

# Unitarian Universalist Fellowship of Ames



October 2010

From the Interim Minister

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Sunday Services 9:30 a.m. and 11:30 a.m.

From the President

**Page 3**

## **3** *Our Kindred Fellowships Unite (Association Sunday)*

REV. COWTAN, MARY RICHARDS, & SAM WORMLEY

Charlotte Cowtan, Sam Wormley, and Mary Richards will reflect on the importance of being in relationship with the larger UU Community. Fellowship Voices will provide special music. Note: A special collection will be taken to support pilot growth initiatives of the UUA.

From the Transition Team

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## **10** *Green Sanctuary*

REV. CHARLOTTE COWTAN

On 10/10/10 we will launch our Green Sanctuary Action Plan. In doing so, we will be joining the whole world in a global work party to send politicians a clear message: "We are getting to work to solve the problem of climate change, what about you?"

Religious Education and Youth

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## **17** *Builders, Boomers, Busters and Millennials*

REV. CHARLOTTE COWTAN

This service will look at the similarities and differences in experiences four generations of adults active in today's society and how this impacts congregational life.

Green Corner

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## **24** *Stages of Faith*

REV. CHARLOTTE COWTAN

According to James Fowler, 'faithing' is a basic human developmental task which occurs in a predictable series of stages. He claims that people at the same stage of faith from different religious traditions have more in common than do people of differing stages of faith within the same tradition. What does this mean for people at differing stages of faith within the same congregation?

Social Responsibility

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## **31** *Day of the Dead*

REV. CHARLOTTE COWTAN

Samhain, All Souls, All Saints and Day of the Dead are all observed this weekend, and they all focus on those who have died, but are still very much in our memories. We will honor those who have gone before us and come to a deeper understanding of the power that this season holds for people of many faiths.

Committees & Groups

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PSD Awards

**Page 13**

For a current calendar, see [www.uufames.org](http://www.uufames.org)



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Vol. 17, No. 10

## MoonCookie Cafe

**Come hear a night of jazz with Mike Giles and the 3x5 with special UU set openers Patrick Jasper & Louis DuPuis on Friday, October 29. Doors open at 6:00 pm, show begins at 7:00 pm. Refreshments include coffee, Italian sodas and cookies! Tickets \$8 Non-Students / \$5 Students available Sundays between services, at Photosynthesis, 317 Main Street, and at the door. Come support the 2011 Boston Bound Youth!**

# Charlotte's Web

— Rev. Charlotte Cowtan

## Without a vision, the people perish

Mission speaks to a congregation's calling, the source of its integrity and its central reason for being. A congregation's mission, if it has been accurately articulated, changes very little (and often not at all) over the decades and even centuries. Ultimately, a congregation is owned by and accountable to its mission, which always transcends the current members, friends and socio-political realities of the day.

What mission does not address is how the congregation, as a body, will invest its human, physical and financial resources to live its mission. There are many possible futures for any congregation, but until a congregation commits itself to a specific vision of the future, it has no way to determine which actions will (and will not) help them move in the desired direction. Vision gives life to the congregation's mission.

Vision, unlike Mission, must be re-visited regularly so that course corrections can be made as new opportunities and challenges are presented. A vital and compelling vision does more than provide an image of a congregation's future, it also\*

- Captures the people's imagination
- Is an expression of hope
- Unites people in a common purpose
- Mobilizes energy
- Will change who you (we) are
- Is where we must (are called to) go
- Is true North for the congregation's soul

(\* This list borrows liberally from Tom Bandy of Easum/Bandy Associates)

## The Vision Workshop

When: Saturday, October. 30. 9:00 am-3:00 pm

Where: UU Fellowship of Ames

Register: By phoning the church office or sign up on Sundays

Child Care: Will be available (please register your child/ren in advance)

### What to expect:

We'll review UUFA's half century journey and clarify the core values that continue to sustain you. Then we'll look at the realities of today - both within the Fellowship and in the larger community. We'll begin future visioning by asking questions like:

Five years from now –What will UUFA be like?

- Who do we serve?
- How is it different from today?
- What is the same?
- What makes you most proud of UUFA (What do you find yourself telling people about the Fellowship?)
- What do people in the larger community say about UUFA? (What are we known for in the community?)

When we have clarity about your desired future, we'll address an even bigger question: "What were the key decisions you made that moved the Fellowship from where it was in 2010 to what you see in 2015?"

Your answers to these questions will shape the Fellowship's priorities and programs in the immediate future.

This is not 'just another discussion' about your future. Members and friends will literally be determining the Fellowship's future direction. This Fellowship needs your wisdom and vision. Please plan on participating!

Faithfully,

Charlotte

# From the President

— Deb Kline

As I think of our congregation this year I am drawn to the following quote by Noela N. Evans in *Meditation for the Passages and Celebrations of Life*. I have altered the quote to emphasize our situation. The alterations are in italics.

“The world of my *Fellowship* is changing, and my *congregational* identity, direction, and security are unsettled....” “Some of the most trying and yet the most creative, periods in our lives are ones when we don’t quite know where we are headed....” “As one form dissolves, another takes its place. My work now is to see and to recognize a new form that will provide the opportunity for growth and reward.”

This is an uncertain time for all of us, but I see excitement and creative potential as the blessings within that uncertainty. While certainty may seem more comfortable, it closes doors and does not allow for new possibilities. Rather, uncertainty holds doors open wide, allowing what no longer serves us to exit, and what we want to be true for us to enter.

