

THE VOICE

July 2020



Peoples Church Unitarian Universalist

4980 Gordon Ave. NW ● Cedar Rapids ● Iowa ● 52405

[Peoples Church UU Cedar Rapids, Iowa YouTube Channel](#)

www.peoplesuu.org

The last few months have been exhausting for all of us. So much is going on in the world and we have all had to adapt in previously unimaginable ways. I'm tired, and I know I am not the only one.

Like me, a large number of Peoples people are in caring or helping professions (health care, spiritual care, education, social work, etc.) endlessly giving of themselves to serve others. And in our personal lives, all of us are busy caring for our families, our fellow church members and friends, and our loved ones.

While it has been truly remarkable to witness our community rise up to care for one another and collectively navigate these tricky times, I sometimes worry about compassion fatigue. In order to care for others, we each need to care for ourselves. We need to stay well.

So, here is an invitation: see if you can spend some time this month regaining your own spiritual health and taking good care of yourself.

Things are not going "back to normal" anytime soon. Our world is evolving, and we are entering a new era. We will each need to build up our reserves in order to survive and thrive.

The care and love you have been pouring out on others are

critical, but so is your long-term wellbeing. Take the time you need for self-care and spiritual restoration.

Rest. Renew. Restore. Heal.

I plan to do the same as I take my annual month of study leave in July. I will be focusing on my own spiritual renewal and restoration as I prepare to serve Peoples Church for what I expect will be another interesting year.

While I am away our fabulous Worship Associates have lined up an incredible series of Sunday services for you all, all of which will take place online only.

If you need spiritual care in July please do not hesitate to contact David Wise, who is a skilled pastor and caregiver, and/or one of the paraministers. If any emergencies come up these folks will notify me right away.

I look forward to "seeing" you all in August!

Blessings of health and healing to you. May you be well.

In faith,

Rev Rebecca

MOMENT

Minister's



Rev. Rebecca
Hinds

July 2020

Hope and Healing

July 5: Scott Mansfield Memorial Picnic

This Sunday we'll have a virtual Fourth of July picnic in honor of Scott Mansfield. When you click on your Zoom link, you'll be taken to a free-for-all time for chatting, catching up, and sharing any stories of Scott you especially like. There will be no planned structure; it's just a time for community and connection. The Zoom room will be open from 11 a.m. to noon. See you then! Zoom host is Kathleen Mavity.

July 12: Hope Is The Oxygen of Change

What an amazing and tumultuous time we find ourselves in. Who could have guessed that the tragedy of a pandemic would expose so clearly the absurdities, fault lines, and inequities of our society at this moment in history? How could we have known there would finally be an injustice so brazen that it would ignite a global movement for structural reform? Hope is in the air! Zoom Service led by Bryan Davis. Worship Associate: Paulette Montague. Music by Judy Mitschelen.

July 19: Hope & Healing Through Humor

Laughter is a proven technique to improve our mental and physical health. I'll take a serious look at the topic, and hopefully provide a few laughs along the way. Zoom Service led by Cate Sheller.

July 26: TBD

Zoom Service led by Deb Booth.

Wise Words



David Wise, Director of Faith Formation

Normally at this time of the year I am plotting how many firework shows we can watch! Who is having a display on July 2nd? Who is on the 3rd (other than the boat club-too hard to get in and out)? And of course downtown Cedar Rapids on the 4th!! Who is having them on other near by days? Is the Pyrotechnics Guild International show close enough to manage later in the summer? All of those questions I pore over year after year. But not this year!

My thoughts range from how can we support the movement for fair treatment for BIPOC (Black, Indigenous, People of Color)? To how do we keep ourselves safe from COVID? And so many other worries and fears of the day!

There are no easy answers to the issues that face us today! It seems the last few years we have stopped searching for solutions and instead have been looking for who to blame! It is always someone else who is at fault.

