

Unitarian Universalist Fellowship of Ames



November 2010

From the Interim
Minister

Page 2

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

From the
President

Page 3

7 *Creating Community* (All Congregational)

REV. COWTAN, LINDA BARNES

Scott Peck once contrasted *Pseudo Communities*, where no one publicly disagreed, with *True Communities* in which people had learned to speak the hard truths to one another and to fight gracefully. Rev. Cowtan will be discussing the implications of this insight for the development of truly religious communities. Apple Communion led by Linda Barnes; Fellowship Voices will sing.

Religious
Education and
Youth

Page 4

14 *Unlikely Friendships*

JAN COOK, GRETA ANDERSON

New Member Sunday

Between Services Special Congregational Vote: See notice below.

Green Corner

Page 6

Have you ever had a friendship that overcame socioeconomic or some other difference to become reciprocal, authentic and truly alive? This past year the UUFA Social Justice fund supported the collection of interviews of people in poverty and their allies by members of Ames-based Beyond Welfare. The interviews focused on the importance of “unlikely friendships” in easing the isolation that poverty imposes. Guest presenter Jan Cook and her BW team present these stories in a thought-provoking readers’ theater.

Social
Responsibility

Page 6

21 *Welcoming Others to Our Table*

GRETA ANDERSON, SARAH CARLSON, PAUL NELSON

Today at our gathering we welcome unseen guests; people in our own community and throughout the world who seek to eat at the table of social justice.

Committees &
Groups

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28 *Deep Well of Gratitude*

REV. CHARLOTTE COWTAN

This is a day for saying “thank you” for the gifts in our lives.

Time Survey

Page 11

Thanksgiving Potluck – bring your Thanksgiving ‘leftovers’ to share following the second service.

PSD Awards

Page 12

Dec. 5 *Standing on the Side of Love*

REV. CHARLOTTE COWTAN

For a current
calendar, see www.
uufames.org



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November 14 Congregational Meeting and Vote at 11:00 am

It has become apparent that the UUFA ownership of the radio license is compromising KHOI’s ability to obtain publicly funded grants because they are seen as a religious radio station. Therefore, we will have a special congregational meeting to vote. At KHOI’s request, the UUFA Board is recommending the congregation approve the following motion:

Moved: To authorize the UUFA Board to facilitate the transfer of the ownership of the radio license from the UUFA to KHOI.

The meeting will be at 11:00 am, Sunday, November 14. Absentee ballots are available on request in the office and must be returned before the meeting.

Charlotte's Web

— Rev. Charlotte Cowtan

A few years ago I was an Interim minister in Brooklyn, NY. One November evening my partner and I were on our way to the opera. As we descended the stairs to the subway at the corner of Montague and Court, a homeless woman held out her hand and said she was hungry. I normally have a few \$1 bills in my pocket to give to people in need, but hadn't transferred them to my good coat. My partner reached into her pocket – also bereft of a wallet and pulled out a money clip which had also been slimmed by the removal of the smallest bills. She peeled off a \$10 bill and gave it to the woman as we hurried down the stairs. From behind us came a joyful noise that can only be described as a 'Whoop.' We turned to see the woman's face transformed with joy as she called after us "Thank you! Thank you! God bless you!" We answered "You're welcome. Happy Thanksgiving!"

I know the woman in the subway brought at least as much joy to my life as the \$10 gift brought to hers. My heart is lighter whenever I think of her and of how little it took to bring such genuine joy to her life. And I am grateful to her – for her simply being in the world I inhabit.

As we enter this Thanksgiving season the woman in the subway is once again on my mind, and the deep lesson she taught me. A good question to ask ourselves in any season is:

"When was the last time you whooped with joy and gratitude all rolled up in one?"

Faithfully,
Charlotte

Many of you asked me for a copy of the following Blessing that I read in the October 17 service:

Four-fold Franciscan Blessing

May God bless you with a restless discomfort about easy answers, half-truths and superficial relationships, so that you may seek truth boldly and love deep within your heart.

May God bless you with holy anger at injustice, oppression, and exploitation of people, so that you may tirelessly work for justice, freedom, and peace among all people.

