

# THE VOICE

October 2020

**Peoples Church Unitarian Universalist**

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



Peoples Church UU Cedar Rapids, Iowa YouTube Channel

[www.peoplesuu.org](http://www.peoplesuu.org)



## Minister's Moment

Dear Ones,

Every October is LGBTQ History Month, Hispanic Heritage Month, and Domestic Violence Awareness Month, among other designations. In addition, October is filled with a variety of national and cultural holidays like National Coming Out Day (October 11), Indigenous Peoples Day (October 12), and, of course, Halloween (October 31).

This year, as we forge ahead towards the election in November and continue to live with a considerable amount of anxiety and uncertainty in the air, I am especially glad for these cultural touchstones, for they remind us to pay attention and listen to all of the voices out there, not just the loud ones. As such, perhaps it is especially fitting that our spiritual theme for the month is DEEP LISTENING.

The world is noisy right now, isn't it? With an endless amount of information coming at us every day and new reasons to be upset and afraid.

But we don't have to listen to all of it. We can be skillful, discerning, and intentional in our listening. This month, we will practice this and strive to be active, open, and willing deep listeners. But to whom? Whom shall we listen to at this time with so many voices out there?

As a people of faith, called to build a better world, let us listen to the voices on the margins.

As the cultural holidays of October suggest, let us listen to the queers, the people of Hispanic heritage,

the women and all survivors of domestic violence, the Indigenous people, and everyone else who is marginalized in our society (people experiencing poverty, black people, people with disabilities, etc.).

To do so consider diversifying your media and seeking out podcasts, articles, and books by marginalized people. Listen to local leaders of color and others on the margins. **Tune into the lineup of Social Justice Forums we have going on this fall.**

And when necessary, remember that deep listening is also about occasionally tuning some things out. If you are feeling overwhelmed or anxious, turn off the radio or the news and take care of yourself.

The next four weeks are going to be difficult in our nation. Please take good care. If you are looking for ways to manage stress this month please come to our **"How to Stay Sane in the Next 28 Days" evening forum on Wednesday, Oct. 7th at 7pm.** David and I will be leading a conversation on how to manage our stress and anxiety leading up to the election.

Finally, please note that worship services and all church activities will continue to be online this month. "See" you soon! And Happy October!

In faith,  
Rev. Rebecca

“THE FIRST  
DUTY OF  
LOVE IS TO  
LISTEN.  
-Paul Tillich



# OCTOBER 2020 DEEP LISTENING

## **The Power of Listening**

**4TH**

In today's world it seems like no one is listening anymore. Have we lost faith in listening? What would it look like if we returned to deep listening to understand different perspectives? In this service we will explore deep listening and pay special attention to the voices speaking from the margins. Service led by Rev. Rebecca. Music by Pete and Deb.

## **Listening for the Holy**

**11TH**

October 11th is National Coming Out Day. As most LGBTQ people can attest, there are plenty of voices out there telling us we are not good enough. How can we sort through all the nonsense and hear the voice of God, the one who calls us beloved? Service led by Rev. Rebecca. Music by Castle Ridge.

## **UU the Vote: Vote Love Defeat Hate**

**18TH**

On this date we will tune into the national UU the Vote campaign to learn more about it, how we can commit to voting our values, and how we can engage in a long-haul strategy that goes beyond the upcoming election. "We must not do the work out of fear, but out of faith that a better world is possible, and we are the one to build it." Join us on Zoom or Youtube for a service led by the UU the Vote staff.

**25TH**

## **Listening to People with Disabilities**

Service led by UU candidate for ministry, Peighton Carter.



Wise Words  
From David Wise  
Director Faith  
Formation



Are you anxious and worried about the upcoming election? Most of us have at least a bit of worry and concern about what is to come.

None of us know exactly

what is going to happen only what we hope! The worry that we have as adults is also in our children. They have the same worries, concerns, and fears! What can you do? Talk to them at their level. Break things down to a level they can understand.