The reality is we are all at fault! These issues have not developed overnight. They have been here for a long-time and those of us with privilege have done little to stop them.

Unitarian Universalist ministers Rev. Megan Foley and Rev. Theresa Soto write, "All of us need all of us to make it." I want you to get used to those

words; make them your prayer. All of us need all of us to make it.

This is why Unitarian Universalists support the Black Lives Matter movement. Please take a moment to center the struggle for Black lives in your thoughts.

Say it with me, loud or soft: "All of us need all of us to make it."

In a world where some of us are targeted for struggle and brutality, where others of us benefit and flourish, we pray:

"All of us need all of us to make it."

In a world where powerful people of ill will and indifference make us fearful for our safety and our futures, we pray:

"All of us need all of us to make it."

In the excruciating space that lives between seeing and naming, and hearing and changing, we pray:

"All of us need all of us to make it."

Make a picture in your mind of someone you aren't very happy with right now. Look at their face in your mind, and pray:

"All of us need all of us to make it."

Unitarian Universalists believe that all of us need all of us to make it; this is why we are in solidarity with the movement for Black lives today and every day.

Amen.

Indeed, all of us need all of us to make it!!

David

STAY
HOME.

IT'S
CORONA
VIRUS.

TO STOP THE SPREAD.

Cool off in a new t-shirt!

We are able to continue selling t-shirts with our two designs. They make great gifts. Please share the link with friends and family! They are wonderful for UU friends and non UU friends!

Both the Question Everything and Only Kindness Matters are great for this continuing political season!!! [Click here!](#)



Nurturing the Flame

Marion Patterson
Board President

Our theme for July is Hope. Like the word “wish”, hope can be an odd thing to consider. The way it is often used it is wishy-washy. Yet, it is not. The dictionary defines it as “a feeling of expectation and desire for a certain thing to happen.” Expectation and Desire are the key words.

When we expect something to happen, we work towards it. When we desire something, we look for opportunities to help manifest our desire.

I hope you will continue to watch the Lighting the Leadership Chalice Videos. This week numbers three, Governance leadership, and four, Indicators of Effective Governance.

What is fiduciary responsibility? What is the “balcony view?” How do we make visions happen?

How does partnership help with decisions? What role do congregants have in all this? When mistakes happen how do we get back on the path?

A simple click is all it takes. Then, share with folks who may not have internet access. Let’s bring everyone along on this journey of Policy Governance.

Our desire as a congregation is to positively impact our corner of the world. We do this through Hope as we Nurture the Flame and Grow into our true selves.

M~

Sometimes getting tasks done ahead helps and sometimes it doesn’t. Fortunately, Peoples people live by the Covenant of Right Relations. Covenant number three “Trust others’ good intentions” comes into play here.

Knowing staff would be taking some time off in July and wanting to ease their way, I prepared and sent in July columns ahead. All on the theme of Hope. Then, I found out the theme for July is Healing. Oh, well. My intention was spot on.

I am keeping the short eWeekly July columns as they are. Summer is a good time to watch the [Lighting the Leadership Chalice videos](#).

Also, I encourage you to practice and share about your own Healing in July. If you need ideas, an excellent source is Kylie Alger’s column “Commit to be Fit” Journaling for Your Health, June 26, Section Living, page 10 A.

Then, let me know some of the ways you have chosen to Heal and help others Heal in this difficult and uncertain time. I Hope I can work your observations in to an August column as we keep Nurturing the Flame and continue to Grow into ourselves through Governance Policy.

Many thanks.

Warmly,

M~



SOCIAL JUSTICE

The SJC will be holding a Forum via Zoom on August 9 at 9:45 am. Our guest will be Megan Isenberg who is with the Harambee House. The Harambee House, 404 17th St SE offers services to the neighborhood such as telephone and internet access, weekly bread distribution, clothing closet, housing support, and job seeking through Iowa Works. Harambee House is our 3rd quarter First Sunday Plate Collection beneficiary.

