documented that awe promotes physical health and wellness and fosters a sense of purpose.

Wow! If awe is all that, who wouldn't want to experience more of it?

So, this month instead of coming to church let's all go out and climb a mountain or go to the symphony in search of that amazing feeling of awe!

Just kidding! Awe doesn't have to be that rare or specialized of an experience and it is certainly not about you. As you probably know, awe makes us feel small and helps bring our sense of self down to size. It

moves us from self-interest to community interest, breaks down us vs. them thinking and encourages altruism, curiosity and selflessness. Awe connects us with one another and serves as a counterpoint to the narcissism and greed that plague our society.

And we don't have to experience it in big, shiny mountaintop moments (although those are wonderful)!

We truly can find awe in our daily lives.

To help develop this skill, I wonder if any of you would like to join me in a spiritual practice of taking a daily "Awe Break" this month?

Here is how it works: for just a few minutes a day, stop and let awe soak in.

THERE ARE ONLY TWO WAYS TO LIVE YOUR LIFE. ONE IS AS THOUGH NOTHING IS A MIRACLE. THE OTHER IS AS THOUGH EVERYTHING IS A MIRACLE.

- Albert Einstein

To help us out, The Soul Matters Team has put together a collection of YouTube videos called [Daily Doses of Awe](#). It includes 31 short, awe-inspiring videos, one for each day in December. Tune in and let's see what a daily dose of awe does for you, your spirit, and your community!

Happy Holidays everyone!

In faith,



Rev. Rebecca
Hinds

Happy Holidays

DECEMBER 2019

Awe

December 1: Awesome: The New Awful

If everything is awesome, then nothing is. It's time to step back from hyperbole and start finding ways to feed our spirits by noticing what is truly awe-full. Service led by Kathleen Mavity.

December 8: Beyond Awe

When an experience of awe stops you in your tracks and leaves you speechless it can feel both amazing and terrifying. The universe is so big, and we are so small! Is there anything beyond this mysterious abyss? Can we lean in and find out, even if we are scared? Service led by Rev. Rebecca.

December 15: What Is December Holidays for \$100, Alex.

Jeopardy is one of the most popular game shows of all time! Join us on December 15th for the Peoples Church version of Jeopardy as we explore some of the holidays of December during the Faith Formation Holiday program. Service led by David Wise and Faith Formation Students.

December 22: The Rebirth of the Sun

The dark night gives birth to the light on this Winter Solstice morning. Arise and greet the new sun on this glorious first day of winter and join us for our annual Yule Service. There will be much merriment and joy all around. Service led by Rev. Rebecca and CUUPS. Music by the Peoples Choir.

December 24: Do Not Be Afraid! *Special time—4:30pm*

In a culture of fear and a world of uncertainty the Christmas Story breaks through to remind us to fear not. Come celebrate Christmas with us in a simple service of lessons and carols. Followed of course by our annual Christmas Cookie reception. Bring some cookies to share if you can!

Service led by Rev. Rebecca.

December 29: TBD

Service led by Bryan Davis.

When our children were younger, we drug them out in the cold, sometimes snowy, weather to cut down our Christmas trees! We would go to a local tree farm traipse through the fields in search of the perfect trees. Of course, once we got the trees back home, we realized they were not perfect! Whether it was too tall and touched the ceiling or too big around and took up most of the walking space in the room we figured out a way to make the trees work for us. Our kids sometimes, ok most of the time, complained about the cold and wet conditions. They complained about the walking. They were to say the least not happy at times.

Today they look back fondly on those times. They, mostly, remember with fondness those cold days searching through the fields for that perfect tree!

Memories from our younger years often bring smiles to our faces! For some those memories are not as positive. Rather than bringing smiles they bring tears to our eyes. All of these memories are the things that make us who we are today.

I think it is important for each of us to try and help make those memories that bring smiles. There are folks who are hurting. There are people who are in need. What can you do to help bring a smile to the face of someone today?

What is something that you can do now to impact the lives of the children in Faith Formation here at Peoples? Faith Formation is not just the responsibility of

Wise Words



David Wise, Director of Faith Formation

the teachers, Director of Faith Formation, Pastor, and parents. It is the responsibility of the entire congregation!

Do you have an ability to teach? Perhaps not on a weekly basis but maybe you have a talent or skill that could be taught to the young people in the church!