I hope everyone who is able will gather for Fellowship Day on October 30th. We will begin the discussion of how we have walked together, and where we might like to go next. Let us together embrace the blessings of uncertainty and re-imagine what can be!

## **EMERGENCY FUND RAISER FOR ALL AGES AND INCOME LEVELS!**

The Emergency Fund Raising Team (Rev. Charlotte Cowtan, Susan Franzen, Deb Kline, and Suzanne Zilber) is soliciting financial resources from UUFA members and friends to restore and repair the building after extensive rain damage. A Building Recovery Task Force is already in place (Dave Fox – Chair; Toby Ewing, Mark Harmison, Bob Haug, and Board Liaison - Steve Martens) to get estimates on getting and keeping our Fellowship building dry. Please see the enclosed letter and do all you can to fund the rescue efforts needed to secure the building. We need money in hand to proceed!

## **THANK YOU**

Thanks to Nancy Schroeder! Nancy has efficiently and tirelessly kept our kitchen clean and organized for many years. During her tenure she has seen helpers come and go, but has mostly sustained this huge job all by her lonesome. I hope you will thank her in person the next time you see her as she retires from this kitchen committee of one. This gives us another opportunity to revamp how we do things. As we grow, there is no job in the Fellowship that should be a one person chore, because when the one gets overburdened and burned out, we are left with none. Keep in mind when using the kitchen that there is no one cleaning up after you. Whomever uses the kitchen must leave it better than you found it. Please let me know if you have ideas on how we can cover the kitchen duties. Nancy was good enough to provide me with a list of items that need to be done weekly and monthly, and has graciously agreed to train persons interested in filling her gi-normous shoes. Believe me, it will take several able bodies to do all that she accomplished. Thanks again, Nancy! Our sincerest apologies for burning you out.

## **UUFA BOARD SEEKS TEAM TO OVERSEE KHOI BUSINESS RELATIONSHIP**

Did you know the UUFA owns a radio station? We voted at the 2009 annual meeting to pursue this, and have since become the license holder for KHOI. At that time, it was a good faith vote that we could contract to have the station run by Ames community members and not encumber the UUFA with any financial burden. It seems none of us anticipated all the legal details involved in engaging into contractual agreements and the liability insurance we must secure to safeguard the Fellowship. As the owner and license holder, we need a team of UUFA members who will ensure that the contracted station management is complying with FCC rules and regulations, and is following best practices for finances and programming. To honor our initial commitment to the radio station we need to see a group of volunteers willing to function in this oversight capacity. In addition, we were mistaken to think we could own and be responsible for a radio station without incurring any expense. The bottom line is we need an FCC lawyer to look at and sign off on our management agreement. As the license holder, we need liability insurance in the event that the radio station is sued. Additionally, we will need office staff support to ensure continuity of information as the volunteers rotate through the oversight responsibilities. A task force was formed by the UUFA Board to work out the details of the KHOI Management Agreement and included Ralph Gandy, Deb Kline, Doug Marek, Kay Puttock and Mark Witherspoon. The task force recommends the oversight team be in place ASAP. Please contact Deb Kline if you have time and talents in this area. (deb@debkline.com; 515-598-5186). We cannot run a radio station without this fundamental support!

# Transition Team

## The conversation so far ...

The Transition Team wants to keep everyone in the congregation up to date on the transition process during the transition process, so here's what's happened so far, aside from all the informal conversations that will be – and need to be – going on.

Charlotte Cowtan, our interim minister, has talked with more than 100 of us – that's right at one-third of us – in one-on-one interviews as she finds out who we are, what we believe, what we think of ourselves as a congregation and our vision for who we want to be and where we want to go in the future.

The UUFA Board, Transition Team and Charlotte met in August for a workshop that provided insight into governance models and leadership traits. Charlotte also began sharing information – not names, just information – about what she was learning from the conversations with members as far as strengths of our congregations and where we might find opportunities to improve.

The Transition Team has begun its twice-monthly meetings that help us coordinate with Charlotte the work that needs to be done during this transition time. That includes everything from discernment about who we are and who we think we are to who signs up members for the all-congregation workshop on October 30.

One of the highlights of our time together was the September 11 meeting in which Nancy Heege, Prairie Star District executive director, led a workshop with the UUFA Board, the Transition Team and Committee Chairs that helped us look at our strengths and weaknesses as a congregation.

Essentially, what has been happening is we're moving out in concentric circles to get as much information as we can in preparation for the all-congregational workshop on Saturday, October 30. The individual members met with Charlotte, then Charlotte met with the UUFA Board and Transition team, then the Committee Chairs joined the discussion with Nancy Heege facilitating.

What we have learned is that we're a strong, healthy congregation that is growing. And that growth is raising some issues that need to be addressed as we decide who we are and who we want to be in the future. Other issues that have to do with needs and shortcomings of the congregation – let's call them opportunities to improve – also have arisen that need to be addressed.

And so that conversation will begin at 9 a.m. Saturday, October 30, one of the most important days in the history of the congregation. The time will include lunch – courtesy of the Coming of Age group with free will donations for the Boston trip.

The information that Charlotte, the UUFA Board, the Transition Team and the Committee Chairs have been collecting about who we are and who we want to be will be shared and discussed in detail with the congregation, so it can begin the discernment process that will lead to our selection of the right minister to share our journey into the future.

Please be sure to be there from 9 a.m. until 3 p.m. Saturday, October 30.