This part of an article on [www.nationalgeographic.com](http://www.nationalgeographic.com) by **Cassandra Spratling** helps us understand a bit better:

Elections can be fraught with tension and can bring up confusing questions from children. But the 2020 presidential election seems especially contentious, exposing intense emotions and questionable behavior that children might have trouble understanding. Add to that anxiety from the pandemic and a nation in the grips of a racial reckoning, and this election season can be particularly difficult for parents to navigate.

“This is a really scary time for children. There’s a lot of change and fear and things moving away from what the whole normal used to be like,” says Alyssa Westring, co-author of *Parents Who Lead*. “So it’s our job to help them manage their fear and anxiety in ways that we might not have had to do before.”

“[Talking] helps them understand themselves as a community member and can help facilitate their sense of responsibility to other people in their community,” says Deborah Rivas-Drake, a University of Michigan educator who’s co-author of an ongoing study of civil engagement in a predominantly Latinx community. “You’re planting seeds that will bear fruit later in terms of their understanding of themselves as civic and political actors who have agency.”

Raising civic-minded children is also vital to the nation’s future. “We have to do better at raising children to be civic-minded and informed so that they can make thoughtful political decisions in the future,” says developmental psychologist Christia Spears Brown of the University of Kentucky, whose children are 16 and 10. “Life as we know it, for better or worse, is shaped by the decisions of our government, and we need engaged and informed citizens to create that government.”

“Kids are really attuned to what’s going on,” says Spears Brown, who co-authored a 2019 study about kids and politics. Sometimes their knowledge is flawed or skewed, which is exactly

why it’s important for parents to talk with their children. Here’s how to get those conversations started.

I know all of the families at Peoples talk with their children and have great conversations with them. The election would make a great topic to add to those chats this month as we explore DEEP LISTENING. Listen to what they have to say—their fears, worries, and concerns. Help them understand the process, our responsibility as adults, and their responsibility as children!

## **HALLOWEEN COSTUME CONTEST!! NOVEMBER 1!!**

To make sure families are able to participate in the grief and loss of trees program that Peoples Church is sponsoring along with Prairiewoods on October 25 we will host the contest on November 1 following worship.

And of course the 2020 version of the Halloween Costume Contest will be done virtually. This allows everyone to participate! Age categories will be infant to age 3, 4-6, 7-12, 13-18, and adult. There will be 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place awarded in each category. Remember the costumes must not be too scary!

We want to have fun with this just as we would in a “normal” year! Fix a pot of chili, serve yourself a bowl, and enjoy the creative costumes !

The **Chili Cookoff** will have a new format this year!!

**We invite you to send your chili recipes to [office@peoplesuu.org](mailto:office@peoplesuu.org) before October 16<sup>th</sup>.**

Christine will cut and paste them all into a special email that will be sent out with the E-Weekly on October 22.

Once you have all the fantastic chili options we encourage you to try them all!! Each time you try a new chili recipe we encourage you to go the Peoplesuu.com website, use the GIVE PLUS APP, or drop a check in the mail for 2020 Peoples Church Virtual Chili Cook-Off!!

We will also set up a method for you to vote for your favorite recipe!! The winner of the 2020 Peoples Church Virtual Chili Cook-Off will be announced on December 6<sup>th</sup> during the Annual Meeting of the congregation. Watch for voting details in the November Voice.

- David

**Faith Formation begins this Sunday at 10:00 am.** Zoom link will be sent out separately to Faith Formation families. Faith Formation will meet on October 4, 18, and 25!

**Parents will be holding an online Zoom chat beginning Oct 4<sup>th</sup> following worship.** For info or the link reach out to David at [dre@peoplesuu.org](mailto:dre@peoplesuu.org)

**Robert "Bob" Gulick Memorial Service**  
**Saturday October 3 at 2pm**  
**Peoples Parking Lot**

Our friend Bob Gulick passed away in March 2020. Please join us in remembering Bob at this socially distanced service.

*In the event of inclement weather, a decision will be made by 7:30am on Saturday if the service will proceed or be postponed until Sunday, October 4th at 2pm. Please check our website for any weather related announcement.*



**How to Stay Sane in the Next 28 Days Evening Forum**

**On Wednesday, Oct. 7th at 7pm.** Rev. Rebecca and David Wise will be leading a conversation on how to manage our stress and anxiety leading up to the election. If you are looking for ways to manage your stress over the next four weeks this is the place to be!

