



Unitarian Universalist Fellowship of Ames

October 2011

Service times are 9:15 and 11:00 am.

1015 N. Hyland Ave.
Ames, IA 50014
515-292-5960
www.uufames.org
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2 *The Compulsion to Serve*

Tammi and Chris Martin

UUFA members Tammi and Chris Martin embarked on a journey to live their UU principles, and at mid-career they together decided to serve over 2 full years in the Peace Corps. They will share what compelled them to service and reflect on what they learned as volunteers in Ghana, West Africa.

9 *Excellence in Ministry*

Rev. Charlotte Cowtan

Today we will be joining with hundreds of UU congregations across the continent and beyond to celebrate the fifth annual Association Sunday. A special collection will be taken. Funds collected this year will be used to encourage 'Excellence in Ministry' in a variety of ways, including providing scholarships and continuing education grants for UU religious professionals and conducting a comprehensive assessment of UU ministries.

Forum: *The Tea Party and its Historical Antecedents, the Anti-Federalists.*

UUFA's Clair Keller will put the contemporary Tea Party in historical perspective, revealing its affinity to the Anti-Federalist faction of the eighteenth century.

16 *Our Living Tradition: Humanist Teachings*

Rev. Charlotte Cowtan

The Unitarian Universalist Bylaws list the six primary sources from which we draw in the ongoing development of our faith. This is the first of a series of services this year that will be focused on the Sources of our UU Faith: "Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idoltries of the mind and spirit."

23 *Beyond Categorical Thinking*

Ministerial Search Committee

Michael Takada and Eddy Carroll will share their thoughts and experiences around inclusive vs. biased thinking, important concepts for congregations to consider while in the ministerial search process.

They will also lead a Sunday afternoon workshop, providing us with an opportunity to discuss what we are looking for in a new minister and the challenges around being as inclusive as possible while considering ministerial candidates. The conversations will address both unconscious biases we all carry related to how individuals identify as well as new biases that may arise after we identify our unconscious biases.

30 *UUs in Uganda*

Guest Speaker Rev. Mark Kiyimba

Rev. Mark Kiyimba is the minister of the Unitarian Universalist church in Kampala, Uganda. Rev. Kiyimba is also the founder of an orphanage and the New Life School in Masaka (3 hours by car from Kampala) which has over 500 students (K-8), many of them orphans who have lost their parents to HIV/AIDS. The UU Church of Kampala, Uganda is welcoming to gay and lesbian people. This stand has put Rev. Kiyimba in personal danger, and he is here only until it is deemed safe for him to return home. Rev. Kiyimba will be speaking today about how his people live their UU faith in today's Uganda.

Deadline for the November newsletter is October 20.

For a current calendar, see www.uufames.org

October and November Forums

Beginning October 9 the Forums will be held in the Barton/Channing Room, at 11:00 am. You may either take the elevator to Level 2, or take the stairs that go past the Hazelnuts' storeroom to the upper level. While the forum will run concurrently with the 11:00 am Sunday Service, we believe that this offering will provide a time and space for people who wish to engage in dialogue and discussion an opportunity to do so. And it goes without saying - we hope you'll want to attend both the 9:15 am Sunday Service AND the 11:00 am Forums when they're offered! As we continue to grow in programming, we know that we all will find a time and space to engage in meaningful and growth-promoting ways at the UUFA on Sunday mornings.

Topics for October and November:

Sunday, October 9, at 11:00: The Tea Party and its Historical Antecedents, the Anti-Federalists.

Discussion will be led by the UUFA's Clair Keller. Clair will put the contemporary Tea Party in historical perspective, revealing its affinity to the Anti-Federalist faction of the eighteenth century.

Sunday, November 13, at 11:00: Physicians for Social Responsibility Talk About The Health and Environmental Effects of Using Coal as Fuel

Lecture and discussion led by Maureen McCue, MD, PhD, from the University of Iowa. In addition to her work for Physicians for Social Responsibility, Dr. McCue is also a representative of Global Health Studies, and the Center for Human Rights.