## Transition team is working for the congregation

The transition team was chosen by the 2009-2010 UUFA Board in June after Charlotte Cowtan was chosen as our interim minister. It consists of seven members of the congregation who agreed to work with the interim minister during this transition time.

UUFA Board members brainstormed congregation members who they thought would be good candidates to support the interim minister and narrowed the list to make sure there were people who have served the congregation in a variety of areas. Board members then started making calls, and the first people on the list who said yes were chosen. Mark Witherspoon is chair of the transition team in his capacity as past president.

The transition team meets twice a month to discuss issues and needs and to facilitate the work of the interim minister during her time with us. One of the most important jobs of the transition team is to engage congregation members in conversation and to listen to their ideas about what the UUFA means to them and the direction they want the congregation to move in the future.

So please take a moment and discuss with transition team members what thoughts you have about the congregation, why it's important to you and what your vision is of our congregation. And don't miss the all-congregation meeting Saturday, October 30, because the conversation will really get rolling then.

Transition team members are David Brenner, Kitty Fisher, Charlotte Mann, Mary Richards, Amy Slagell, Sam Wormley and Mark Witherspoon. Talk to them.

## Time for all to get involved

Six hours seems like a lot of time. You can get a lot done. Or not a lot done.

In the last several weekends, I've spent six hours mowing my lawn and weeding the flower beds. I've spent six hours scraping and painting my garage. I've spent six hours watching two football games. It will probably take me six hours to write these articles for the newsletter.

So spending six hours with the congregation on Saturday, October 30, may seem like a long time to spend with fellow congregation members. I mean, isn't one or two hours on Sunday morning enough?

Maybe. Maybe not.

Let's remember the questions Charlotte Cowtan, our interim minister, asked us as she talked with so many of us in her first few weeks here: What did you find here when you came that kept you here? What are you proud of? What are people saying about you? What are the areas that could be improved? What is your vision, your dream, for what the UUFA could be?

Charlotte had reasons for asking those questions. She wanted to know as much about us as she could, so she could better help us help ourselves. As she said in her September 19 Sunday morning presentation, her job is to hold up a mirror so we can better see who we are so we can better see who we want to be.

That's one of her first jobs as an interim minister. It's one of our first jobs as the UUFA Board. It's one of our first jobs as Transition Team members. And it's definitely one of our jobs as a congregation moving through the transition process.

We're not just about who is here now. A growing church is as concerned about the people who are not here who might be. If we are concerned about the future, then a question we should ask ourselves is, "What are we doing for the people who come here in the next five years?"

The visioning process is all about who we will be and where we will be in the next five years. So we have to ask ourselves more questions: What are people saying about us? What are we proud of? How did we get here? Where are we going? What can we offer those who come through the doors in the next five years?

The UUFA Board has discussed these questions. The Transition Team has discussed these questions. The Committee Chairs have discussed these questions. And these conversations need to continue among individual members throughout this transition time. That's as it should be. And please, talk with the Transition Team. Much of its job is listening to the congregation members.

Only a congregation can create its vision. Only a congregation. Not the Board, not the Transition Team, not the Committee Chairs. Only the congregation.

### **Who's going to decide our future?**

You will be seeing Transition Team members on Sunday mornings with clipboards in their hands. Please stop and talk with them. They will be asking you to sign up for the all-important all-congregational workshop from 9 a.m. until 3 p.m. Saturday, October 30.

This workshop is the beginning of the discernment process in which the congregation figures out who we are, who we want to be, how we get there, and ultimately, what kind of minister do we want to share that journey with us.

All we need is your name, your email address or telephone number so we can remind you as the date gets closer, if you need child care, and whether you will need a vegetarian lunch or not.

You may also register for the workshop by calling the office at 292-5960.

The next chapter of the Unitarian Universalist Fellowship of Ames' life will begin when the congregation gathers from 9 a.m. until 3 p.m. Saturday, October 30, in the Fellowship Hall to create a vision for UUFA's future.

These may just be the most important six hours this congregation engages in during this time of transition. In these six hours, we will honor our history, look deeply into today's mirror to evaluate our current realities, discern what we want our future to look like and begin charting the path that will take us there. (This will also provide us with some helpful insight into the qualities and strengths we will need in the minister we will call to share the journey with us.)

Pretty important stuff to know.

And when you consider the time we all will spend in the future, six hours doesn't seem like that much time at all.

## From the director of youth and children's ministries

— Lori Allen



### Enthusiasm

*Do not judge whether what you are doing is impressive or mediocre, spiritual or mundane. Just do it with enthusiasm. Just give yourself to whatever you do with this full knowledge: "Life is within me. All actions that I perform are an offering to the common good."* — Swami Chidvilasananda

Yesterday I returned to Ames from the YMCA Camp near Boone with the Coming of Age students and mentors. We were a bit soggy, but not as soggy as we would have been had we done the low ropes challenge course in the rain. I was nervous for two days before the event as I watched the weather report – rain. I did try to prepare the group by sending out messages reminding them that we'd be doing the low ropes even in the rain – bring your rain gear, extra shoes, etc. After all, in the past decade I've done this same course in pouring rain, sleety snow and 90 degree weather.