May God bless you with the gift of tears to shed with those who suffer from pain, rejection, starvation, or the loss of all that they cherish, so that you may reach out your hand to comfort them and transform their pain into joy.

May God bless you with enough foolishness to believe that you really CAN make a difference in this world, so that you are able, with God's grace, to do what others claim cannot be done.

(As quoted by Bob Edgar in his book Middle Church: Reclaiming the Moral Values of the Faithful Majority from the Religious Right)

For those of you who asked where you could find more information about Generation theory, I recommend the following books by Neil Howe and William Strauss:

Generations: The History of America's Future, 1584 to 2069 (1992)

The Fourth Turning by William Strauss and Neil Howe (1997)

Millennials Rising: The Next Great Generation (2000)

Prairie Flower Preschool

As you know, the Space Usage Task Force has been busy evaluating space needs, re-imagining how to meet them, submitting ideas and receiving input. With this new plan, the preschool has been advised to begin seeking a new location site at the end of their rental contract, June 30, 2011. While the current space needs of the UUFA are no longer compatible with renting rooms to the preschool, the similar philosophies between the UUFA and Prairie Flower remain. Wherever the twelve students find new space, the UUFA will be a continuing advocate for the program. Delpine Douglas (292-2871) is the contact person if you know of possible sites and/or benefactors to serve the preschool. The link below has more information on the Waldorf approach that makes Prairie Flower unique in Ames.

http://www.whywaldorffworks.org/02_W_Education/pre_and_k.asp

Greetings from the President

— Deb Kline

“How’s it going, Madam President?” I get asked this a lot. When I see Fellowship members on Sunday mornings, or out and about in the community, the questioner has a hint of hesitation and a look of concern. I appreciate that those who ask are looking out for my well-being and hoping that I am not overwhelmed with all that is going on this year.

I am happy to report that things, both with the Fellowship and with me, are going well. I’m fond of saying, “Who’d a thunk it?” when I, too, am surprised at my positive outlook in the midst of would be chaos. The “would be” is what keeps me sane.

This would be chaos, if not for the strong, experienced leadership and cheerleading skills of our interim minister, Rev. Charlotte Cowtan. Her “can do” attitude and “why not” solution options inspire me. This would be chaos, if not for the many volunteers who have come forward to give guidance, expertise and leadership with repairing the flood damage. Their dedication and direction is invaluable. This would be chaos, if not for the champion donors whose generosity in the time of need exceeded our fundraising goals. Their commitment to our community shows me that together there is nothing we can’t do. This would be chaos, if not for the Board members, Transition Team, and Executive Leadership Team and Staff members. They are the eyes and ears, checks and double checks that we are heading in the right direction and attending to the congregation’s many needs. This would be chaos, if not for you and all the ways you invest your time and talents in making the Fellowship a supportive community. You are part of the greater good making us more than the sum of our parts.

Who’d a thunk this would be chaos could turn into an exciting journey? With all that is going, on my spirit is being strengthened in the process. I am enjoying the challenge (for the most part) and I am truly happy to serve you to the best of my ability. My hope is that this transition time will pave the way for future leaders and volunteers, provide a road map and guidelines for how we operate, and build a firm foundation of who we are and who we strive to further be.

“How’s it going, Madam President?” It’s going GREAT! (And thanks for asking.)

Thank You, Thank You!

Thank you very much to all who joined on the Emergency Rescue Boat! Contributions total \$104,207.23 as of October 27!