Endowment Distribution Funds Available for UUFA Projects

The Unitarian Universalist Fellowship of Ames (UUFA) has an Endowment fund, which is set aside to nurture our congregation today and into the future. One provision of the Endowment policy is that a portion of the annual revenue (interest and/or dividends) from the investments can be distributed to worthy needs of the UUFA, such as programming, equipment, and maintenance. In the past, Endowment revenue has been used to refinish the wood floor in the Fellowship Hall and to purchase some of our hymnals, our coffee maker, and our lawn mower. The Endowment Acquisitions and Disbursements Committee does not distribute funds every year, but this year we are requesting proposals from UUFA committees and we plan to distribute up to \$1,400 to fund one or more proposals.

If your committee would like to request funds, please fill out the Endowment Distribution Request form and return it to the UUFA office by Sunday, October 30, 2011. Forms are available by contacting Bonnie Bowen (292-6923; bsbowen@iastate.edu). The Endowment Committee will meet and reach a decision in November. If your project is funded, we will request a description of how the money was spent.

Apprenticing to be a "Sound Guy"

The Fellowship is short a handful of "sound guys." We invite folks of all genders to apprentice on Sunday mornings and learn the craft of providing good sound amplification and recording at our Fellowship.

Sound guys set up microphones and AV equipment, run and tape cables, monitor the audio board and record services. Finally after smiles of appreciation from the congregation, the sound guys pick up the tape, coil the cables and put away microphones and equipment. Running sound is an excellent skill to acquire and will help our Fellowship immensely.

Please become an apprentice and become on of the "sound guys"!

Thank you.

The Web

The Fellowship is hopping. I love that there's something happening here almost every day: Small Group Ministry, recorder group, Search Committee, Mindfulness and Meditation, Women of Wisdom, Youth Group, Coming of Age OWL, the Noon Group (AA), Farm to Folk, meetings, and all of you who drop in to meet with me, Lisa, Lori and Diana.

But Sunday morning is the time of the week that I love best. This is the time that we all get together, newcomers and long-timers alike. This is when we take time to be together as a community to celebrate life, hold up our common values and to make meaningful connections in our personal and communal lives. Sunday is the only time that we worship together. We have a shared experience to open conversation during social times. This is when we have an opportunity to really connect with one another, to find out what's really happening in each others lives. Sundays are, for me, a Sabbath – a time set apart from the rest of the week for us to rest and be nourished, to connect deeply with each other and all that is important in our lives.

I know that it is tempting to take advantage of the fact that 'everyone is here anyway' to call a committee meeting or to talk with me or someone else about 'Fellowship business'. I understand the appropriateness of holding all Congregation meetings on Sunday, but when we are discussing the next Board meeting, committee business, or policies that need to be made or changed, we are not able to engage with one another outside of our roles of leader, committee member, etc. This deprives all of us of an opportunity to engage in more personal conversation and we lose the 'time out of time' dimension of the Sabbath.

Some congregations manage the problem of finding a time when everyone can meet by having an All Committee Night one weekday evening. This solution addresses many difficulties: since people can only meet with (serve on) one committee at a time, they are less likely to become over-extended; Committees can more easily confer and collaborate with each other; people who want to serve on a committee know what evening needs to be kept open (and those who would rather not be on a committee have an easy way to say 'no'; childcare is easy to arrange for all committees; a community building meal is often shared before the committee meetings.

Many congregations have found that 'virtual meetings' by email, Skype, conference calls, and shared electronic work spaces make participation in congregational life accessible for more of their members than face-to face meetings do.

However the problem is addressed, I would hope that we will find a time other than Sunday morning to do committee work. At a minimum, could we try waiting until at least 12:30 PM before discussing church business or holding committee meetings?

Please let me know your thoughts.

Faithfully,
Interim Minister Rev. Charlotte Cowtan

UUFA's Fall Auction

Saturday November 12 starting at 6:30 pm

Please mark your calendar's to attend this year's auction. Fun, exciting, adventurous auction!

