



# UUCRV NEWS – August 2024

Published by and for the Unitarian Universalist Congregation of Rock Valley  
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Phone: 815-624-4094 Visit us at [www.uucrv.org](http://www.uucrv.org)



## MARLENE'S MINISTERIAL MUSINGS

Our theme for the month of August is Joy. In July the theme was Justice. How do we combine our work for Justice with Joy? How do we find the joy in our Justice work? I firmly believe that our Justice work needs to be grounded in Joy and in Love. I know that in the last couple of weeks with the change in the election dynamics I have found more joy welling up in me, as well as a renewed possibility of hope and a commitment to working for Justice.



We will explore different aspects of joy this month. So, be thinking of how Joy shows up in your life? Where does your Joy come from. How do you find it when it seems that you have lost it? Does it come from within in you or from outside you? Good questions as we enjoy the beauty that is August.

Blessings,  
Rev. Marlene

## SOCIAL JUSTICE

### *Unitarian Universalist Advocacy Network of Illinois*

UUANI empowers Unitarian Universalists across Illinois to work for spiritually grounded, relationally accountable, and strategically effective action in solidarity with those most impacted by injustice. We provide leadership training, build congregational capacity and organize statewide advocacy efforts in loving accountability with our partners. Our Actions of the Week make it easy for UUs to make a difference. Together, we seek to bend the arc toward justice. <https://www.uuani.org/>

### *“How to UU the Vote: 7 Actions You Can Take Individually...”*

<https://uuthevote.org/7-ways/>

#### Individually

1. Volunteer with organizations in your area registering new voters, doing early voter drives, or assisting ballot initiatives that advance justice. [Check out page 17 of 2020 UU the Vote report for partner list.](https://uuthevote.org/wp-content/uploads/2021/06/UUtheVote_Lessons-1.pdf) [https://uuthevote.org/wp-content/uploads/2021/06/UUtheVote\\_Lessons-1.pdf](https://uuthevote.org/wp-content/uploads/2021/06/UUtheVote_Lessons-1.pdf)
2. Connect with your [UU State Action Network](#) (22 states have one)
3. Go door-to-door in your own neighborhood talking to neighbors about what issues matter to them (structure questions to elicit conversation, not just answers).
4. Sign up to be an elections monitor in districts with known voter suppression issues
5. Send a letter to the editor of your local paper on a ballot question or contested issue you care about. (Use our [free guide](#) to make them compelling.) <https://sidewithlove.org/craft-letters-editor>
6. Stay connected with UUtheVote via [Facebook Group](#), [Slack](#), and [email list](#)
7. Ask your friends if they're registered and urge them to do so if not: [UUtheVote.org/register](https://uuthevote.org/register) <https://uuthevote.org/register-to-vote/>

## UUCRV Activities in August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Come into this circle of community.            Be not tentative. Bring your whole self!            Bring the joy that makes your heart sing.            Bring your kindness and your compassion.            Bring also your sorrow, your pain.            Bring your brokenness and your disappointments.            Spirit of love and mystery; help us to recognize the spark of the divine that resides within each of us.            May we know the joy of wholeness.            May we know the joy of being together.</p> <p><b>by Andrew Pakula</b></p>				1	2	3 <i>Judy Steven's birthday</i>
<p><b>4 ***</b>            10:30 am Worship:  <b>Meeting Justice Work            With Joy Through            Singing</b>            Lay Leader: Wendy            Edgington</p>	<p style="background-color: yellow;"><b>5</b>            1:00-2:00            pm  <b>Membership            Meeting</b></p>	<p style="background-color: yellow;"><b>6</b>            1:00-3:00 pm  <b>Faith            Formation            Committee            Zoom            Meeting</b></p>	7	8	9	10  <b>Rock the Pride Fest</b>
<p><b>11 ***</b>  <i>Melinda Stogsdill's            birthday</i>            10:30 am Worship:  <b>Open Read: Joy</b>            Lay Leaders:            Donna Beaumont and            Nina Herzer</p>	12	13	<p><b>14 Connie            Matusiak's            birthday</b>            10:00 am  <b>Finance            Committee            Zoom meeting</b>            1:00            Membership            Meeting</p>	15	16	17
<p><b>18 ***</b>            10:30 am Worship:  <b>Chair Yoga with            Spiritual Meditation</b>            Guest Speaker:            Liliana Herbold            Lay Leaders:            Paulette Lucas &amp;            Cher Zimmerman            "100% Potluck"</p>	<p style="text-align: center;"><i><b>Cher            Zimmerman's            birthday</b></i></p>	<p><b>20</b>  <i>Please send in            dates and            articles for            the August            Newsletter!</i></p>	<p style="background-color: yellow;"><b>21</b>            10-12 am  <b>Board Zoom            Meeting</b></p>	22	23	24
<p><b>25 ***</b>            10:30 am Worship:  <b>This Joy</b>            Rev. Marlene Walker</p>	26	27	28	29	30 <i>Jan Henningsen's birthday Milli Fleer's birthday</i>	31