Admirals - \$10,000+

Anonymous

Captains - \$7,500-\$9,999

Anonymous

Fritz & Susan Franzen

Duffie & Bob Lorr

Suzanne Zilber & Adin Mann

Navigators - \$5,000 - \$7,499

Anonymous x 2

Kay & Roger Berger

Phil & Terri O’Berry

Skippers - \$2,500 - \$4,999

Anonymous

Clair & Marilyn Keller

Erv & Janet Klaas

Joan Mathews

Kay Puttock & Stan Henning

Wes Shank

Amy & Mark Slagell

Crew - \$1,000 - \$2,499

1st Unitarian Church of Des Moines

Anonymous

Bonnie Bowen & Rolf Koford

The Rev. Charlotte Cowtan

Ham Cravens & Carole Kazmierski

Diane Debinski & James Pritchard

David DenHaan & Carolyn Myers

Delphine Douglass & Jim Werbel

Carol Elbert

Dennis & Betty Keeney

Fritz & Ria Keinert

Deb & Kendal Kline

Betsy & Scott McLeod

Ginny & Lee Molgaard *

Mary & Raj Raman

Mary Richards *

Life Boats - \$500 - \$999

Anonymous x 4

Janet Alcorn & Paul Ferrone

Joyce & Rod Brink

Isabel Hendrickson

Jane Johnson

Cheryl Lawson & Sam Wormley

Cynthia Marten & Dallas Thies

Unitarian Church of Tordárfalva

Life Vests - \$250 - \$499

Linda Ambrosio

Carol & Denny Barrick *

Freda Line

Dorothy Stagner

Shipmates - \$1 - \$249

Anonymous x 4

Mary Barratt

Bob & Rosemary Bulman

Joanna Courteau

Lynn Fawcett

Kitty Fisher

Lynn & Ginny Fletchall

Kate & Steve Hardy

Lena Jennings

Rebecca Kinnamon & David Winterton

Forrest Laws & Kathy Hickok

Semakaleng Lebepe-Mazur

Tom McGiverin

Rich & Lynne Van Valin

Mark & Brenda Witherspoon

* pledged

From the director of youth and children's ministries

— Lori Allen

Thirty

just look at you

strong
smart
beautiful
and so damn tall

thirty

there it sits
like a period
marking a new
breath

the next breath will show us

how frankly, funnily,
fightingly, stubbornly,
scientifically, lovingly
you are going to

live

~ Darci Kellen



Dear UUFA friends – most of you have read that my daughter-in-law was diagnosed with inflammatory breast cancer recently. This diagnosis came just days before her 30th birthday. Her good friend Darci penned the above poem for her as a birthday gift. Reading it makes me mindful that there should be more poetry in our lives. We should be reaching out to each other, with words and deeds, affirming the wonderfulness of life. See you on Sunday. ~Lori

Reggie's Sleepout



Thanks to everyone who supported the UUFA Youth Group in raising money for Iowa Homeless Youth Shelters. Our team, which consisted of 10 youth builders, the Zilber Mann Family, a couple youth advisors, and eight youth “sleepers,” was a great success. Our team raised about \$850. The event raised about \$100,000. We have great plans for next year – we’re going to invite other UU Youth Groups from Iowa to join us!

Religious Education Email Communication

Please remember, the weekly RE Email Communication has the information you need to know about parent helper schedules, class activities, and other RE

information. Check your email each week or follow this communication on our UUFA Website (uufames.org) or on the UUFA Families Page on Facebook.

Coming of Age

COA students and mentors are planning a visit to the Hindu Temple near Madrid Iowa on Sunday, November 14. They will be at the temple by 11:00 am, in time to attend a Hindu Pooja, or service. More details will be sent closer to the time of this event.

The Coming of Age Boston fundraising efforts are off to a great start. Coached by Adin Mann, the youth helped with their first of many soup lunches and earned \$150. Their first bake sale was on October 10 and made \$243. Thanks to Gwyn Beatty and Larry Halverson for coordinating it.

Upcoming events:

Saturday, November 13 - Italian dinner night. Jane and Bart Dupuis are coordinating this evening of great Italian food and relaxing music. Dinner will be served at 6 p.m. The youth are learning how to be waiters/waitresses and even how to speak Italian! Tickets are \$15 and will be sold between services.

December holiday bake sale - There will be a bake sale between services on December 13, with a special focus on baked items for the holidays. The proceeds will support the Coming of Age program and Boston-bound youth trip. (Note that there will not be a bake sale in November.)