The Social Justice Council has decided we wish to support Advocates for Social Justice, a Cedar Rapids group of young adults, ordinary citizens working hard to bring about change. Four out of the five extremely well attended protests in Cedar Rapids over the last 2 weeks have been organized by this group. They have met with the City Council and police chief several times to demand action on the 7 police reform proposals being promulgated throughout the nation. The council and chief have committed to implementing these proposals in Cedar Rapids. We have provided \$100 to this group out of the SJ budget to assist with their costs. Our next step is to put pressure on a consistent basis on the city council and police chief so that they fulfill their commitments. **Please email or call the following city leaders to let them know you want reform that will address police violence against black citizens.**

Mayor Brad Hart: b.hart@cedar-rapids.org. 319-775-0635

At-Large CR Council Member Tyler Olson: t.olson@cedar-rapids.org. 319-535-0635

District 1 CR Council Member Michael Hoeger: m.hoeger@cedar-rapids.org. 319-775-7896

District 2 Council Member Scott Overland: s.overland@cedar-rapids.org. 319-899-6709

District 3 Council Member Dale Todd: dalet@cedar-rapids.org. 319-775-7926

District 4 Council Member Scott Olson: scott.olson@cedar-rapids.org. 319-390-5295

District 5 Council Member Ashley Vanorny: a.vanorny@cedar-rapidas.org. 319-286-5529

And, for our members and friends in Marion: Go to the Marion, Iowa government website to connect with Mayor Nicolas AbouAssaly and Police Chief Mike Kitsmiller and demand police reform.

The Iowa Unitarian Universalist Witness & Advocacy Network connects UU churches, societies, and fellowships across Iowa with each other. The IUUWAN Board of Directors is composed of UU representatives from both rural and urban areas and meets monthly. The board shares experiences and ideas and works to build strength and hope for social justice projects within the UU community. IUUWAN can be followed on Facebook. Or, go to the website, www.iuuwan.com and sign up to receive the newsletter in your email.

State funds from the federal CARES Act are now available to assist eligible households with rent, mortgage, and utility assistance. This state program is called the Iowa Uniform Residential Landlord and Tenant Act. For information on how and where to apply contact www.iowalegalaid.org/resource/2020-coronavirus-outbreak-what-you-need-to-know or call 1-800-332-0419.



Please select the logo to the left to see a brief video from the Stewardship Team.

The Goal

Our goal, as a congregation, is to pledge \$163,000 for the 2021 budget by the end of September!

One thing that I've carried with me from my years at John Deere and performance appraisals is that every good goal should be written as a SMART goal. That is the goal should be SPECIFIC, MEASURE-ABLE, ACHIEVABLE, REALISTIC (although I personally prefer - REACHING), and TIME-BASED. Does our congregational pledging goal for 2021 meet these criteria?

SPECIFIC: There is no question what the amount of the goal is - \$163,000.

MEASUREABLE: Can we measure the amount of the goal – absolutely!

ACHIEVABLE: We've increased our pledging by an average of 5.3% per year for the past 4 years and exceeded our goal last year. This year's goal, due to the current economic challenges, is the same as last year's, \$163,000. There is no question, this is an achievable goal for us – we've proven that!

REACHING: The Stewardship committee debated this at some length – should we increase the goal this year? Again, due to the economic conditions, we felt it might be a slight “REACH” to maintain last year's goal... and hope for surpassing it again this year!

TIME-BASED: The goal is clearly time-based – we start the pledge drive July 1, it ends September 30, and we begin fulfilling those pledges January 1, 2021.

So, our goal is indeed a good goal. We recognize that some of our members and friends may not be able to pledge at the same level they did last year. For that reason, it is critical for those of us who can, to increase our pledges. We are indeed all in this together, AND together we can and will be successful in achieving or exceeding this, our shared goal!

Bob Butikofer

The Finance Team met on 6/18/20 to review bookkeeper reports and related items.