**\*\*\* WORSHIP SERVICES ARE MULTIPLATFORM INCLUDING ON ZOOM**

(The ZOOM link is in the "Service Information" email sent to members & friend prior to the service. Request service information by emailing [uucrockvalley@gmail.com](mailto:uucrockvalley@gmail.com))

## UPCOMING WORSHIP SERVICES

### Our Worship Theme for the month of August is JOY!

**August 4 Meeting Justice Work With Joy Through Singing** Lay Leader: Wendy Edgington  
*The late Thich Nhat Hanh was a Vietnamese Buddhist monk, peace activist, author, and teacher. Here are his words about activism and spirituality: "Activism without spirituality is often fueled by anger and despair. Spirituality without activism is often empty and disconnected from the world. The true path lies in their integration." Last month our Worship Theme was Justice. This month our Worship Theme is Joy. Today's service is our endeavor to integrate these two - activism for Justice and spiritual Joy through singing.*

**August 11 Open Read: Joy** Lay leaders Nina Herzer and Donna Beaumont. The worship theme for the month of August is "Joy." "We certainly know joy when we feel it, but it is challenging to capture its essence in words." (TouchStones project) Nina and Donna will lead an open read with the theme of joy.

**August 18 Chair Yoga with Spiritual Meditation** Guest Speaker: Liliana Herbold  
Lay Leaders: Paulette Lucas & Cher Zimmerman *Chair yoga is a gentle, accessible form of yoga that can be beneficial for older adults and people with mobility challenges. It involves using a chair for balance or sitting while performing yoga poses. Chair yoga can help improve strength, flexibility, balance, and circulation, while also reducing stress and pain, and combating anxiety and depression. It can also be a low-impact workout that's easier on the joints and muscles, making it a good option for people with age-related change. After Service the Membership Committee will host a "100% Potluck". (see below)*

**August 25 This Joy** Rev. Marlene Walker  
*We will wrap up this month of reflecting on Joy with some of the questions I asked in my monthly musings. Does Joy come from within you or outside you? Where do you find joy showing up in your life? How can we bring joy into our work for justice? Perhaps together we come up with some answers and who know maybe even some joy.*

### MEMBERSHIP EVENTS

August 18th is called 100% Luck we get what we get.  
(FYI, I like Reeses.)

September 1st is Shish Kabob Game Day.

I am looking for Bocce & Croquet sets to borrow for September 1st.

The Membership Committee meeting date, August 14<sup>th</sup> @ 1:00 PM by zoom. Anyone is invited to attend. Please contact me for zoom information.