Can you imagine my disappointment when at 8:30 Saturday morning I was told that we'd "probably" not be doing the ropes course outside, but challenge and team building games inside, because of the rain? In what was probably not my most gracious moment, I rather strong armed our YMCA host into checking one more time to see what we could do to get the group up the hundreds of wooden steps past Inspiration Point and tramping the half mile through the woods to the low ropes course. The host reported back that the weekend supervisor had relented and that we were to meet in Chase Lodge at 9 am to begin our trek. The rain had let up a bit by then and I was confident we'd have a wet, but invigorating, morning.

Sadly, at 9 am the YMCA host reported that they'd just heard thunder and a new policy forbid them to have campers outside during thunder or lightning. We had to wait 30 minutes, clear of either of these elements, to be outside. As more thunder was heard by the camp weather watchers, we were invited to drive our group to the other side of camp to begin team building and cooperative games inside Pioneer Hall.

I knew my role was to show good judgment about safety for the group. I could not argue the merits of being outside when YMCA camp safety policy dictated we should not be. I remembered the quote by Swami Chidvilasananda – not verbatim – but the "just do it with enthusiasm" part. I also realized I was judging, from past experiences, that the event could not be replicated inside. I needed to let go of that judgment and bring my enthusiasm to the activities wherever they were to be held.

What ensued was a morning that was filled with crossing an imaginary raging river with three stones and two planks, trying to remember the path of life, and getting close and personal in silence with my fellow "ants" moving about on a log. We accomplished the goals of the retreat: fun, team building, encouraging emerging leaders, and including all participants with all levels of skills and abilities. I have never felt more cared for or safe than when middle school guides led me, in my temporary blindness, across the stones and planks of the imaginary raging river.

Later I was a bit surprised to have both adult and student participants come up to me and thank me for not "making" them stand out in the rain for 3 hours to do the low ropes course. They said they really appreciated being able to concentrate on the tasks at hand rather than worrying about being too cold or too wet. For them, moving the imaginary raging river inside was a gift. I am over my disappointment of not spending an early fall day in the woods, but I am planning to begin about April 1, 2011, to have the COA students and mentors begin visualizing, meditating, praying or whatever they can do to petition the universe to provide a sunny day for us to do the high ropes challenge at our spring retreat.

Here's hoping you can find the spiritual and impressive in what you fear may be mediocre and mundane. See you on Sunday.

—Lori

## From the director of youth and children's ministries

— Lori Allen

### Reggie's Sleepout – October 16-17, 2010



Youth and young adults are invited to join the hundreds of other young people from central Iowa who will gather at the Drake University football stadium in Des Moines on October 16 – 17. This gathering is to raise money for and awareness of homeless youth shelters and services in central Iowa. UUFA friends and members who are not willing to build a cardboard shelter and sleep in it for this event can support those who are sleeping out in the elements by donating to the UUFA Youth Group team online. Go to our team website at <http://www.reggiessleepout.org/faf/login/teamPageEdit.asp?ievent=337770&lis=0&kntae337770=7A68494F0C31444788525E1C51213D40&page=view> to make a donation.

### Religious Education Email Communication

In early September the UUFA began sending out a weekly children's and youth religious education email update. Each Thursday, UUFA families with children in our program receive information about the upcoming Sunday service and any special projects or events that might be happening in the religious education classes. This information is also posted each week on the UUFA website ([uufames.org](http://uufames.org)) and the UUFA Family Page on Facebook. Please check those sites for the most up to date information related to nursery, children's and youth programming. You do not have to have children or youth in our programs to receive this update. If you are not getting this email and would like to, please contact the UUFA office ([projects@uufames.org](mailto:projects@uufames.org)) to be put on this distribution list.

### Coming of Age

Our Coming of Age (COA) program for students in Grades 7-8 has started. We have 16 youth and 16 mentors in the program. Our first meeting on September 15 was focused on youth and mentors getting to know each other and discussing faith formation and UU history and heritage. Our next meeting will be October 20 (6:30 – 8:30) when we will explore one of our UU sources of wisdom, Earth Based religions and traditions. These are spiritual teachings of earth-centered traditions and religions that celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

### UUFA Religious Education

Please check the UUFA website ([uufames.org](http://uufames.org)) or join the Facebook UUFA Family Pages for regular updates of what is happening in our Nursery – High School groups and classes.

## UUFA Halloween Party for All Ages Wednesday, October 27 5:00 – 7:00 PM Fireside Room and Fellowship Hall

#### MENU

Mac & Cheese  
Chili  
Crackers  
Salad and Veggies  
Corn Casserole  
Halloween Cookies  
Milk and Water

#### ACTIVITIES

Mini Pumpkin Decorating  
Pumpkin Walk  
Halloween/Harvest Themed Arts and Crafts

#### WEAR YOUR COSTUMES!

No RSVP necessary.

Contact Lori Allen ([dycm@uufames.org](mailto:dycm@uufames.org)) for more information or to help with the dinner or games.

## Green Corner

— *Erv Klaas*



October will be a busy month on the environmental scene. The Fellowship program on 10/10/10 will feature our new Green Sanctuary Program. And, in the community, students and others are planning to call attention to James Hansen's call to reduce carbon dioxide in the atmosphere to 350 ppm. Here is a list of other events in Ames and Des Moines.

October 4. : Presentation on Healthy Eating and Sustainable Food Systems by Angie Tagtow, Ames Public Library, 7 pm. Third in a series sponsored by the Environmental Research Team of AMOS and the Ames Public Library.

