

# Activities Guide



Unitarian Universalist  
Fellowship of Ames

**AHA! (Atheists, Humanists, Agnostics)** gathers each 3<sup>rd</sup> Thursday evening of the month to discuss life and theology outside the framework of God, sometimes via book/video discussion.  
Email: [aha@uufames.org](mailto:aha@uufames.org)

**Art Exhibition Committee** exhibits spiritually enriching art work that supports the creative process in us all. Also known as the Gallery in the Round, this team has a dual role in creating a continuing aesthetic and artistic enrichment in the practice of ethical and liberal religious ideals within the UUFA and as a community-based professional art gallery.  
Email: [art@uufames.org](mailto:art@uufames.org)

Our **Buddhism Discussion Group** is a group of like-minded individuals seeking to further and deepen their understanding of Buddhism through shared readings, discussion and exploration of terms and concepts.  
Email: [buddhism@uufames.org](mailto:buddhism@uufames.org)

**Building Committee** is responsible for overseeing the long-term upkeep and maintenance of the UUFA building and its facade. If you're interested in helping to create a welcoming environment for members and friends, this is the group for you!  
Email: [building@uufames.org](mailto:building@uufames.org)

**Caring Network** facilitates a ministry of hope and caring within the Fellowship, helping members to both support each other and be supported in times of joy, sorrow, loss or other life transition.  
Email: [caring@uufames.org](mailto:caring@uufames.org)

The **Climate Action Team** gathers each month to discuss and explore possible solutions to the ever-growing climate change problem. This interfaith group strives to become a force for action among Unitarian Universalists and other faiths in the community.  
Email: [cat@uufames.org](mailto:cat@uufames.org)

The **Congregational Life Committee** fosters building relationships throughout the congregation through social activities and special events.

Email: [congregationalife@uufames.org](mailto:congregationalife@uufames.org)

**Conscientious Crafters** is an open group that meets for periodic crafting retreats throughout the year. Each person brings whatever craft project she/he wants.

Email: [crafters@uufames.org](mailto:crafters@uufames.org)

**Dance Be+Cause** celebrates the art of meditation and expression through dance. The group gathers for informal dance in the UUFA Fellowship Hall on Mondays at noon – all experience levels are welcome!

Email: [dance@uufames.org](mailto:dance@uufames.org)

Be a part of our Fellowship family and join us for **Fellowship Family Night** on Wednesday evenings! A community meal is provided before activities for all ages. *Everyone* is welcome (kids not required!) so please join us!

Email: [ffn@uufames.org](mailto:ffn@uufames.org)

**Fellowship Voices** is an adult choir that sings during Sunday services (once per month) and occasionally in the community. They rehearse Sundays at 10:20 am, September through May.

Email: [fellowshipvoices@uufames.org](mailto:fellowshipvoices@uufames.org)

**Finance Committee** is responsible for developing the annual budget, in conjunction with the Generosity Team and Board of Directors. They also oversee auditing of the Fellowship's financial records.

Email: [finance@uufames.org](mailto:finance@uufames.org)

The **Grounds and Landscape Committee** both oversees and takes a hands-on approach to the management and care of our landscape. They design, plan, and work diligently to provide a welcoming surround to our building.

Email: [grounds@uufames.org](mailto:grounds@uufames.org)

**Heretics & Spirituality** reading and discussion group eschews conventional religious and theological doctrines in favor of a more critical and liberal approach to spirituality and personal growth. The group meets every Wednesday from 7:00-9:00 pm at the UUFA. Email: [heretics@uufames.org](mailto:heretics@uufames.org)

**In Home Potlucks** are informal gatherings of members and friends attended by many people each month during the school year. Potlucks are open to all members and friends. Email: [potlucks@uufames.org](mailto:potlucks@uufames.org)

**Kitchen Angels** are dedicated volunteers who deep clean the kitchen throughout the year and share in the work of tidying the kitchen on a weekly basis. Email: [kitchen@uufames.org](mailto:kitchen@uufames.org)

The **Library Committee** strives to provide a place and resources for members and friends to explore the seven principles and six sources of our faith in an environment that is helpful and multimedia in nature. The committee has a regular work session in the Dustin Berger Memorial Library on the second Saturday morning of each month. Email: [library@uufames.org](mailto:library@uufames.org)

The **Meditation Sitting Group** has its roots in Soto Zen Buddhism. Participants sit facing out (away from center) silently for 40 minutes. Participants can quietly exit and return if the need arises. This small, supportive community gathers Tuesday nights in Fellowship Hall. Email: [meditationsitting@uufames.org](mailto:meditationsitting@uufames.org)

**Membership Services Committee** welcomes, guides, facilitates and encourages membership in the congregation of the UUFA. They greet visitors, help with membership exploration classes, and welcome new members to our Fellowship. Email: [membershipservices@uufames.org](mailto:membershipservices@uufames.org)

**Mindfulness & Meditation** meets at the Fellowship each Sunday evening from 6:00-7:00. It's an open group with no level of experience required, practicing mainly sitting meditation. Periodically the group chooses a book to read and discuss over the course of a few months.