From the Office

First Quarter Pledge Statements

Statements showing pledge payments received for the first quarter of our fiscal year (July 1-September 30) have been emailed or mailed to many of our members and friends. We did not send statements to families utilizing the monthly electronic funds transfer, or EFT, or those who have already paid their pledge in full. If you have any questions about your contributions for the current fiscal year or if you would like to receive a statement, please let me know.

In January, everyone will receive a statement reflecting contributions received during the tax year of January 1 through December 31, 2010. Please remember that the tax year spans portions of two of our fiscal years. The calendar year of 2010 will include contributions for the second half of FY09-10 pledge payments, the first half of FY10-11 pledge payments, contributions given in support of the Emergency Flood Recovery Fund, contributions for the capital campaign received during 2010, and any other donations made to the Fellowship during 2010. (For those contributing to the capital campaign, you will receive a statement in January indicating total pledge amount, contributions received through 2010, and any remaining pledge amount.)

Please email me (projects@uufames.org) or call the office if you have any questions or concerns. - *Diana Crosswait*

Twitter and Facebook

The Fellowship is now on Twitter! Follow us at @UUFAMes! I will also attempt to keep our Facebook page more up to date with the upcoming events at the Fellowship. Feedback is welcome as we become more active in social media and improve our communication to our members and friends. - *Lisa Harmison*

Announcing a Unique and Fun Opportunity: Intergenerational Choir

Sunday, December 19, 2010

All are invited to join the UUFA Intergenerational Choir! Prior experience not required. Cynthia Marten will lead adults and children as they sing together. There will be a separate choir for each service. Cynthia will teach and rehearse the Intergenerational Choir prior to the service and the group will then perform at the service that same day.

Intergenerational Choir Schedule

First Service Choir

8:45 – 9:15 am

Rehearsal in Fellowship Hall

9:30 am

Performance during Service

Second Service Choir

10:45 – 11:15 am

Rehearsal in Fellowship Hall

11:30 am

Performance during Service

Sign up sheets will be available at the welcome table on Sunday mornings through December 12. Please mark your calendar, bring your best voice and let's make a joyful sound!

Green Corner

— *Erv Klaas*



Wangari Maathai, founder of the Green Belt Movement in Africa, won the 2004 Nobel Peace Prize. Her latest book is: *Replenishing the Earth: Spiritual Values for Healing Ourselves and the World* (Doubleday Religion). Here are a few excerpts that I think will resonate with UUs.

“During my more than three decades as an environmentalist and campaigner for democratic rights, people have often asked me whether spirituality, different religious traditions, and the Bible in particular had inspired me, and influenced my activism and the work of the Green Belt Movement (GBM). Did I conceive conservation of the environment and empowerment of ordinary people as a kind of religious vocation? Were there spiritual lessons to be learned and applied to their own environmental efforts, or in their lives as a whole?

When I began this work in 1977, I wasn’t motivated by my faith or by religion in general. Instead, I was thinking literally and practically about solving problems on the ground. I wanted to help rural populations, especially women, with the basic needs they described to me during seminars and workshops. They said that they needed clean drinking water, adequate and nutritious food, income, and energy for cooking and heating. So, when I was asked these questions during the early days, I’d answer that I didn’t think digging holes and mobilizing communities to protect or restore the trees, forests, watersheds, soil, or habitats for wildlife that surrounded them was spiritual work.

However, I never differentiated between activities that might be called “spiritual” and those that might be termed “secular.” After a few years I came to recognize that our efforts weren’t only about planting trees, but were also about sowing seeds of a different sort -- the ones necessary to give communities the self-confidence and self-knowledge to rediscover their authentic voice and speak out on behalf of their rights (human, environmental, civic, and political). Our task also became to expand what we call “democratic space,” in which ordinary citizens could make decisions on their own behalf to benefit themselves, their community, their country, and the environment that sustains them.

I came to realize that the work of the GBM was driven by certain intangible values. These values were: love for the environment; a gratitude and respect for Earth’s resources; a capacity to empower and better oneself; and a spirit of service and volunteerism. Together, these values encapsulate the intangible, subtle, non-materialistic aspects of the GBM as an organization. They enabled us to continue working, even through the difficult times.