Do you do crafts/woodworking? Perhaps there is a craft project that could tie into one of the weekly lessons that you could help with!

Do you enjoy reading or telling a story to groups? We would love to have a time between class and worship where stories are read to the kids. Can you help?

Faith Formation is taking a field trip to the National Mississippi River Museum on January 4th. Everyone in the church is invited. Email David at dre@peoplesuu.org or talk to him. Reservations are due by December 19th. We will have a discounted group admission We will meet at the museum in Dubuque at 9:45am.

No Faith Formation December 22 and 29. Classes resume on January 5th.

David



NOTICE OF CONGREGATIONAL MEETING

The Peoples Church Board of Trustees has called a meeting for **Sunday, December 8, 2019** in the Andre Room fellowship hall on the lower level.

This meeting is open to all members and friends; however, only members may vote on agenda items. We will begin with a potluck after the worship service, with the congregational meeting following. The meeting will begin no earlier than 12:30 PM.

According to our bylaws, notice of the meeting shall be deposited in the mail at least 14 days prior to the meeting. The notice shall include a statement of the purpose and business to be taken up at the meeting. Our agenda will be as follows:

AGENDA

- Call the meeting to order
- Light the chalice
- Minister's Report
- Faith Formation Update
- President's Report
- **VOTE ITEM: 2020 Budget**
 - Finance Council will present the budget and answer questions.
 - Congregation will vote on the budget.
- **VOTE ITEM: 2020 Social Justice Focus**
 - Social Justice Council will present on the 2020 proposed focus topic for Peoples Church and answer questions.
 - Congregation will vote on the focus topic and complete quarterly giving ballots.
- Other business for the good of the church
- Closing Words
- Adjourn

Mike Meshak, Board President



Winter is knocking at our doors, literally. With 50 mile per hour winds, nature is showing it can indeed be awesome in its power.

We can be in awe of many places, such as the Badlands of South Dakota, the North Shore of Lake Superior, or such local places like Backbone State Park and White Water Canyon. I am stumped as to how such places evolved, how rustic they appear and appreciate them all the more because they do not exist everywhere.

And then there are people. I am in awe of their gifts, talents, dedication and humanity. They all have stories and history. They too have evolved along their life journeys. And we meet them everyday, but may not know them fully.

This time of year, families get together to share a meal, play or watch games, and reconnect with each other. I hope we can reconnect as a church Sunday December 8th after service for a potluck. We will be approving the 2020 budget and selecting our Social Justice causes, and we will be together.

I look forward to seeing PCUU in strength and with hospitality.

Mike Meshak
PCUU Board President

Understanding Unitarian-Universalism Today

with the Rev. Rebecca Hinds

Peoples Church is joining up with Christ Episcopal Church to offer a three-part series of classes exploring the history and theology of UUism.

Whether you are a long-term member, newer member, friend, or just curious, this class is for you! All are welcome.

January 5, 12:45 pm, at Christ Episcopal Church, with potluck.

January 12, 12:45 pm, at Peoples Unitarian Universalist Church, with potluck.

January 19, 1:30 pm, an afternoon trip to the Coralville Unitarian-Universalist Society, the “Greenest Church in Iowa.” Carpools depart from Christ Church parking lot at 1:00 pm.

Inclement Weather Policy

In the event of bad weather, everyone is encouraged to prioritize their own safety and the safety of their family. Only come to church if you are comfortably able.

An official decision on canceling Sunday morning activities (including worship, Faith Formation, and anything else on the calendar) will be made by 7:30 AM. Cancellation information will be posted as follows:

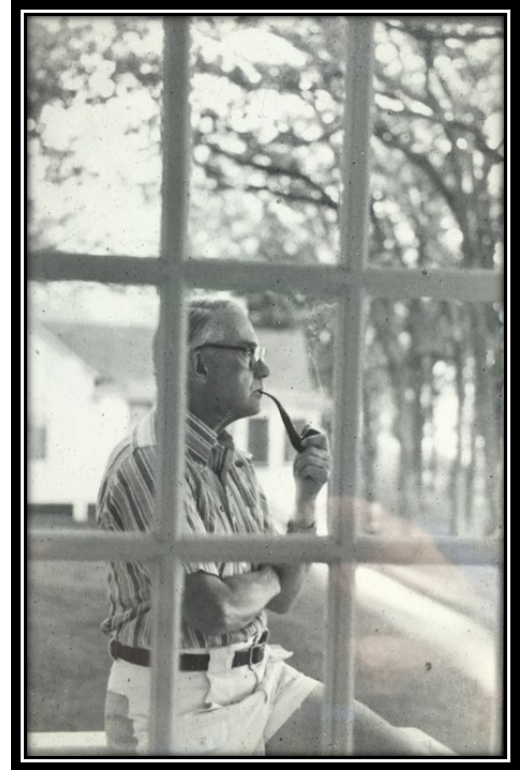
- a notice will be posted on our PCUU website
- a notice will be posted on our Facebook page
- scrolling on KCRG TV and published on the KCRG website
- scrolling on KGAN TV and published on the KGAN website