Suggested auction items: Dinner Parties, Cool Classes, Life Tune Ups, Adventures, "Must Have" accessories, Gourmet Treats, Handmade Arts & Crafts. Please fillout a donation page on Sunday at the Fellowship!



Ministerial Search Committee Report

Your Ministerial Search Committee has three items to report to you this month.

First, we extend a heartfelt thank you to everyone who participated in a cottage meeting or completed a Ministerial Search Survey. While the final numbers aren't in yet, nearly a hundred people attended cottage meetings and about 70% of you have responded to the survey. This response speaks volumes to how much you care about the Fellowship and its future.

Second, please mark your calendars to the Beyond Categorical Thinking (BCT) workshop on October 23rd 1:30-4:30pm. The Beyond Categorical Thinking program is designed to promote inclusive thinking and help prevent unfair discrimination in the search process for a new minister. This program includes a Sunday morning service with BCT workshop facilitators followed by a three hour workshop. In the workshop we will:

- Consider the hopes, expectations, and concerns we have for a new minister
- Learn more about the ministerial search process, and
- Explore how thinking categorically about people sometimes interferes with choosing the best candidate.

Finally, we want to let you know what's happening next with the search process. We will be crunching the numbers and scouring our notes as we digest all the great input you have provided. The output of this process will be two documents: The Congregational Record and our Congregational Packet. The Congregational Record is a set of answers to specific questions that all congregations in search supply to the UUA. This document is entered into the UUA's on-line system for viewing by all ministers in search. The Congregational Packet is our chance to tell prospective ministers who we are and what we are looking for in a new minister. Packets are typically about 100 pages long, nicely formatted and contain lots of pictures, stories, and quotes about our congregation and our community, in addition to detailed analysis of the input from the congregation. The packet will be made available for the congregation to read when it is complete.

~ Submitted by Mark Harmison on behalf of the Ministerial Search Committee

October 23 Lunch - Before the BCT Workshop!

Sunday, October 23rd the meals group will be having a sandwich and side dish pot luck. The meal will start soon after the second service. We will have sign up sheets in the fireside room starting in October. We are asking people to sign up to bring either a side dish or an ingredient for the sandwiches. Please call David DenHaan or Carolyn Myers at 515-451-1794 if you have any questions.

In-home Pot Lucks

Once again I'm staring down the barrel of the start of the UUFA Potluck season, and I feel like I'm behind from the start! Several people have asked me when sign up will start. I am now prepared to announce that sign up for potluck hosting and attending is ready.

This summer we piloted an online system for potluck sign up. It worked and I got a lot of good feedback from people on how to make it better. I've been working on implementing those ideas and now feel good that I've got a system in place that will be easy to use and that will avoid some of the confusion that we ran into during the summer pilot.

To sign up, go to <http://www.uufames.org/potlucks> and follow the simple instructions there. Once you sign up, either to attend or host, you will get an email confirming your action and this email will also include a personalized link letting you go back and update your choices. The system now provides information about the location of potlucks and the name of the hosts. The system will also send out reminders when your potlucks draw near.

For those of you who would prefer not to use the web sign up system, I will be happy to sign you up and provide reminders in whatever format works for you: phone calls, emails, or just catching me on Sunday mornings.

~ Mark Harmison, potlucks@uufames.org, 515-292-7650



Who's Going to Church???

This is the first, wildest, and wisest thing I know: that the soul exists, and that it is built entirely out of attentiveness. – Mary Oliver

This past month, as our religious education schedule went back to “education mode” I was forced to come to some difficult truths. Our numbers in our preschool and elementary classes have slipped. Recruiting teachers for these classes has been difficult. The times, they are a’ changing. And our families are changing, and the way families “do” church is changing. And, during our interim years especially, the UUFA is changing.

More and more adults are coming to Sunday services to find peace and renewal from their weekly life. Our children are here, well of course, because their families bring them. Families bring their children because they are eager for them to engage in seeking answers to questions about themselves, our faith, their connections to others, and all things that fall into that category known as spiritual, including the questions.