Email: [mindfulness@uufames.org](mailto:mindfulness@uufames.org)

**Partner Church Committee** takes the lead in facilitating our partnership with the congregation in Tordátfalva, Romania. The team works to educate on cultural traditions of our partner church and provide support for them.

Email: [partnerchurch@uufames.org](mailto:partnerchurch@uufames.org)

**Persephone's Children** is a Pagan/Wiccan spirituality study and ritual group for adults of all genders and paths. Newcomers and visitors are always welcome! They meet on the third Thursday of each month, 7:00-9:00 pm, at the UUFA. Two people facilitate each meeting and the facilitator roles rotate to give everyone a chance to be a leader.

Email: [persephone@uufames.org](mailto:persephone@uufames.org)

**Personnel Committee** provides support to the UUFA minister and staff in the implementation of the UUFA employment policies and practices. The committee also acts in an advisory capacity on personnel matters for the Fellowship Board.

Email: [personnel@uufames.org](mailto:personnel@uufames.org)

The **Recorder Consort** is a group of recorder players that plays occasionally during Sunday services and in the community. They rehearse Thursdays at 2:00 pm.

Email: [recorders@uufames.org](mailto:recorders@uufames.org)

**Religious Education** volunteers help our children to learn and grow spiritually, emotionally, and physically while they are engaged in our programs. The UUFA is always looking for enthusiastic people to be teachers and mentors for our children!

Email: REcommittee@uufames.org

**Skadberg Science Circle** discusses scientific news and topics every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday evening at the UUFA. Topics cover a wide array. Interested? Contact the office today!

Email: skadbergscience@uufames.org

**Social Justice** studies social justice issues in our community and world, informs Fellowship members about social justice issues and actions, and encourages UUFA members to be active in making social justice happen.

Email: socialjustice@uufames.org

**Soul Matters Listening Circles** are an opportunity to explore the congregation's monthly worship themes in more depth and an invitation to listen deeply and intentionally. Quaker teacher Parker Palmer explains: "So what do we do in a circle of trust? We speak our own truth; we listen receptively to the truth of others; we ask each other honest, open questions instead of giving counsel; and we offer each other the healing and empowering gifts of silence and laughter... Our purpose is not to teach anyone anything but to give the inner teacher a chance to teach us."

Email minister@uufames.org for more details.

**Sound Technicians** run the sound equipment on Sundays as well as for special events.

Contact the UUFA office if you are intrigued!

The **Generosity Team** works to create a culture of stewardship within the UUFA that funds our mission and vision, inspires participation, and helps our community to be good stewards of our Fellowship.

Email: generosity@uufames.org

**Sunday Service Committee** supports the planning, implementation, and evaluation of our services on Sunday morning. From music to presentations to behind the scenes work, they have a hand in it all!

Email: [sundayprograms@uufames.org](mailto:sundayprograms@uufames.org)

The **Women in the Round** is a small vocal ensemble that gathers during the program year, from September through May, and often provides music for Sunday services.

Email: [womenintheround@uufames.org](mailto:womenintheround@uufames.org)

**Women of Wisdom** (WOW) is a group for UU women "over the speed limit" (60+). WOW is an open group and welcomes new members. Meeting time is at 3:30 pm on the third Monday of each month at the Fellowship.

Email: [wow@uufames.org](mailto:wow@uufames.org)

**Women's Book Group** is a book discussion group meeting the first Monday of every month during the program year at 7:00 pm. This group is open to women interested in literature and discussing the ideas and themes presented in the books they read.

Email: [books@uufames.org](mailto:books@uufames.org)

**Youth Group** meets Wednesdays at 7:00 pm during the school year. The high school youth group focuses on community building, social justice, interfaith projects, and, of course, having fun!

# Unitarian Universalist Fellowship of Ames

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Ames, IA 50014  
515-292-5960, [uufa@uufames.org](mailto:uufa@uufames.org)

## **Office Hours:**

Monday – Thursday  
10:00 – 4:00  
Friday  
9:00 – 12:00

## **Board of Directors:**

[board@uufames.org](mailto:board@uufames.org)

## **Minister:**

Rev. Kent McKusick  
515-292-8929, [minister@uufames.org](mailto:minister@uufames.org)

## **Religious Education Coordinator:**

Janelle Carlson  
515-423-0490, [recoordinator@uufames.org](mailto:recoordinator@uufames.org)

## **Congregational Administrator:**

Bradley Duckstein  
515-292-5960, [uufa@uufames.org](mailto:uufa@uufames.org)

## **Membership Development Coordinator:**

Emily Watts  
515-292-5960, [mdc@uufames.org](mailto:mdc@uufames.org)

**[www.uufames.org](http://www.uufames.org)**