Cash flow for May was negative:

- May income \$16,660
- May expenses \$29,943
(included yearly pledge payment to UUA)

The wise man does not lay up his own treasures. The more he gives to others, the more he has for his own.
- Lao Tzu

Options for Giving while Social Distancing

Here are three options for paying your pledge and/or giving to Peoples Church:

1. Send in a check to PCUU 4980 Gordon Ave. NW Cedar Rapids, IA 52405
2. Give online at www.peoplesuu.org – go to the Donate Now tab.
3. Give Plus app on your smart phone. Go to the [App Store](#) or [Google Play](#) and search “[give plus church](#)”. Download app and simply search for Peoples Church.

COMMUNITY RESOURCES

Mental Health Resources

This is a difficult time for all of us. While it is perfectly normal to feel anxious and sad, if you start to enter a mental health crisis, where the stress, pressure, fear, or anxiety are too much for you to cope with on your own, please reach out for professional help. There are a number of resources available 24-hours a day. Here are two of them:

Foundation Two Crisis Hotline: 319-362-2147

National Suicide Prevention Lifeline:

1-800-273-8255

Foundation 2 www.foundation2.org

24 Hour Crisis Line—319-362-2174

Trained compassionate telephone counselors are available 24/7/365

Crisis Chat/Text—

www.foundation2crisischat.org

www.iowacrisischat.org

www.yourlifeiowa.org

J-Fast—319-247-0030

Juvenile & Family Assistance & Stabilization Track provides immediate crisis intervention & case management for youth who are struggling with self-harm, substance use, depression and thoughts of suicide.

Food Insecurity

Linn County Food Bank is distributing food in the parking lot of First Presbyterian Church from 1 to 3:15 pm Monday through Friday.

Olivet Mission at 230 10th St NW is distributing food Tuesday through Friday from 8:30 to 11:30 am. and Saturdays from 9 to 11:30 am.



PCUU FOOD ASSISTANCE

Are you in need of assistance but can't make the trip to the church? We will deliver to you!

Please call or email the office and we will make arrangements for a food delivery. 362-9872 or

office@peoplesuu.org



Date	Day	Time	Event
1	Wednesday	4:30 – 5:30pm	Membership Committee Meeting
3	Friday	All day	Independence Day observed
5	Sunday	11am	Worship
12	Sunday	11am	Worship - Ecumenical Service Affirming LGBTQ Lives
15	Wednesday	All day	Tax Day
		1 – 2pm	Social Justice Team Meeting
		2:30 – 3:30pm	Stewardship Team Meeting
16	Thursday	7 – 8pm	Finance Meeting
19	Sunday	11am-12pm	Worship
23	Thursday	7:30 – 9pm	PCUU Monthly Board Meeting
26	Sunday	11am	Worship

Our Ends Statements!

1. We partner with others to build a fair and just world.
2. We create a spiritual home that welcomes everyone of goodwill.
3. We articulate our UU faith, teach it to our children, and live it in the world.
4. We support our mission with compassionate presence, talented participation, and financial resources.
5. We create transformative spiritual experiences together that awaken our compassionate action.

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

Custodian
Brian Reeves

OUR BOARD OF TRUSTEES

President
Marion Patterson
(319) 362-1470

Treasurer
Gary McGraw
(319) 373-9449

Board of Trustee Members

Charlie Cizio
Danny Booth
Sue Davis
Erin Ogle

THE VOICE.

PEOPLES CHURCH MISSION STATEMENT

LEADING COMPASSIONATE LIVES THROUGH
SPIRITUAL GROWTH AND JUST ACTION.



CARING COMMUNITY

Good Neighbors

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

Paraministers

June 22 - July 5 | Dorothy Hershner
July 6 - July 19 | Susie Hauter
July 20 - August 2 | Rose Gabe

QUESTIONS, COMMENTS, SUGGESTIONS.

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



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