A special Zoom invitation will be emailed for this event.

**Honoring Our Trees: Part 1**

**Friday, October 2, 5:00 p.m.**

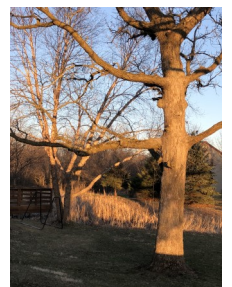
1080 30th St Dr SE  
(Patterson's home)

Losing so many trees to the derecho this summer was devastating and we need to grieve. Let's gather to remember and honor our trees in an introductory ceremony of Despacho. We are creating our own take on this sacred ceremony. ("A Despacho is a prayer bundle or offering...an expression of gratitude to heal physical and emotional ailments of any kind, to restore balance or harmony where it is off...." Campowerment.com)

We welcome folks to come about 5:00 p.m. to walk the labyrinth or hold space. Starting about 5:30 p.m. we will take the branches of trees you have brought previously, and any tree branches you bring that evening, and burn them in the campfire out back. Later, when ashes have cooled, we will gather and hold them.

Part 2 of this sacred ceremony will take place in the spring. Date TBD.

Logistics: Parking - pull in by mailbox and all the way around. Park with driver tires on the grass. Bring a chair. Bring a piece of wood to burn. Wear a mask, jacket if cool, and sturdy shoes for the labyrinth. Sit at a distance. Be together.



## Nurturing the Flame

### Deep Listening

Marion Patterson, Board President



*Please click on Marion's picture  
to watch and listen to her  
video column this week.*



If you are Zoom comfortable and would like to help by hosting worship in the sanctuary or co-hosting from home, please contact David Wise. [dre@peoplesuu.org](mailto:dre@peoplesuu.org)

## People's Membership Committee

is seeking new members. This is a vital committee which works with the Minister to help attract newcomers, support them on their journey to membership, and integrate them into the life of the church. We want all who need People's Church to find us, experience our warm welcome, and begin and continue an authentic spiritual journey with us. Your passion and ideas are what keep the church alive. A diverse cross-section of the congregation should be represented. Please call or e-mail Linda Levy, chairperson, at 319-365-8252 (319-213-6601), [llevy.811@gmail.com](mailto:llevy.811@gmail.com), or





# THANKSGIVING DINNER

2020 has been a challenging year and many people are overwhelmed by the demands of COVID19 and the derecho.

We are providing a pre-cooked, take out Thanksgiving dinner from HyVee for our congregants in need.

Please contact Rev. Rebecca to make arrangements: 362-9827 or [minister@peoplesuu.org](mailto:minister@peoplesuu.org).





# Ugh, **MORE** Spam?

Yes, and **NEW** spam...

Please remember Rev. Rebecca would **NEVER** email you to ask for money or gift cards. If you get an email like this, do not respond. And by all means, call the office if you are unsure.

## ALSO

NO ONE from Peoples Church will email you to ask for your social security number or date of birth. **DO NOT** give this information out! Please call the office to report any such emails.

Office - 319-362-9827

## **SEE THE FAITH FORMATION PAGE FOR INFORMATION ON OUR NEW CHILI COOKOFF FORMAT!**

We invite you to send your chili recipes to [office@peoplesuu.org](mailto:office@peoplesuu.org) **before October 16<sup>th</sup>**. Christine will cut and paste them all into a special email that will be sent out with the E-Weekly on October 22.

Once you have...*continued on Faith Formation page*



## **The Van Vechten Guild is having its annual pecan sale!**

Prices will remain the same as in recent years. Orders may be emailed to Jan Federer at [janfederer46@gmail.com](mailto:janfederer46@gmail.com) or you can call at 319-362-6936. We will have 16 oz bags of Fancy Mammoth Halves, 12 oz bags of Dark Chocolate Pecans, & 12 oz. bags of Milk Chocolate Pecans. All are \$13 each. Payment can be made at time of delivery which will likely be in November.