Families also come because the adults are seeking a place of peace and renewal from their busy lives. How do we reconcile adults’ peace and renewal with the needs of our children’s programming? I found a clipped out quote from a teen in an old UU curriculum at the UUFA that may direct us to answers for that question of balance. Perhaps being with young people can be a place of peace and renewal for adults as well as children. Here’s the quote from, I have no idea where: *Young people just can’t have somebody reciting lines or reading a book or teaching. You want someone who’s learning, someone who’s alive and growing with you. That’s how you learn that you’re on a spiritual journey with somebody. It doesn’t work if that adult is at the end of the journey tugging on a rope trying to get you to come along. A young person needs to know you’re right there with them. A young person needs to see that you’re vulnerable – that you’re struggling too. I have to say that I don’t remember a single adult who has been my Sunday School teacher or Youth Advisor who entered that job and left the exact same way they entered. Everybody changes and that’s just how it’s got to be.* Nathaniel, Age 15, Atlanta

Isn’t this why we are all coming to the UUFA, adults and children? Coming to learn, to grow, to change? Aren’t we all hoping that by being in this community together we’ll find ways to grow and change the world into a better place to live?

So, not everyone is meant to be a child’s teacher or mentor, but many of us are. If you are alive, and learning, and growing - contact me. Let’s have a conversation about whether or not you could be that person who changes and grows right along with our children.

See you Sunday!

- Lori Allen

Director of Youth and Children’s Ministry

YOU Gotta Sing

On Sunday, October 30th, Ugandan UU Minister Mark Kiyimba, will be in our UUFA pulpit. To celebrate his visit, and just because it’s fun to sing, our children will be preparing a song or two to share during this service. Jim & Jen Coppoc, our music directors will be working with our elementary children during part of their RE classes on Sundays October 16 & 23 – a rehearsal if you will. Questions? Contact Jim or Jen at music@uufames.org

Small Group Ministry (SGM)

Small Group Ministry provides an opportunity to get better acquainted with Ames Unitarian Universalists; an opportunity to discuss (both talk and listen) spiritual growth topics such as sacred places, learning from failure, yearning, radical hospitality, our gifts, community building, and others; an opportunity to join other UUs to do a service project. SGM is different than other experiences at the UUFA. These small groups of 6-10 people are content-driven discussions led by a lay facilitator that stretch us to grow as individuals and as a faith community.

Our Fall 2011 Small Group Ministry has begun. Contrary to last month’s article, we have a Tuesday night group and a Thursday afternoon group. This session’s Small Group Facilitators are Chris Evans, Faith Winchester, Lisa Harmison, and Paul Nelson. Lori Allen meets monthly with facilitators as well. This fall’s topics include humility, patience Autumn – season of surrender, the examen, metaphors for the divine, the gift of the call. To learn more about SGM, or to register for a group, you can contact the UUFA office or Lori Allen (dycm@uufames.org)

Children's and Youth Religious Education

Weekly Religious Education email updates are sent to UUFA families and people who are interested in keeping track of what's happening with our children's and youth programming. Information about this fall's sessions, how to register your children, and how to volunteer to help in these programs is available each week in these updates. Highlights will be posted in the newsletter each month, but if you'd like to keep your finger on the pulse of these programs, contact the office and ask to be added to the RE email list. As the new website becomes available, all RE programming information will be available at the UUFA website as well. Questions? Contact Lori Allen (dycm@uufames.org) or Diana Crosswait in the UUFA office (projects@uufames.org).

Sunday Childcare and RE Session Schedule

9:15 am Nursery Care (Children Birth – Age 3) in the UUFA Nursery

We Care – Preschool (Ages 3-PreK) in Classroom 1

Creating Home – Kindergarten, Grades 1 & 2 in Classroom 2

Love Connects Us – Grades 3, 4, 5 in Classroom 3

10:20 am Between Services

What Do You Stand For? – Grades 6, 7, 8 in Classroom 3

High School Classes – Potter Room, Upper Level

Watch the RE Weekly Email for notices about Orff practice, children's music experiences, and other "specials" for children that will take place between services.