In Memoriam

William "Bill" Shuttleworth

A memorial service will be held for Bill this Saturday, December 7th, at 2pm at the Cedar Rapids Country Club. A gathering will be held following the service.



Scott Mansfield

A memorial service will be held for Scott on Monday, December 16th, at 2pm. A gathering to share remembrances will be held in the Andre room following the service.



Welcome Back Sun!

Labyrinth Walk

Welcome back the sun with a labyrinth walk on Sunday, December 22nd. Marion and Rich Patterson's Phoenix Harmony Labyrinth will be open to walk from 2:30 p.m. to 5:00 p.m.

Here is what you need to know:

All ages are welcome.

Address is 1080 30th St Drive SE, Cedar Rapids, 52403. **Enter by the green mail box and pull around the horseshoe drive.** Park with driver tires on the grass. If we have had snow, pull over the best you can so others can leave as they need to.

Wear warm clothes, gloves, and sturdy shoes or boots. I will have the path packed down if we have had snow.

We will have finger labyrinths for those who want to come and prefer to "walk" that way; trekking poles for balance; flashlight for late comers (the labyrinth is fun to walk in the evening dusk; some feathers to carry and leave in the labyrinth, return to the container, or take home; and warm cider in Rich's cabin.



Why walk a labyrinth? Check out Veriditas' webpage [New to the Labyrinth](#). And, I will share some guidelines since we will be walking with others. You will figure out how to approach, acknowledge and pass another person. Ours is a five-circuit, dual entry, Harmony Labyrinth. Each side mirrors the other. For example, place your hands little finger to little finger and palms up. Now, fold your hands together. Each hand mirrors the other.

Set an intention for your walk. **Release** expectations and appreciate the journey. After ringing the bell, walk in on one side, back and forth to the center. Stay in the center as long as you choose. Here you might **receive** insights about your intention. Walk out the other side back and forth to the entrance. Ring the bell as you **reunite** with the world.

Join others in the cabin for a warm beverage and share your experience as you wish.

Finance Meeting Update

The Finance Team met on 11/14/19 to review financial reports and the proposed 2020 budget.

Cash flow for October was negative:

- October income \$11,354
- October expenses \$14,582

Social Justice

At the December 8 Congregational Meeting the Social Justice Council will present a ballot to select the beneficiaries of our First Sunday Plate Collections in 2020 (mailed to you with the agenda). Our proposal is to continue to focus on racial justice and immigration in 2020.

Some of our proposed activities include holding Forums on *Having Difficult Conversations* related to race, gender identity, sexual orientation, political affiliation, etc.; book reviews and other educational information in the Voice; film viewing on a Sunday afternoon; and political advocacy with postcard writing on relevant legislation.

We will continue to support our African immigrant neighbors by providing land for their gardens. In addition, an event is being planned in support of Bethel AME Church and we will hold another Sunday Service on racial justice.

More information will be shared at the Congregational Meeting. Recommendations and nominations of additional Sunday Plate Collection recipients are welcome. Please contact marcia.swift@gmail.com with your thoughts and ideas.

The next SJC Meeting is Wednesday, January 8 at 2 pm. We will welcome all participants.

Archives Committee

The Archives Committee has made an insert for the Timeline Booklet showing corrections to the original text available to anyone with a copy, as part of its mission of providing accurate historical information on Peoples Church history to the extent possible.

Our intention is to have it placed inside the front cover for easy reference. Those with booklets may affix the sheet if they wish, but for those booklets being archived, the use of special archival-quality adhesive material is recommended.

The Archives Committee will have these sheets available next to the displayed booklets at church for people to take and add to their own copies, and will insert this sheet into those booklets currently on hand, as needed.