October 6. A Resourceful Stormwater Solutions Workshop at City Hall in West Des Moines, 9 am to 4 pm. The workshop will focus on taking green infrastructure projects from idea to implementation. Registration is free, lunch included, and workshop details can be found at <http://www.iowalifechanging.com/community/downloads/green/Stormwater-Green-Infrastructure-Flyer.pdf>

October 7. Iowa Smart Planning Task Force, City Hall, Boone. 4:30 pm to 6:30 pm. Public listening session.

October 7. Wetland biology and function. 5:15-6:30 pm. Ada Hayden Heritage Park, South parking lot off Harrison Ave. Tim Stewart will conduct the interpretive program.

October 13. Panel discussion on the recent flooding in Ames and possible solutions for the future. Sun Room, ISU Memorial Union, 7 pm.

October 14. Hydrology and water issues at Hayden Park. 5:15-6:30 pm. Bill Simkins will lead the interpretive program. Meet at Calhoun Park next to Conley's Trucking Service off Dawes Drive.

October 14. Bill McKibben lecture: "Sustaining Life on a Tough New Planet." 8:00 pm, Great Hall, ISU Memorial Union.

October 15. Toward a Green Iowa—Toward a Greener World. Annual meeting of the Iowa Environmental Council featuring talks by Bill McKibben and Joan Nassauer and much more. 8 am to 4:30 pm. Scottish Rite Consistory, downtown Des Moines. Register at: [http://www.iaenvironment.org/conference/10/2010\\_Conference.htm](http://www.iaenvironment.org/conference/10/2010_Conference.htm).

October 21. Lecture: "Climate Change: What Could Happen and What Earth's Past Can Tell Us." Bette Otto-Bleisner, Senior Scientist at the National Atmospheric Center, Boulder, CO. 8 pm. Sun Room.

October 23. Workshop on Sustainability. 9 am to noon. Ames Public Library. Workshop sponsored by Environmental Research Team of AMOS.



**Get out your spices and ladle!** Dust off that secret family recipe! The annual UUFA Chili Cook-off is Sunday, October 24th after the 11:30 a.m. program. Fellowship members, friends and visitors are invited to attend this favorite fall event. Volunteers are needed to bring chili, cornbread, other food and to work before and after the meal.

This year's cook-off categories are Cornbread, Traditional Recipe Chili, Spicy Chili, and Nontraditional/Alternative Chili. We will have prizes! If you are not a chili maker but love to eat it, please consider being a judge!

E-mail Faith Winchester at [winchester@iowatelecom.net](mailto:winchester@iowatelecom.net) to RSVP if you want to enter the cook-off, be a judge, bring other food or just help out. After expenses, the free-will donations benefit this year's Coming Of Age group. Contact meals group members for more information on this or upcoming meal events: Helen Gunderson, Shelli Pitner, Mary Brooks, Mary Darrow, David DenHaan, Peggy Earnshaw, Ginny Huntington, Janie Lohnes, Carolyn Myers, Kay Puttock, Faith Winchester.

# Social Responsibility

## **SOCIAL JUSTICE TRIP TO YUCATAN PENINSULA OF MEXICO!**

The Social Justice Committee has been busy arranging a UUFA service learning trip to the Yucatan for March 2011. The trip is planned for Spring 2011. The first informational session will be held Tuesday, October 5 at 7:30 pm in the Tower Room. We will discuss the possible projects to undertake, answer questions, discuss the itinerary, and set up a travel date. If you are interested but can't come to the meeting (or just have questions), please contact Sue Jarnagin: jarnagin@iastate.edu or Semakaleng Lebepe-Mazur: maikanya2000@gmail.com).

We have the possibility of working on a sea turtle rehabilitation project or mangrove restoration on the coast, in addition to working with a village to develop a long-term collaborative relationship, seeing restored Maya ruins, and enjoying traditional music and foods. There will be optional conversational Spanish language and Yucatan & Maya culture workshops this fall and winter to help prepare for the trip.

## **AMES PROVIDERS TO DISCUSS AVAILABILITY OF MENTAL HEALTH SERVICES**

Availability of mental health services in Ames will be the topic of a Community Conversation at the end of October, Mental Health Awareness Month. The panel discussion with community service providers will be held on Tuesday evening, October 26, 7-8:30 p.m., at the Ames Public Library Auditorium. The Community Conversation is being sponsored by the local AMOS Mental Health Issues Team and the Ames Public Library. The public and political candidates are invited to attend. Focus of the Community Conversation will be on current mental health services, projected changes and challenges faced by providers.

Panel members include: Tricia Crain of Mainstream Living, Michelle De La Riva of the Richmond Center, Gayla Harken of Community Life, and Christine Krause of Mary Greeley Medical Center. Moderator Rilla Fox, a retired psychologist, is a member of the AMOS Mental Health Issues Team.

The moderated discussion will begin with a discussion of questions provided to panel members. At the end of the discussion, audience members will have a chance to ask questions.

AMOS (A Mid-Iowa Organizing Strategy) provides a way for community members to organize around issues in which they share an interest. Administrative costs are funded by an interdenominational group of churches and other organizations. AMOS implements an approach to problem-solving focused on doing what is feasible in the local community. This Community Conversation is intended to be educational, as part of an on-going discussion about mental health issues. Panel members and audience members will have an opportunity to learn from each other on October 26.