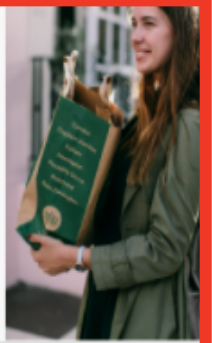
# SOCIAL JUSTICE

**Join the 21 Day Equity Challenge.** Visit

[www.EquityChallenge.org](http://www.EquityChallenge.org) and complete a form to sign up. Receive an email each weekday from Oct 5 to Nov 2 with links to recommended articles, video, and podcasts. Daily topics include Privilege, Housing & Redlining, Justice System Inequities, Allyship and many more.

**There are 4 BLM yard signs still available at the church.** Please pick one up by October 1 (TODAY!). After that the signs will be made available to non-church members.

## LET'S STOP HUNGER



### 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 Rev. Rebecca and we will make arrangements for a food delivery.

### PEOPLES FOOD PANTRY

Here is a list of items we could use in our pantry:

- Cereal
- Soup
- Canned meat
- Canned pasta
- Fruit
- Vegetables (not green beans)
- Pasta noodles / sauce
- Box potatoes
- Box meals i.e. Hamburger or Tuna Helper, Macaroni and cheese
- Peanut butter / Jelly
- Crackers / Muffin Mix / Cookie Mix
- Personal products (soap, laundry soap, dish soap, toothpaste, shampoo, toilet tissue, kleenex)



### COMMUNITY FOOD ASSISTANCE

Linn County Food Bank is distributing food in the parking lot of First - through Friday.

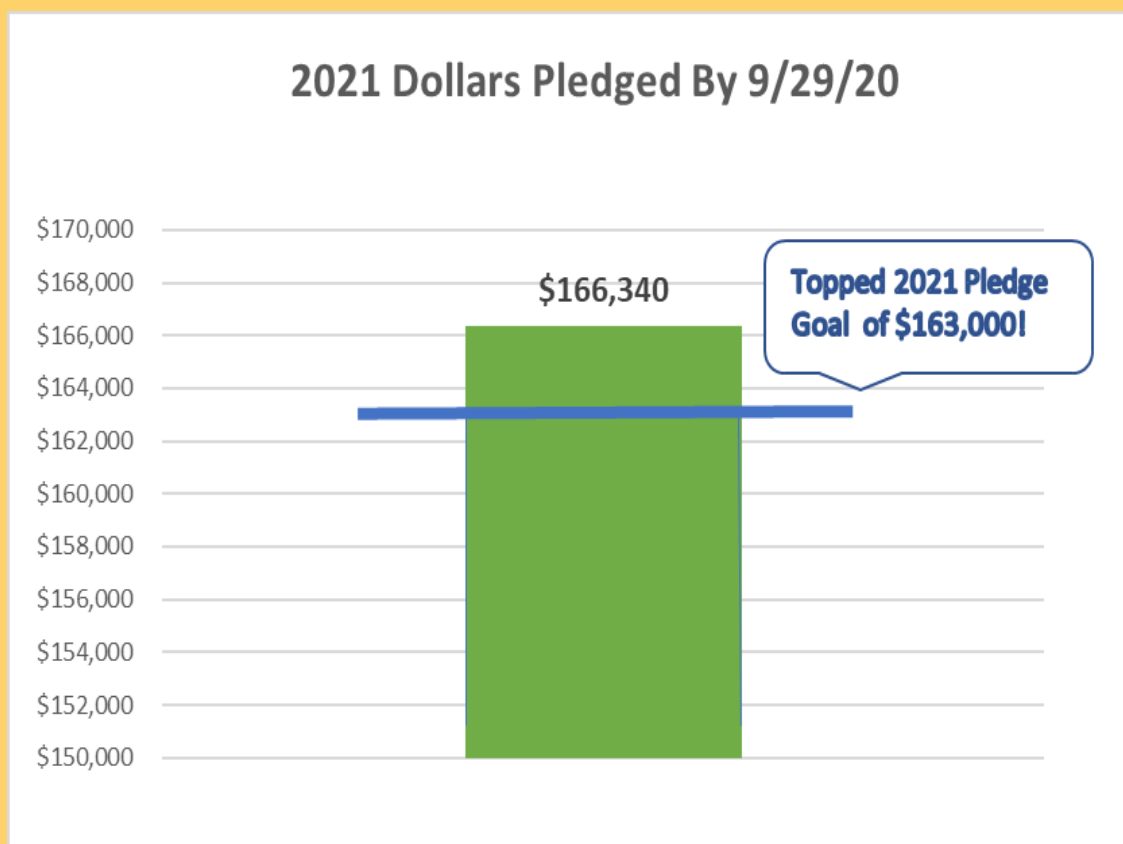
Olivet Mission at 230 10th St NW is distributing food Tuesday through Friday from 8:30 to 11:30 am. and Saturdays from 9 to 11:30 am.