11:00 am Nursery Care (Children Birth – Age 3) in the UUFA Nursery

We Care – Preschool (Ages 3-PreK) in Classroom 1

Creating Home – Kindergarten, Grades 1 & 2 in Classroom 2

Love Connects Us – Grades 3, 4, 5 in Classroom 3

Wednesday Night RE Sessions

1st Wednesday of Each Month

5:30 – 6:15pm Multigenerational Supper – Everyone is Welcome! Volunteer to help prepare, serve or clean up after the meal. Suggested donation for the meal is \$5 for one adult/youth; \$10 for two adults/youth; \$12 family.

6:30 – 7:30 Gather the Spirit multigenerational religious education experience. See the article on the next page for information on topics, co-leaders and activities.

7:00 – 9:00 pm High School Youth Group meets. Check the weekly email for updates on this group. Also make sure we have your high school students cell phone number – we'll be sending out texts as well as emails to this group.

OWL (Our Whole Lives)

High school OWL will be offered the fourth Wednesday night of each month during the regular youth group time. But, you say, these students had OWL a few years ago when they were seventh or eighth grade students – why do they need it again? Good question! Our high school students have changed a lot since their middle school OWL class. Many of them have started dating, many are wrestling with decisions about relationships, and they have all matured physically and emotionally since the time they were in middle school. High school is a great time to review matters of boundaries, self-care in relationships, peer pressure, and all the other things that come with, well, being human. Ruth Appleton and Art Konar will facilitate these sessions.

Middle school OWL will be Monday evenings from 7:00 – 8:30 pm throughout the school year. A schedule of session dates, times, and the very important assignment of "snack bringer" is on the UUFA Website under the OWL tab. Parents who did not attend the parent meeting, but would like to have their Grade 7 or 8 student participate in OWL should contact Lori Allen (dycm@uufames.org) or the UUFA office (uufa@uufames.org) to be put in contact with David Slade and Kate Larson, Grade 7-8 OWL teachers. Parents must sign a permission form and have a conversation with Lori or the teachers before students attend this class.

Get Ready to Ride the Bus!

As many of you heard when Gini Courter was in our pulpit in September, the June 2012 General Assembly (GA) is going to be a “justice” GA. UUs from across the country will be going to Arizona to join other UUs for this very important event. The UUFA has reserved a 54 passenger coach from our favorite “COA Boston Trip” transport company, Central Iowa Transportation (CIT), for the trip to Phoenix. People of all ages, families of all sizes and configurations are invited to plan to attend this event. The approximate cost per seat will be about \$275 round trip. We’ll depart Ames on June 19 and return on June 25th. General assembly will be geared for intergenerational participants, including children as young as age 8. Here’s info from the UUA website:

General Assembly in Phoenix, Arizona: June 20-24, 2012

General Assembly (GA) 2012 will be a gathering with multiple ways of engaging in justice work for people of all ages. Joining with the people of Arizona, we will worship, witness, learn and work together. We will leave General Assembly grounded in our faith, energized for justice and with resources to bring this work home to our congregations.

Service and Witness

We will partner with communities in Arizona to bring attention to the injustices and human rights abuses they face. Our service will allow all participants to witness in ways that reflect our commitment to justice, equity and compassion for all. We will also do hands-on work with our community partners. Projects will take place in a variety of settings, and include multigenerational teams and accessible venues. Whether you choose to witness for one hour, make signs for people to carry, or spend a day at a project, there will be opportunities for everyone.

Programs and Workshops

We will learn how to build stronger relationships, community partnerships, and movements for justice. We will go in-depth on important justice issues such as colonization, border issues and advocacy. We encourage teams to attend General Assembly in order to share experiences and learn how to continue this work at home.

The Work of Justice

Our business will be grounded in our faith tradition’s commitment to justice. Plenary sessions will be limited to matters essential to the governance of our Association and items that further our justice-making efforts. The exhibit hall will offer justice resources and opportunities to connect with local communities.