Trish Alger

### This Joy I Have by Shirley Caesar

This joy that I have  
The world didn't give it to me  
(oh, oh, oh)  
This joy that I have  
The world didn't give it to me  
(don't you know that)  
This joy that I have  
The world didn't give it to me  
Ooh I said, the world didn't give it  
The world can't take it away

<https://youtu.be/1TbDPwA09Bc>

### UUCRV BOARD MEETINGS

All are welcome to attend the monthly Zoom UUCRV Board meetings. Though only Board members are allowed to cast votes, it is a great way to know what's happening within our congregation. If you would like the link for the August meeting, please send a request to [Uucrockvalley@gmail.com](mailto:Uucrockvalley@gmail.com)

## UUCRV ACTIVITIES

### Last month...Our Worship Theme Was Justice



In case you missed the July 14 Worship Service message on “**Resisting Tyranny**” with **Rev. Jim Foti** you can watch it on YouTube:  
<https://youtu.be/cVdPm9tX4Jw?si=G0CNj6JszAz9aeLu>

### Pete Seeger Sing-Along – channeling Pete’s activism energy!



**Annie, our volunteer gardener, has started to harvest vegetables to share with Caritas Food Pantry** – check out those greens (collards, kale, basil, shishito peppers and zucchini)! This day’s haul was over 10 pounds. Her initial goal was 100 pounds, but she thinks she will surpass that and may even hit 200 pounds!



### **Our July 21 Worship Service on Our UU Values – Justice and Equity included a talk by Bryan Stevenson, “How We Change the World.”**

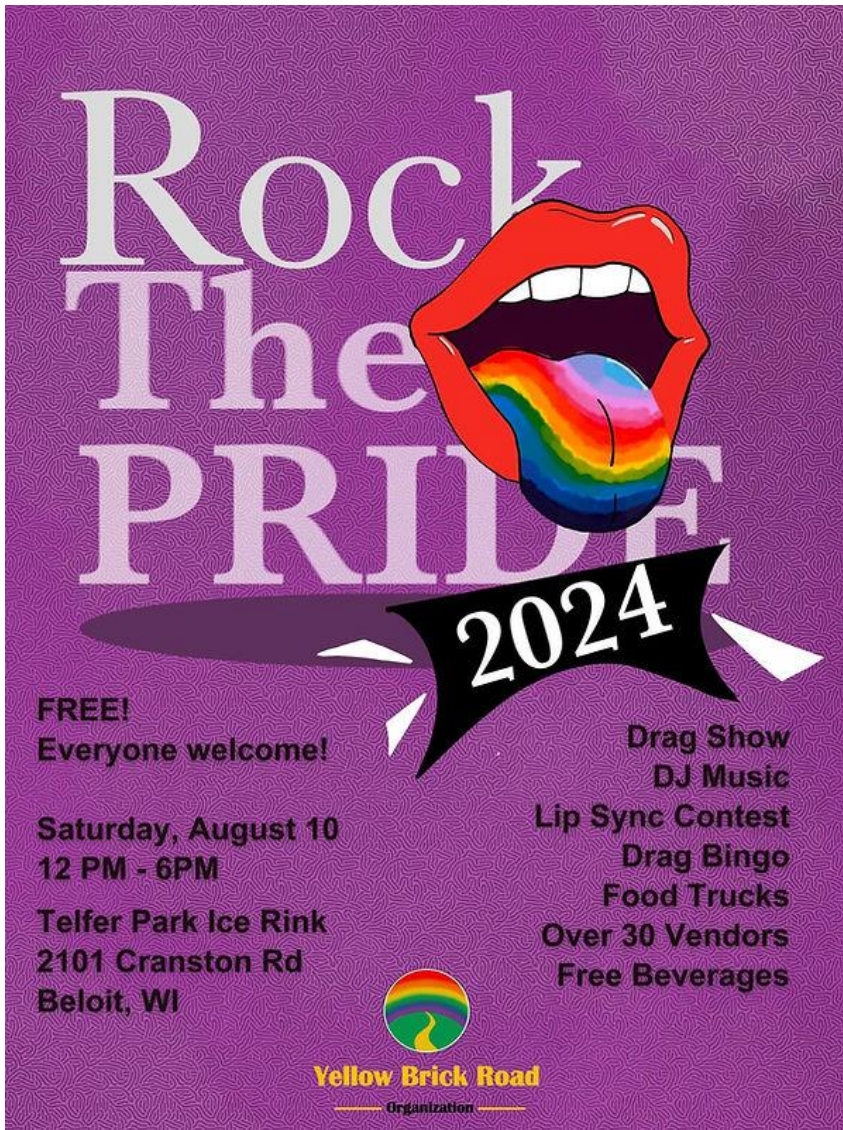
His prescription for changing the world included:

- Get proximate to those we serve
- Change the narratives underneath the issues
- Stay hopeful – it is your superpower!
- Be willing to do uncomfortable, inconvenient things

<https://youtu.be/MB4VQYyT4bA>



Upcoming...

A purple poster with a repeating geometric pattern. The text 'Rock The PRIDE' is written in large, white, serif font. A stylized red mouth with a rainbow tongue is positioned over the word 'PRIDE'. Below the mouth is a black banner with the year '2024' in white. At the bottom center is the 'Yellow Brick Road Organization' logo, which features a rainbow arch over a yellow path leading to a green hill.

**Rock  
The  
PRIDE**

**2024**

**FREE!**  
Everyone welcome!

**Saturday, August 10**  
12 PM - 6PM

**Telfer Park Ice Rink**  
2101 Cranston Rd  
Beloit, WI

**Drag Show**  
**DJ Music**  
**Lip Sync Contest**  
**Drag Bingo**  
**Food Trucks**  
**Over 30 Vendors**  
**Free Beverages**

**Yellow Brick Road**  
Organization

**END HUNGER ONE STEP AT A TIME THROUGH THE  
CROP HUNGER WALK**

**SIGN UP, START A TEAM OR DONATE TODAY AT**

**[CROPHUNGERWALK.ORG/ROCKFORDIL](https://CROPHUNGERWALK.ORG/ROCKFORDIL)**

The Walk is Sunday, October 20th

at the Riverfront Museum Park

711 N. Main St. in Rockford

Registration 1:00p - Step Off: 2:00pm

329 School Street, Rockton, IL 61072  
815-624-4094  
[uucrockvalley@gmail.com](mailto:uucrockvalley@gmail.com)



**Our Vision:** We envision Beloved Community where all are welcome.

**Our Mission:** The mission of this congregation is to create community, celebrate worship, seek justice and truth and live guided by love.

### Our Unitarian Universalist Values



Graphic attributed to the artist Tanya Webster ([chalice.org](http://chalice.org))

### 2024-2025 OFFICERS

President Cher Zimmerman 608-365-2343  
Vice-President Carol Klager 815-298-0477  
Secretary Barb Fett-Timmer 608-449-6858  
Treasurer Paulette Lucas 815-601-3225  
At Large Wendy Edgington 708-337-9640

Members are welcome at all UUCRV committee meetings. Check the calendar in this newsletter for meeting times. If you have questions or comments to share, contact board members or the appropriate committee chair.

**Rev. Dr. Marlene Walker**

Email: [revmwalker@mac.com](mailto:revmwalker@mac.com)  
Phone: 970-640-5444

### SHARE THE PLATE THIS QUARTER

This quarter we are sharing 50% of additional donations made in the plate or by mail (beyond your pledge) with **Nature at the Confluence** in South Beloit, IL.



<https://natureattheconfluence.com/>

**Final thoughts...**Rev. Jim Foti, winner of the Skinner Sermon Award for “Resisting Tyranny,” says our UU values of Justice, Equity, and Pluralism will be more difficult to carry out in a less free authoritarian society and it is important that we remain vigilant. He quoted adrienne marie brown saying “Things are not getting worse, they are getting uncovered. We must hold each other tight and continue to pull back the veil.” Rev. Foti says it is both painful and beneficial that things are getting uncovered.