*Each month, half the Sunday offerings not designated as pledge payments are given to a local, national, or international organization that serves disadvantaged people and communities or advances other goals. If you have an organization you feel deserves the Fellowship's support, contact Greta Anderson (gretagarten@gmail.com). October's recipient is NAMI.*

**AMOS is looking for Ames people to be on the Economic Justice committee.** As a result of the spring 2010 congregation survey of concerns and needs in Ames, the committee will be working on Project Quest, a local jobs initiative modeled after a very successful program in Austin, Texas. As part of the three stage process we will survey local employer and employee needs. Construction trade needs such as welding, duct work, heating, plumbing and cooling have already been discovered. The group meets one hour monthly and at the moment is seeking a new time and day. Three different Ames congregations are already represented on this committee and a UUFA representative is needed. Call or email Ginny Huntington or Mary Richards for information.

## Committee and Group News

### AMES AREA ALTERNATIVE GIFT MARKET CELEBRATES 20 YEARS WITH SPECIAL MARKET DAYS

The Ames Area Alternative Gift Market (AGM) is celebrating its 20th year with special Market Days on November 13 and 14 at the Collegiate Presbyterian Church, which was the first congregation to sponsor an Alternative Gift Market in Ames. Currently, the Ames Area Alternative Gift Market is sponsored by 10 local congregations and is organized by a committee of representatives from those congregations, including the UUFA. The Ames Area Alternative Gift Market is one of the most successful of more than 300 gift markets nationwide.

To celebrate this 20th anniversary year of the Ames Alternative Gift Market, the organizers are planning a full-scale market similar to the one held the first year and for many years after at Bethesda Lutheran Church. We are anticipating all the excitement and enthusiasm that accompanied the first event. In addition to appealing to the generous donors of the past, the committee is reaching out to the young people of the congregations so that they too might feel the joy of sharing that has characterized the market since its inception.

In addition to the special Market Days in November, alternative gifts and gift cards will be available at the Fellowship between and after services December 5, 12, and 19. Shopping lists will be available to pick up and take with you on November 22 and 29.

There are opportunities for YOU to help make this 20th Ames Area Alternative Gift Market a success.

- you can help represent the UUFA at our market booth on November 13 and/or 14 at the Collegiate Presbyterian Church.
- you can help distribute cards and project descriptions at UUFA between and/or after services December 5, 12, and/or 19.
- you can plan to include Alternative Gifts on your holiday gift list.
- Contact Bonnie Bowen to help make this year's AGM a success at the UUFA! (292-6923; bsbowen@iastate.edu)

If you are new to the Fellowship, you might wonder: What is the Alternative Gift Market? The Alternative Gift Market offers gifts with a conscience. Instead of buying yet another sweatshirt or electronic gadget for someone on your Christmas list, you can purchase a meaningful, life-giving gift in that person's honor. Purchase the necessary supplies to help children in Thailand or Myanmar raise food for their families by purchasing chicks or a small fish pond, or provide a bicycle ambulance for a village in Africa. These holiday gifts meet basic needs of education, food, shelter and health; they make a difference in the world. Shoppers can provide for those in need in the Ames community with support for the Bethesda Community Food Pantry, Assault Care Center Extending Shelter and Support (ACCESS), Beyond Welfare, Emergency Residence Project, Good Neighbor Emergency Assistance, Habitat for Humanity for Central Iowa, Food at First, Story County Community Dental Clinic, Ames-ISU YWCA, and Life to Life Global Building Group (Global Builders, Ames High Uganda Project). You get an attractive card and a synopsis sheet of the project you select, which you can give to your friends and family during the holiday season. You can be sure that this year's gift won't be collecting dust.

### CONSCIENTIOUS CRAFTERS

We will meet 12:30 p.m., in the Tower Room, on October 10. On the second Sunday of each month you are all invited to join us with your craft projects for support and companionship. Both beginners and "old hands" are welcome. We have lots of yarn for knitters and crocheters as well as ideas about how to put your skills to use for charitable purposes. If you have questions or problems with your project, there is much experience and expertise in the group to help you.

At the fall retreat in September, the group agreed that we would like to offer "something" for the Fall auction. Be watching for more information about that. You can also visit our group on the UUFA website. For information or to get on the email list, email Mary Richards at maryrich@isunet.net.

### DUSTIN BERGER MEMORIAL LIBRARY

If you'd like to return a book to the library, please put it in the library's mail box in the main office until we have a home again. — *Barb Abbott*

## Committee and Group News

### END-OF-LIFE (NOW KNOWN AS COMPASSIONATE COMPANIONS)

Last spring nearly thirty people participated in the UUFA series Being Present at Life's End. As hoped, some of the participants formed a discussion/support group, which met several times over the summer. The group now invites UUFA members and friends to participate in a follow-up series this fall.

The new three-session series will be a book discussion, based on *The End of Life Handbook: A Compassionate Guide to Connecting with and Caring for a Dying Loved One* by Feldman and Lasher. The discussions will be held at two week-intervals on Thursday evenings, 7-8:30, October 14 & 28 and November 11.

Each session will focus on a segment of the above book. Participants may wish to acquire and read the book in advance, although that is not a requirement. Facilitators will summarize each segment and also present additional information from other resources and furnish a bibliography.

It is hoped that the new series will lead to another group that will provide continued support to people in the UUFA community who are faced with serious illness, mortality, and bereavement. For more information and/or to sign-up, contact Rilla Fox at 292-6021 or rillalou@mchsi.com.