Spirit and Community

Filled with joy and boldness, we will sing, we will worship, and we will celebrate together. We will have spiritual support and reflection as we build a just world. Together, we will create a beloved community without borders. For more information, check out these websites:

<http://www.uua.org/ga/2012/index.shtml> ; <http://www.uua.org/immigration/moral/152647.shtml> OR contact Lori Allen (dycm@uufames.org) or Charlotte Cowtan (minister@uufames.org)

- Lori Allen

Dustin Berger Memorial Library

Needed: Another person to run the label maker for the book spines. This task can be done anytime. Training provided. This is an ongoing task as part of processing books and getting them on the shelf. We have several people who are currently providing this service, but sometimes they can’t get to it and we get a backlog of books. Another label machine operator would be wonderful! Please contact Barb Abbott, library committee chair.

Gather the Spirit

An invitation to an Intergenerational Learning Experience at the Unitarian Universalist Fellowship of Ames

Today, there is no more compelling focus for our good works than the clean, drinkable, and accessible water that all life on Earth requires. Gather the Spirit, a UUA curriculum calls us to ask: Can water sources be owned? Why is clean water scarce in some parts of the world? If clean water is abundant where I live, what difference does it make if I conserve it? What can I do to promote global water equality? Stories, ritual, guest presenters, and the creation of a river mural – all activities that a broad range of ages can do together - are the vehicles we use to look at these issues.

The program is offered the first Wednesday of each month, September – April. Join us for any part of this program.

5:30 – 6:15 pm, Light supper – Fireside Room

6:30 – 7:30 pm, Gather the Spirit – Fellowship Hall

Facilitating with Lori Allen:

October 5 – Dave Fox, WASRAG (Water & Sanitation Rotarian Action Group)

November 2 – Erv Klaas, Personal reflections on conservation

December 7 – Aaron Mann, Coming of Age Project; the movie “Tapped”

To suggest topics/facilitators for 2012, or to offer help with the programs or light supper, please contact Lori Allen, dycm@uufames.org or the UUFA Office, uufa@uufames.org

Multigenerational Cooks Wanted!

Does your family have a favorite dish or meal they'd like to prepare and serve on the first Wednesday of the month? Is there a friend or family you'd like to work with to prepare this meal? Keep it simple and it will be fun! We'll recruit people to set up tables and chairs for you and to do the clean-up if you cook – that's only fair. Funds are available for you to purchase groceries. Please contact Lori Allen (dycm@uufames.org) if you'd like to help. Beverages are always provided.

UU Women's Book Group

Monday, October 3 at 7:00 PM, the UU Women's Book Group will discuss the dystopian young adult novel *The Hunger Games* by Suzanne Collins. From School Library Journal: In a not-too-distant future, the United States of America has collapsed, weakened by drought, fire, famine, and war, to be replaced by Panem, a country divided into the Capitol and 12 districts. Each year, two young representatives from each district are selected by lottery to participate in *The Hunger Games*. Part entertainment, part brutal intimidation of the subjugated districts, the televised games are broadcasted throughout Panem as the 24 participants are forced to eliminate their competitors, literally, with all citizens required to watch. Jane Henriksen Baird, Anchorage Public Library, AK

This book is a page-turner and has been on the New York Times bestseller list for months and in 2008 received multiple awards. Go to www.suzannecollinsbooks.com for more info.

For your calendar, this year's reading list:

October 3 *Hunger Games* by Suzanne Collins; November 7 *Major Pettigrew's Last Stand* Helen Simonson; December 5 *Naked in Baghdad* by Anne Garrels; January 2 *Selected Poems --Strike Sparks* by Sharon Olds; February 6 *Emperor of all Maladies* by Siddhartha Mukerjee; March 5 *The Sweet By & By* by Todd Johnson; April 2 *Freedom a Novel* Jonathan Franzen; May 7 *Immortal Life of Henrietta Lacks* by Rebecca Skloot; June 4 *In the Garden of Beasts* by Erik Larson

Join us for any or all of the discussions! We look forward to another year of fun and conversation. Give me a call if you have any questions, 292-5317. My email is bluemoon_1660@yahoo.com ~ Barbi Greenlaw

Second Friday Fellowship Game Night

Second Friday Fellowship Game Night will take place on October 8 at 6:00. This is an event for all ages! Bring a game, a puzzle, etc., to share if you'd like.