Of course, I’m aware that such values are not unique to the Green Belt Movement. They are universal; they can’t be touched or seen. We cannot place a monetary value on them: in effect, they are priceless. These values are not contained within certain religious traditions. Neither does one have to profess a faith in a divine being to live by them. However, they do seem to be part of our human nature and I’m convinced that we are better people because we hold them, and that humankind is better off with them than without them. Where these values are ignored, they are replaced by vices such as selfishness, corruption, greed, and exploitation.”

Social Responsibility

What is the UUSC?

Most “churches” have global “charities” to which they give. In many cases, the nature of this charity subtly asserts a sense of superiority of the givers—i.e., “We know how to fix your problems.” OR, “Here, eat some of our surplus food, or wear our throwaway clothes.”

The Unitarian Universalist Service Committee (UUSC)—the global **charity** liaison of UU congregations—operates under a partnership model. It identifies locally organized, locally led groups doing effective work on the ground, and channels to them the money and resources they need to sustain or expand their work.

The UUSC is funded by membership and donations. Show your support. Become a member this month! (Individual, \$40; Dual, \$75; Student/Youth, \$10; Senior, \$20)

Social Responsibility

November's Collection Split: Relief for Pakistan

The disastrous flooding in Pakistan constitutes one of the worst disasters in recent years. Yet humanitarian relief funds have been slow to emerge. The Unitarian Universalist Service Committee (UUSC) and Unitarian Universalist Association (UUA) have joined to form a Joint Pakistan Flood Relief Fund.

It is the UUSC's practice to work with local partners rather than barging in and "taking charge." Fortunately, the UUSC already has two partners in Pakistan, which focus on the needs of women, unaccompanied children, and refugees—those most often overlooked. Donations to the UUSC-UUA Joint Pakistan Flood Relief Fund will directly support their work.

- Bedari, which partnered with UUSC in response to the 2005 South Asia earthquake, is working to protect women and children displaced by the floods. Bedari established support centers in critical areas where women could access food and water, and get connected to additional, critical relief aid and services, and also helped unaccompanied children reconnect with their families. Bedari also encourages women to share their stories and concerns. Psychosocial support is critical in times of disaster, and few organizations have responded to this need in Pakistan.

- Barakat, a UUSC partner in Afghanistan that also works in Pakistan, is helping refugee families who have fled to the district of Attock, Punjab — a town of Afghan refugees. The refugee families are taking in other Afghan refugees whose residences were destroyed in the flooding. Nearly 600 refugees have been newly displaced to Attock. Already marginalized as refugees, they are at risk of being overlooked now in the relief operation. Barakat is providing these survivors with food, water, and cooking supplies. Once the school year begins, Barakat will open up its schools to newly arriving children.

Please consider supporting the UUSC-UUA Joint Pakistan Flood Relief Fund to ensure that women and refugees in Pakistan can access the relief they need and begin to rebuild their lives. The situation in Pakistan is still dire. Your support can make a big difference.

Guest at Your Table: November 21 to December 25

This year, our Guest at Your Table collection for UUSC is timed to coincide with the holiday season. What better time to teach your children the importance of giving to strangers—and giving in a way that preserves the recipient's dignity? Place the donation box on your dining room table, and encourage your child to give regularly.

Stories of Hope, a booklet that uses stories of people around the world to describe what UUSC does, is available for you to take home and read with your children.

Boxes will be given out on November 21 and collected at Christmas-time. Encourage your child to collect enough (\$10) to become a UUSC member! And while you are at it, become a member yourself! See attached membership form, or go to www.uusc.org to become a member.

(To conserve resources, we ask that you take just one box per family on November 21. The next Sunday, any leftover boxes will be made available.)

UUSC Membership Form

Name(s) _____

Address _____

\$40 individual \$75 dual \$10 student \$20 dual student \$20 senior \$40 dual senior

check enclosed credit card _____ exp. _____ CVV # _____

Social Responsibility

AMOS

AMOS works on mental health issues in this community. If you took a quiz, would you know that AMOS stands for A Mid-Iowa Organizing Strategy? And the next, harder question: could you name the current five AMOS interest/research groups formed to work on the citizen-identified problems in our community?