### ENGLISH COUNTRY DANCE

Dance to the live music of Cecil's Harp. All the great oldies from 1600 to the present including Jane Austen era dances, rants, ceilidh dances and more. All dances are taught and called. No experience or partner needed. All Welcome! Join in the fun at the UU Fellowship Hall from 2:30 - 4:30 on most first and third Sundays. Fall 2010 dates for your calendar: September 19, October 3, October 17, November 21, December 5. English Country Dance Halloween Ball is October 30 at the Collegiate United Methodist Church Annex, 130 S Sheldon Ave, Ames. Cost \$10 includes refreshments. Starts at 7:30.

### the little bUukshop

We hope you noticed that, despite being dispersed on shelves and in boxes throughout the first floor, the little bUukshop made its first appearance of the year in the Fireside Room on Sept. 19. It will return again on October 10, and then, beginning the first Sunday in November it will be open every Sunday through the holidays.

There are books, CDs, jewelry, gifts, and other UU related items. Please stop and browse, and remember, when you buy, a portion of the price goes to the UUFA general fund.

Do you have ideas of things the bUukshop should carry in inventory? Mention your suggestion to a clerk—or e-mail Donna Lutz (dslutz@iastate.edu) or Mary Richards (maryrich@isunet.net). —*Mary Richards*

### MEMBERSHIP DIRECTORY

The handbook and directory of the UUFA will be compiled in October. If you have had a change in your e-mail, address, or family situation, please notify the office (projects@uufames.org, or 292-5960). The handbook contains a listing of our members and friends, plus our by-laws, and other useful contact information. A copy of the handbook will be available to each family when completed.

### NEW MEMBER/INFORMATION SEEKER CLASSES WEEKEND BLITZ

Membership and information seeker classes will be held at the Fellowship on Saturday, October 16, from 9-12 noon, followed by a class from 4-5:30 on Sunday, the 17th, concluding with a meal. This first class is for both information seekers and people considering membership. The latter should also attend the second class which goes into more detail about joining the Fellowship as a member. (New member Sunday will be November 14.) Topics to be covered include Unitarian Universalist theology, its religious roots in the Jewish and Christian traditions, the education of our children, our commitment to social justice and the environment, and the working of our local congregation as it has evolved over the past 60 years in Ames. Childcare is available upon request one week in advance. For more information or to sign up, please phone the office (292-5960), sign up at the visitor table on Sundays, or e-mail: uufa@uufames.org.

## Committee and Group News

### SKADBERG SCIENCE CIRCLE

The Skadberg Science Circle was started 5-6 years ago, and we have enjoyed meeting at the home of Fritz and Susan Franzen from October through May. We will continue, as last year, meeting from 7-9 pm on the second and fourth Tuesdays of the month at Fritz and Susan's home at 1216 Scott Avenue in Ames.

We are going to start this fall with a presentation by me about the current research underway in the quest to understand what dark matter and dark energy are. The quest involves astronomical observation using ground and space telescopes, underground detectors, and particle interactions at the Large Hadron Collider and elsewhere.

As part of our meeting on October 12, we will discuss other subjects we plan to explore this fall. There is much going on in the areas of climate change, community sustainability, and related topics.

See you Tuesday night, October 12. Bring somebody new that would enjoy science discussion. —Sam (and Fritz)

### WOMEN'S BOOK GROUP'S READING LIST FOR 2010-2011

Please join us on the first Monday of the month in discussing *The Evolution of Calpurnia Tate* by Jacqueline Kelley. This story features a delightful young girl discovering the scientific world at the turn of the last century under the tutelage of her grandfather. As Calpurnia studies the natural world of Texas around her and the words of Charles Darwin, she begins to question her role as a young lady in a wealthy family full of brothers.

The members of the group voted for the selections below-- another fun year of reading. Please join us! Any questions: Barbi Greenlaw, 292-5317.

October 4 *Evolution of Calpurnia Tate* by Jacqueline Kelley  
 November 1 *Cutting for Stone* by Abraham Verghese  
 December 6 *The Ghost Map* by Steven Johnson  
 January 3 *Shadow of Sirius* or other poetry by W.S. Merwin  
 February 7 *Piano Teacher* by Janice Lee  
 Mar 7 *The Lacuna* by Barbara Kingsolver  
 April 4 *Still Alice* by Lisa Genova  
 May 2 *The Plague of Doves* by Louise Erdrich  
 June 6 TBA

### WOMEN OF WISDOM

Women of Wisdom (WOW) is an open group of UU women, age 55+, meeting monthly for conversation and laughter. Beginning with our October meeting (Monday, 10/18), we will be changing our meeting time from 7p.m. to 4 p.m. We will continue to meet in the Tower Room of the Fellowship Building. New members are always welcome.

### UUYOGA

UU Yoga will meet Sunday evenings in October (except October 31) at 7:15 pm. In November, the time will switch to 4:45 on Sundays. This relaxing class is open to anyone of any age, sex, size, shape. This would be a good class for someone who has never tried yoga, for someone who wants to reduce stress, for someone with tight muscles. In other words, this class is for ANYONE! For more information, contact Karen Bates at 231-9311 or batesandbrown@gmail.com. —Karen Bates

**There will be a bake sale between services on Sunday, October 11, with proceeds supporting the Coming of Age program and Boston-bound youth trip. Please come and enjoy some goodies!**

## 2011 Prairie Star District Annual Conference

Each year at the annual meeting of Prairie Star UU there is a noon luncheon awards program. Below are the awards that can be given out. Nominations for these awards need to come from the local congregations. If you go to the Prairie Star website and hit the forms icon, you can pull down nomination forms for any and all of these awards. I would assume that there are worthy people within your congregation that could qualify for one of these awards. It could be an item for the board to discuss. If you need any additional information the best place is the web site or you can call me.