# READY • SET • GROW

## PEOPLES CHURCH 2021 PLEDGE DRIVE

**We surpassed our goal!!!** PCUU has received \$166,340 in pledges from 76 households! Thank you to everyone who participated in Peoples Church pledge campaign this year!!! During all the changes brought by the pandemic and derecho, you rose to the challenge. More folks have participated in the no-hassle part of the campaign than ever before! Our stewards have reached out to everyone. If you have not yet responded to their call or email, it is not too late to do so.



Retaining valued church staff, growing faith for our children and adults, connecting with the wider community for social justice, providing a safe, nurturing environment in the midst of a pandemic, and changing the world one day at a time---this is what your gifts support. Thank you for your generosity which breathes life into this church and this world!

## ***Options for Giving while Social Distancing***

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

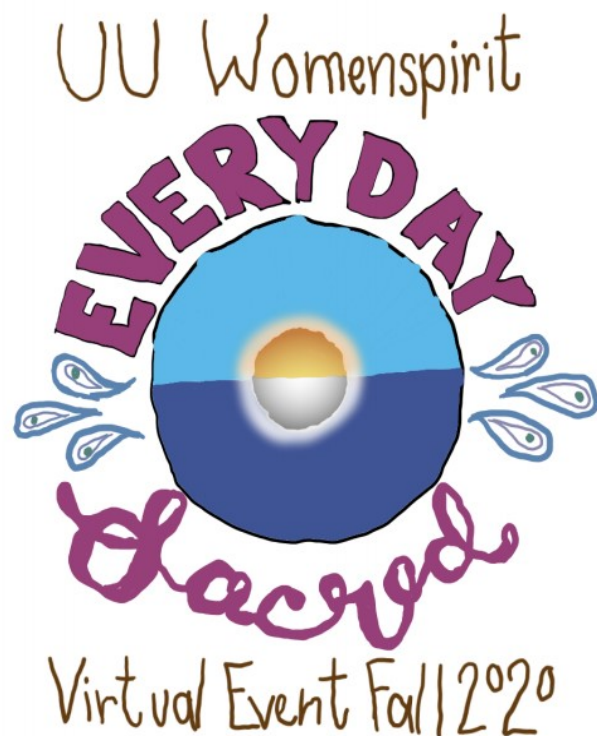
1. Send in a check to PCUU 4980 Gordon Ave. NW Cedar Rapids, IA 52405
2. Give online at [www.peoplesuu.org](http://www.peoplesuu.org) – go to the Donate Now tab.
3. Give Plus app on your smart phone. Go to the [App Store](#) or [Google Play](#) and search “[give plus church](#)”. Download app and simply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

## **Finance Team Update**

The Finance Team met on 9/17/20 to review bookkeeper reports, etc.

Cash flow for August was negative:

- August income \$10,073
- August expenses \$14,998



**Unitarian Universalist Women-spirit** is hosting it's first virtual weekend gathering October 16 - 18. Registration for Everyday Sacred is now open! To view details of our virtual weekend gathering, check out our [brochure](#), or visit the UUWomenspirit [website](#).

When you are ready to register for the event, here is the link for [Camp-wise](#). Contact our event registrar at [uuwomenspirit@gmail.com](mailto:uuwomenspirit@gmail.com) for assistance with registration.

Blessed be!