For those who wish to print their own insert, the text is below:

ADDITIONS & CORRECTIONS 11/2019

Pages 13, 15 & 18:

Linda Hansen served 1994-2003

Page 18:

Jay Abernathy served 2003-2004

Rick Koyle served 2004-2006 (the dates are correct on page 15)

Page 19:

Marlene Walker served 2006-2008

Source: Rev. Linda Hansen, 09/07/2019

Page 20:

Text under the **Ada Van Vechten** photo should read “ . . . *instrumental in establishing the first Cedar Rapids Public Library*”

Stained Glass Jewelry Still Available!



Good news! If you missed getting your Sesqui-centennial commemorative pendant made out of Peoples Church 3rd Ave. stained glass this fall, you are in luck. Jewelry artist Diane Hoefer is willing and able to make some additional pieces by request. If you are interested in having her make you a pendant, please contact her directly at: deshoefer@gmail.com

IRCLC Annual Dinner & Meeting Tuesday December 10

at St. Stephen's
Lutheran Church, 610
3st St SE.

Dinner will be served
at 6:00pm. The annual
meeting will follow
at 7pm.

To ensure that we
have sufficient food
prepared please RSVP
to this [email](mailto:pastorritva@gmail.com)
(pastorritva@gmail.com)
no later than Thurs-
day December 5.

Rohatsu Sesshin

December 6 - 8



**A time for more intensive practice to commemorate the
Buddha's enlightenment.**

Join us at Cedar Rapids Zen Center in our first virtual Rohatsu Sesshin.

Commit to some extra sitting
between the evenings of December 6th and the evening of December 8th
then join up by emailing us at
crzc@cedarrapidstzencenter.org

We'll still have the regular Sunday schedule with 9:00 a.m. zazen followed by the
Buddha's Enlightenment Ceremony, a dharma talk, work period, and tea and talk.

Thank you for your interest and participation!



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!



December 2019

Date	Day	Time	Event
4	Wednesday	4:30 – 5:30pm	Membership Committee Meeting
		6 – 7pm	Choir Practice
8	Sunday	8:45 – 10:50am	Fall Forum Series: Transgender Inclusion in Congregations
		9:45 – 10:45am	Faith Formation Class for children and youth
		9:45 – 10:45am	Parenting Group
		11am – 12pm	Worship
		12 – 1:30pm	Annual December Congregational Meeting & Potluck
9	Monday	12 – 1pm	Van Vechten Guild - Cookie Exchange & Libby Slappey on Van Vechten Connection with CR Library
10	Tuesday	1 – 2pm	Paraministers
		7 – 8:30pm	LGBTQ Support Group
11	Wednesday	6 – 7pm	Choir Practice
13	Friday	6:30 – 7:30pm	CUUPS Full Moon Ritual
15	Sunday	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
		12:15 – 1:15pm	Worship Associates
		4:30 – 5:30pm	Board Meeting
16	Monday	9:30 – 10:30am	Archives Committee
		2 – 3pm	<i>Scott Mansfield Memorial Service</i>
		6:30 – 7:30pm	CUUPS Monthly Meeting
18	Wednesday	6 – 7pm	Choir Practice
21	Saturday	5pm	CUUPS Yule Ritual
22	Sunday	All day	Happy Hanukkah! (Beginning of Hanukkah)
		9:45 – 10:45am	Faith Formation Class for children and youth
		9:45 – 10:45am	Parenting Group
		11am – 12pm	Worship
24	Tuesday	4:30 – 5:30pm	Christmas Eve Service 4:30pm
25	Wednesday	All day	Merry Christmas!
26	Thursday	All day	Happy Kwanzaa! (Beginning of Kwanzaa)
29	Sunday	9:45 – 10:45am	Faith Formation Class for children and youth
		11am – 12pm	Worship
30	Monday	All day	End of Hanukkah
31	Tuesday	All day	New Years Eve

PLEASE NOTE – The office will be closed December 23-27.

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

December

Kathy Juba | 378-3116 | kathywilson@imonmail.com

Paraministers

November 11—December 22 | Jan Federer

December 23—January 5 | Dorothy Hershner

QUESTIONS, COMMENTS, SUGGESTIONS.

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

the Voice

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A MONTHLY NEWSLETTER



**PEOPLES
CHURCH**
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