We are going to try a new plan for food: basically, it will be a potluck. Bring what you would like. However, if you would like Nancy to pick up pizza for you, please contact her by 3:00 the day of the potluck (sooner if you know) at 231-5752. We will charge \$1.00 per piece; please estimate how many pieces you'll want, and whether you need veggie or have other preferences – I'll do my best to accommodate. I will also have some soft drinks on hand – donations optional.

We can always use help setting up (around 5:30) and cleaning up (???)

Please RSVP if you can to let us know how many to plan for; otherwise, just come. Also, if you'd like to get direct reminders in the future, or just before the event, please let Nancy (nancytepper@yahoo.com) know (and include your email and phone number). If you would be willing to help coordinate the event with Nancy for a while beginning in December, please let me know!

Hope to see you there!
~ Sarah and Nancy

Conscientious Crafters

The fall retreat of the Conscientious Crafters of the UUFA will be held on Sunday, October 16. We will meet outside the office after second service, about 12:15 p.m., to organize transportation to Mark & Terry's home south of Boone. Please bring a salad or dessert to share and your own beverage - and of course your craft project. We will be discussing plans and ideas for the coming year. Directions to "the farm" will be available. Please contact Mary Richards or Sue Ann Peck if you have questions.

Our (usually) second-Sunday-of-the-month gathering of crafters welcomes knitters, crocheters, tatters, darners, felters, embroiderers and ply-ers of other needlecrafts. You are invited to bring your project and 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 and lots of project ideas if you want to use your skills for charitable purposes. We like to talk about our craft projects and share ideas. All are welcome.

Skadberg Science Circle

The Skadberg Science Circle was started 6-7 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.

Our first meeting this fall, on October 11, will include planning for the next few months. The current idea is that we read and discuss Norman Doidge's book, "The Brain that Changes Itself". See <http://www.normandoidge.com/normandoidge/MAIN.html>. Also Sam will share recent conversations he had with Barney Cook, long time Fellowship member and Emeritus Physics Professor from Iowa State.

See you Tuesday night, Oct 11. Bring somebody new that would enjoy science discussions.

-Sam (and Fritz)

Social Justice Committee

There's a lot going on! The ISU Lecture Series, a wonderful medium for living our fourth principle: A free and responsible search for truth and meaning. Full schedule of events <http://www.lectures.iastate.edu/schedule.php>. Iowa Public Radio is doing their pledge drive and UUs have a great way to donate to help both IPR and UU. The World Food Prize (October 12-14, <http://www.worldfoodprize.org/index.cfm?nodeID=32780&audienceID=1>) with the Iowa Hunger Summit (October 11. This event is sponsored by the World Food Prize and is free. Contact Helen Gunderson for more information.) and Cool Congregations (<http://ucdsm.org/green-sanctuary-update>) are going on in Des Moines.

Justice and Peace Workshops & Events

October 2, Sunday, leaving the Fellowship after 10 am. Public prayer and action for peace at Offutt Air Force base near Omaha. For more information, contact Mary Sawyer at marysaw@isunet.net Here's the website for the event: http://www.osfdbq.org/Peace_NonViolence.php

Starting Sunday afternoon on October 2, (Mahatma Gandhi's birthday) from 2 to 4 pm, the first of four conversations on the Literature of Peace and Nonviolence at the Ames Public Library (http://www.amespubliclibrary.org/calendar/calendar_detail.asp?ID=7117).

November 5, Saturday 9 am to 5 pm, Michigan Peace Team training at home of Dr. Tracy Kangas, 306 Huxley, Iowa. Non violence and communication workshop. Cost \$50 includes materials, lunch and snacks. Scholarships are available. <http://michiganpeaceteam.org/Training.htm> Contact Betsy Mayfield 515-232-8862 for more information.