Melissa Christopher, Scribe  
Unitarian Universalist Womenspirit





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TREES FOREVER  
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WINDING  
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Cornell College  
Chaplain & Spiritual Life Office



COE COLLEGE



PEOPLES  
CHURCH

UNITARIAN UNIVERSALIST

*and other community partners present*

# Treasuring <sup>our</sup> Trees

Cedar Rapids & Surrounding Areas Following the Derecho  
Sunday, Oct. 25, 12–1 p.m., via Zoom

“**W**hen I am among the trees, especially the willows and the honey locusts, equally the beech, the oaks and the pines, they give off such hints of gladness. I would almost say that they save me, and daily.” —Mary Oliver, “When I Am Among the Trees”

Join us for an opportunity to come together as a community to acknowledge the profound loss of our beloved trees, bless the land, and initiate the long and necessary process toward communal healing through shared story, ritual, song and poetry.

- This is the first of a three-part seasonal celebration, with dates in winter and spring to be announced.
- Please plan to join us by Zoom from the location of your favorite tree, or if you prefer, email [lweber@prairiewoods.org](mailto:lweber@prairiewoods.org) a before- or after-derecho photo of your favorite tree to include in our opening tribute.
- Learn more at [www.Prairiewoods.org](http://www.Prairiewoods.org).

**Join using Zoom meeting ID 829 4883 0080 & password 056503.**



## Derecho Relief Money Available!

Not one of us escaped the derecho unscathed. It was a huge event that impacted all of us – some more than others. In response to this tragedy, we have received a large Disaster Relief grant from the UUA. In addition, money has been coming in from Peoples members, friends, and UUs all across the country for the purpose of helping people after the storm. I would LOVE to be able to send you some of this money.

If you or someone you know would benefit from receiving some money to help you recovery from the derecho please let me know asap between now and Sept. 15<sup>th</sup>. At that point I will cut the checks. Thank you! Remember it is OK to ask for help.

– Rev. Rebecca



As always, I am available for pastoral care.

If you need me or just want someone to talk to, I am willing, ready, and able to listen. You can reach me at 319-775-0113.

-Rev. Rebecca

## Community Clothing Assistance

**Olivet Mission** also has free clothing available Tuesday - Friday from 8:30 - 11:30 am and Saturdays from 9:00 – 11:30 am

## Community 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](http://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](http://www.foundation2crisischat.org)

[www.iowacrisischat.org](http://www.iowacrisischat.org)

[www.yourlifeiowa.org](http://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.



<i><b>Date</b></i>	<i><b>Day</b></i>	<i><b>Time</b></i>	<i><b>Event</b></i>
2	Friday	5 – 7pm	Honoring Our Trees at the Patterson's
3	Saturday	2pm	Robert Gulick Memorial Service
4	Sunday	10am 11am – 12pm	Faith Formation Begins! Join us on Zoom Worship
7	Wednesday	4:30 – 5:30pm 7-8pm	Membership Committee Meeting How to Stay Sane During the Next 28 Days - A churchwide Zoom conversation
8	Thursday	1 – 2pm	Paraministers Meeting
11	Sunday	9:45-10:45am 11am – 12pm 12:15 – 1:15pm	SJC Forum: Zoom Video & Discussion - Uncomfortable Conversations With A Black Man Worship Worship Associates
12	Monday	all day all day	Columbus Day Indigenous People's Day
15	Tuesday	7 – 8pm	Finance Meeting
18	Sunday	11am – 12pm	Worship
21	Wednesday	1-2pm	Social Justice Team Meeting
22	Thursday	7:30 – 9pm	PCUU Monthly Board Meeting
25	Sunday	11am – 12pm 12 – 1pm	Worship Treasuring our Trees: Cedar Rapids and Surrounding Areas After the Dercho on Zoom
30	Friday	all day	Deadline for November Voice submissions
31	Saturday	all day	Halloween



## OUR STAFF

Rev. Rebecca Hinds  
Developmental  
Minister  
(319) 362-9827(w)  
**(319)-775-0113 (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  
Marta Hershner

# 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

September 28—October 11 | Rose Gabe  
October 12 – 25 | Susie Hauter  
October 26—November 8 | Deb Booth

QUESTIONS, COMMENTS, SUGGESTIONS.

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



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