For the next few months we'll give you the answer to that second question one research group at a time. This month the focus is on Mental Health Care. The team, which includes members from all the Ames member congregations, is led by two UUFA members: Rilla Fox and Kay Puttock, and has other active UUFA folks among its membership as well.

The primary focus of the Mental Health Care group right now is two-fold: to educate the community in the complexities of our health care system, and to influence state and federal legislation with an eye to improving the provision of mental health care to all persons.

Their first major effort growing out of this focus was a Community Conversation on Mental Health Care held at the Ames Public Library on October 26, and featuring mental health care professionals from Mainstream Living, Story County Community Life, the Richmond Center, and Mary Greeley Medical Center. We'll let you know in a future column the results of this public conversation.

[If you want to know more about AMOS and the Mental Health Care group, visit www.amosiowa.org]

Worldly Goods Night

In a tradition of the past several years the UUFA will sponsor a Worldly Goods Night when we provide cookies and hosts to encourage friends to shop then. Worldly Goods is a volunteer Fair Trade Store located at 223 Main Street. As a Fair Trade store, it insures that half of the price of each item reaches the craftspeople who produced it. Worldly Goods was started in 1987 by the late Holly Burkhalter of our Fellowship, who was the manager for several years. More recently Tammi Martin was manager and Greg Bruna is currently assistant manger.

Our night this year is Friday, November 19, 5-8 p.m. Sales benefit the store by attracting customers, and are a fundraiser for the Fellowship (which receives 10% of the first \$500 in sales and higher percentages for sales above that). The new manager, Melanie Christian, said those who couldn't come in that night could select gifts ahead and put them on layaway with a check dated for November 19. Also, a good idea is to buy gift certificates paid for November 19. There is a lot of flexibility, but sales that benefit the Fellowship must be paid for on "our" night.

Those willing to host or bring treats, please call or email Susan Franzen 292-2610 or susan.franzen66@gmail.com.

Gallery in the Round

The current fellowship art exhibit is from watercolor artist Jane Baty. Jane's work showcases flowers, landscapes, and landscapes, sometimes with collage added for detail and texture. Watercolors give her the opportunity to watch paint, water, and paper interact in beautiful and often surprising ways. Make sure to see it for your self: Jane's exhibit will remain until December 11, with a **reception on Friday, November 12 from 7-9 pm.**

Committee and Group News

AMES AREA ALTERNATIVE GIFT MARKET - 20TH ANNIVERSARY CELEBRATION

Come to the Market Days at Collegiate Presbyterian Church, Saturday, November 13, 2-5, and Sunday, November 14, 2-4.

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 9 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.

A 20-year history of the Ames Area AGM, with photos, has been written and posted on the UUFA Web site—www.uufames.org. Scroll down to the announcement about the history and follow the link to the Alternative Gift Market Working Group!

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. The UUFA Middle School class will prepare and host the AGM projects that address Environmental Sustainability. This will tie in with their work on the Green Sanctuary projects they are doing this year. They will make a video of their work on the market.

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.

Contact Bonnie Bowen to help make this year's AGM a success at the UUFA! (292-6923; bsbowen@iastate.edu)

CONSCIENTIOUS CRAFTERS

We will meet 12:30 p.m., in the Tower Room, on November 14. Whatever needle art is your cup of tea, you're invited to bring your project on the second Sunday of each month to join us for fellowship and support. We have people who are experts and who can offer assistance. We have beginners who are looking for support and encouragement. We have lots of yarn for knitters and crocheters and lots of project ideas. We can tell you about how to use your skills for charitable purposes.

This month we have two foci (focuses?). First we are offering our services as a silent auction item, where we provide the handmade item and you provide financial support to the UUFA, while getting credit for the donated item. Second we especially will welcome members of the college group, whom it is rumored have an interest in learning to hand make items for charity.

Beginner or old-timer, you are welcome. Visit the UUFA website for more information - and watch for photos of our events and projects.