Want to get involved in making the UUFA a community force for Social Justice? Email Terry Lowman at TerryLLowman@aol.com

AMOS

Join AMOS for our fall action Sunday afternoon, October 23rd <http://amosiowa.org/node/159>. To learn more about AMOS <http://amosiowa.org/>

October Used Paperback Book Drive for Polk County Jail - No Hardbacks or Magazines

Used paperbacks in good condition can be brought to the fellowship on Sunday, October 9, and Sunday, October 16, between services - from 10:00 to 11:00. Needed are paperbacks in Spanish and English. Requested are inspirational biographies; poetry; history and culture of Mexico, South America, and U.S.A; How-to paperbacks for a number of skills: mechanical, electrical, gardening, apprenticeships, music, etc.; books for youth such as Newberry Award winners; inspirational stories of interest to people of color. A special need is paperbacks in Spanish and English by Jimmy Baca.

Holiday Giving

Every year Youth & Shelter Services coordinates a Holiday Giving Program (formerly Adopt-A-Family) to help needy families have a more joyous holiday. We expect almost 250 families needing sponsors this year - up 25% from last year. When you sponsor a family, you can choose the size and makeup of your family and then spend approximately \$50-100 per family member on new gifts, wrap and label them and return them to YSS by December 9th. If your family or group would like to sponsor a family, please contact Teresa Glover at tglover@yss.ames.ia.us or 515-233-3141.

Social Class Issues Awareness Workshop : 2 sessions

Two Thursdays: October 6 and 13th, 7:00-8:30 pm in the Channing-Barton room (upstairs)

Join congregation members to explore how socio-economic class influences affect our values, coping styles, and expectations about others. In the second session, we will discuss more specifically how we can make the UUFA a welcoming place for people of all social class backgrounds. This interactive workshop has been offered in several settings, most recently at the Midwest UU Summer Assembly. The workshop is based on psychological research and concepts and usually results in an illuminating experience for all.

If you have questions about workshop content, please call Suzanne at 232-5340. Please sign up by calling the office at 292-5960 or emailing uufa@uufames.org.

Support Iowa Public Radio and Promote Unitarian Universalism!

Perhaps you have heard messages lately on Iowa Public Radio: “Support comes from the Unitarian Universalist congregations of Iowa ...” These messages are going statewide on IPR’s news feed (currently not the classical feed) thanks to contributions from UU congregations all around Iowa. You can help! Just write a check to UUFA and put “IPR Fund” on the memo line.

Please consider doing this in place of your usual contribution to IPR. Every penny you contribute to the IPR underwriting fund goes to IPR—just like your membership contribution—but has the added benefit of helping to publicize UUism around Iowa. It’s a win-win-proposition! The more we underwrite, the more announcements you will hear. For more information, see <http://uuiowa.org>.

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
- Office Administrator:** Lisa Harmison..... uufa@uufames.org – 515-292-5960
- Projects Coordinator:** Diana Crosswaitprojects@uufames.org – 515-292-5960
- Music Coordinators:** Jen & Jim Coppocmusic@uufames.org – 515-292-5960
- Caring Concerns** caring@uufames.org – 515-292-5960
- Campus Group**campus@uufames.org – 515-292-5960
- Youth Advisor:** Ruth Appleton youth@uufames.org – 515-292-5960

Officers of the Board

President	Steve Martens
Vice president	Lisa Larson
Past president	Deb Kline
Secretary	Jo Ann Masterson
Treasurer	Fritz Keinert

Board Members

David DenHaan	through 2012
Kay Puttock	through 2012
Amy Slagell	through 2012
Bob Haug	through 2013
Raj Raman	through 2013
Iris Brenner	youth representative

**Next Regular Board Meeting:
7:00 pm, Wednesday, October 12**

The UUFA office is open Sundays 8:45-12:30, Mondays, Tuesdays, and Thursdays 9:00-5:00, Wednesdays 1:00-7:00.