Mel Aanerud  
Member of the awards committee  
763-434-3809  
aanerud4@comcast.net

### Prairie Star UU/forms Overview

District awards are given at the Prairie Star District Annual Conference. Nominating Forms for these awards are posted in the fall of the preceding year. Award recipients are selected by the District Awards Committee unless noted below. See Past Awards and Awards By Year for more information about the recipients of the awards.

- **Unsung UU Award** affirms those UU's whose actions inspire, support, and express Unitarian Universalism, but have not been previously recognized. The award is given to a person or group whose lifetime activities have made a significant contribution to the cause of Unitarian Universalism.
- **Keeping the Faith Award** was established to recognize people who live by UU principles. It is presented to persons who have worked to keep Unitarian Universalism alive in their community and who touch the lives of congregation and community members in a positive way. (Established in 2000)
  - **PSD Social Justice Award** pays tribute to those who witness to the ideals of social justice and responsibility so important to our UU heritage. Two awards are presented: one to an adult and one to a youth (under age 18).
  - **O. Eugene Pickett Award** is presented annually to a congregation that has made an outstanding contribution to the growth of Unitarian Universalism. The PSD recipient of this award will be our nominee for the UUA O. Eugene Pickett Award.
  - **President's Award** to recognize persons the PSD President deems to have made significant contributions to the District. Recipient selected by the President. (Established in 1998)
  - **Ellie Morton Award** to honor an individual or individuals who have made a significant contribution to religious education in our District. The award recipient is selected by the Lifespan Faith Development Council.
  - **Betty Gorshe Heritage Award** to recognize an individual or group who have made a significant contribution to preserving, understanding, and celebrating our Unitarian Universalist history. The award recipient is selected by the Heritage and Archives Committee. (Established in 2005)

## FACES

UUFA will have a presence at FACES, a local multicultural event 10 AM to 3 PM on October 16. Mark Kassis, Terry Lowman and Kelly Cheney will be manning/womanning the booth and we'd love for you to stop by and visit!

## Public Radio

October means time for the Iowa Public Radio semi-annual fundraising drive. If any UUFA members and friends give regularly to IPR, here's a way to do that and spread the Unitarian-Universalist message at the same time: Perhaps you've heard the UU sponsorships on the WOI stations--those are paid for by contributions funneled through local congregations.

Benefits: you still get a charitable contribution credit for your taxes; Iowa Public Radio still gets your contribution; Unitarian-Universalism gets to reach out to folks who may not know who we are or what we stand for.

Here's how to do it: Write a check to UUFA. Put "Iowa Public Radio" in the memo line. The Fellowship will forward your money to the UU Iowa fund, which is handling the program sponsorships.

# Stewardship Committee

## Live auction canceled, BUT, Silent Auction Back by Popular Demand

When we scheduled this fall's auction activities last month, we did not realize that we would be facing a major fund raising effort in the Emergency Flood Recovery Fund. When subsequently we announced postponement of the auction until spring, we received immediate responses from several people who were already planning what to offer for fall and winter dinners and services.

To quote one note to us: "The auction is a very different kind of fundraiser, and fulfills many different purposes--camaraderie, social opportunities, social justice opportunities, etc. This is true even if we restrict the event to a silent auction (spread over two or three Sundays) only. The variety of dinners, services, etc. that are generally offered give people a tangible connection to the UUFA. AND, I'd be willing to help with the logistics."

Who can refuse an offer like this? Therefore, we will begin soliciting items immediately, and will have the silent auction bid sheets available from October 17 to November 8 (the last day is a Monday to give people a chance to come into the office to raise their final bid if they were out of town over the weekend). Auction sheets will be posted continuously during those three weeks. You can use the form enclosed with this newsletter for items you will offer.

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## Unitarian Universalist Fellowship of Ames

### Our Mission

*We are a diverse community of caring individuals who come together to provide an environment that nurtures and educates our children, stimulates the study and practice of ethical and liberal religious ideals, supports the creative spirit in us all, and demonstrates concern for the environment and the broader community.*

**Interim Minister:** the Rev. Charlotte Cowtan .....minister@uufames.org – 515-292-5960  
**Director of Youth and Children's Ministries:** Lori Allen .....dycm@uufames.org – 515-292-5960  
**Music Coordinator:** Paul Ferrone.....music@uufames.org – 515-292-5960  
**Office Administrator:** Lisa Harmison.....uufa@uufames.org – 515-292-5960  
**Projects Coordinator:** Diana Crosswait.....projects@uufames.org – 515-292-5960  
**Nursery Coordinator:** Anne Tepper.....nursery@uufames.org – 515-292-5960  
**Caring concerns** .....caring@uufames.org – 515-292-5960

### Officers of the Board

President	Deb Kline
Vice president	Steve Martens
Past president	Mark Witherspoon
Secretary	Jane Johnson
Treasurer	Fritz Keinert

### Board Members

open	through 2011
open	through 2011
David DenHaan	through 2012
Carolyn Heising	through 2012
Kay Puttock	through 2012
Iris Brenner	youth representative

**Next Board Meeting:**  
**7 p.m. Wednesday, October 13, 2010**

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The UUFA office is open 10 a.m. to 2 p.m. Monday through Friday.