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*

the little bUukshop

The little bUukshop will be open for business each Sunday in November. Shop before or between services. We have books to suit any gift giving event, from births, birthdays and holidays, along with titles that are of general interest to UUs.

Featured are poetry by Mary Oliver on CD, titles by Forrest Church, children's picture books and Polly Peterson's new book "Stirring the Nation's Heart". We have several books of reflections and meditations for any taste. Also, we sell jewelry by Chalice Art which would make nice Coming of Age or holiday gifts. Go to <http://www.chaliceart.com> and select an item. Then order through The little bUukshop and receive a 10% discount! - *Donna Lutz*



Committee and Group News

MINDFULNESS AND MEDITATION

Summer and into fall of 2010, the Mindfulness and Meditation Group has enjoyed hosting a small but steady flow for meditations, with some people new to meditation or to Central Iowa; and some returning and re-committing to meditation practice. Our “sangha,” to use the Buddhist term for a group that meets and works through joys and challenges of meditation, is open to all. There are no fees or sessions. We begin at 6 pm on Sunday evenings and depart when the bell rings at 7 pm. We meet in the Fellowship Hall of the Unitarian Universalist Fellowship on Hyland Avenues in Ames, IA. The group is a UUFA project but membership at UUFA is not required. Sitting meditation is our main mode, with long-time member Faith Winchester leading sessions with gentle authority and grace, and other experienced members as needed, on a rotating basis. The summer included otherworldly sound and chanting meditations, and walking meditation, as well. We typically use a book to stimulate our practice. We currently are reading: “Coming to our Senses: Healing Ourselves and the World Through Mindfulness” by Jon Kabat-Zinn, a well-known author in the Western Buddhist tradition. Melissa Blacketer collects emails for sparse alerts, such as rare cancellations and change of book titles. Email: mjblacketer@gmail.com to add or change your email address. ~ Submitted by Nancy Grudens-Schuck at ronmarathon@mchsi.com on behalf of the sangha.

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 7-9pm on the second and fourth Tuesdays of the month at Fritz and Susan’s home at 1216 Scott Ave. 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 November 9, 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, November 9. 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. The members of the group voted for the selections below-- another fun year of reading. Please join us! Any questions: Barbi Greenlaw, 292-5317.

November 1 *Cutting for Stone* by Abraham Verghese
 January 3 *Shadow of Sirius* or other poetry by W.S. Merwin
 Mar 7 *The Lacuna* by Barbara Kingsolver
 May 2 *The Plague of Doves* by Louise Erdrich

December 6 *The Ghost Map* by Steven Johnson
 February 7 *Piano Teacher* by Janice Lee
 April 4 *Still Alice* by Lisa Genova
 June 6 TBA

UUFA CAMPUS GROUP

An energetic group of college students has organized to meet regularly this year. Current and future activities planned are

- Water testing of nearby rivers and creeks
- Reverse Trick-or-Treating on campus to encourage people to support fair trade chocolate and educate about child labor in the cocoa industry.

- Applying to become an ISU-recognized campus organization.
- Increasing exposure to liberal religious thought on campus and connecting with other religious liberals.
- Recreational activities like camping, laser tag, bowling.
- Regional retreats and conferences.
- Involvement in other social justice work.

The group has been meeting so far on Sundays at 12:30 pm in the Tower room. Join us on Facebook (Unitarian Universalist Campus Group Ames, IA) to stay updated.

UUYOGA

UU Yoga will meet Sundays at 4:45. 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.

Survey: Revisiting Sunday Morning Meeting Times

[your opinion is important and requested]

Your transition team has heard a whole lot of comment about this year's change in Sunday morning meeting times from 9:00 and 11:00 to 9:30 and 11:30. In brief:

- many of you expressed concerns about the change being instituted without wider input, and
- the purpose of the change - to encourage more equal attendance at the two services and simultaneous R. E. classes - just didn't pan out.

So, it's back to the drawing board, and we need your help. Please give us feedback below. For each option, please mark which service you (and your children, if relevant) would ordinarily be likely to attend. And, be sure to rank the options in order of preference.

- | Service I/we would attend: | preference (1 is highest) |
|-------------------------------------|---------------------------|
| A. 9:00 a.m. _____ 11:00 a.m. _____ | _____ (last year's times) |
| B. 9:30 a.m. _____ 11:30 a.m. _____ | _____ (present schedule) |
| C. 9:15 a.m. _____ 11:00 a.m. _____ | _____ |
| D. 9:15 a.m. _____ 11:15 a.m. _____ | _____ |
| E. 9:30 a.m. _____ 11:15 a.m. _____ | _____ |

Your age group: 18-29 _____ 30-49 _____ 50 & over _____

Children in each age group: thru pre-K _____ K-6 _____ Middle _____ HS _____

Comments: _____

Please return this form to the office if there's no collection box or person in sight!

THANK YOU VERY MUCH! Your transition team: David Brenner, Charlotte Cowtan, Kitty Fisher, Charlotte Mann, Mary Richards, Amy Slagell, Mark Witherspoon, Sam Wormley

Year Round Stewardship Workshops November 9 OR November 16 -- 6:45 - 8:00 p.m.

The Prairie Star District is sponsoring two workshops on Year Round Stewardship, based on content from the widely-used congregational text resource, *Beyond Fundraising: A Complete Guide to Congregational Stewardship* by Wayne Clark (available in our library or through the UUFA office). While this doesn't sound very jazzy, those who have worked with the Fellowship know that, as we try to become more welcoming to future members, we need to change some of our attitudes toward giving. Deficit budgets are not really acceptable, though we have always managed to hold fundraisers to make up the balance. This is one of the things we need to change. This is for participants who understand the importance of fiscal responsibility, as well as enhancing our service to our members and to the community at large.

The workshop will be conducted by Mark Ewert, UUA Congregational Stewardship Services Consultant and Certified Leadership Coach. Mark's focus is on helping congregations to grow their cultures of generosity. In addition to 10 years as a fundraising professional, Mark has been a fundraising consultant, facilitator, and teacher for nonprofit organizations. He is also a certified leadership coach in private practice. For more information, please visit his web page at <http://www.generositypath.com>. The workshop will be 75 minutes long, with a presentation and time for discussion. Participants will need a computer with high speed Internet access and a separate phone line. We'll hold these at the Fellowship so we can hear each other live, while participating with others in the phone in conference. We have registered for both dates: November 9 & 16 - the workshops will be identical except for participant input. ~ Susan Franzen

Prairie Star District Awards

Every spring, at the district conference, the Prairie Start District acknowledges those hard-working UUsers who bring life and vitality to our congregations. Maybe this year somebody from YOUR congregation will be honored with an award. If you believe that someone from your group qualifies for one of these awards, why not nominate him/her? You can find the nomination forms at <http://www.psduua.org/Awards/Awards>.

1. PSD Social Justice Award: For someone who witnesses to the ideals of social justice and responsibility. (youth or adult)
2. Unsung UU Award: For a UU whose lifetime actions inspire, support, and express Unitarian Universalism.
3. O. Eugene Pickett Award: For a congregation which has made an outstanding contribution to the growth of UU.
4. Keeping the Faith Awards: For someone who has worked to keep UU alive in his/her community and who touches the lives of congregation and community members in a positive way.
5. Ellie Morton Award: For a person who has made a significant contribution to UU religious education.
6. Betty Gorshe Heritage Award: For someone who has made a significant contribution to preserving, understanding, and celebrating our UU history.

Completed nomination forms may be sent to Sarah Greene, District Administrator , 122 W. Franklin Ave. Suite #303, Minneapolis, MN 55404 . Completed forms may also be sent to her electronically at: sgreene@psduua.org. Due date: January 31. ~ Karen Hirsch, Chair, PSD Awards Committee

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 Cowtanminister@uufames.org – 515-292-5960
Director of Youth and Children's Ministries: Lori Allendycm@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 Crosswaitprojects@uufames.org – 515-292-5960
Nursery Coordinator: Anne Tepper nursery@uufames.org – 515-292-5960
Caring concerns caring@uufames.org – 515-292-5960

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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 pm, Wednesday, November 10, 2010

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