



Feb. 22, 2015

Unitarian Universalist Congregation of the Quad Cities
3707 Eastern Avenue, Davenport, IA. 52807
uucqc.org or like us on Facebook at facebook.com/uucqc

If you are a first time guest today we're happy you joined us. If you would like to receive our newsletter or emails to inform you of upcoming events please fill out the white information sheet on the visitor's table (one with dark green cloth) in the gathering space

Upcoming 2015 services

You Can't Always Get What You Want

Feb. 22, 10 & 11:15 a.m. — Rev. Jay Wolin

In many Religious Traditions there are restrictions that are placed on its members, and particularly in regard to food. In this time of year when Christians celebrate Lent, I will explore why deferred gratification can be beneficial for our lives.

True North

March 1, 10 & 11:15 a.m. — Rev. Jay Wolin

True North can be both a geographical and metaphysical. How do we determine what is true? Do we use our senses? Our cognitive abilities? Our intuitive facilities? How do we know what we know? How do we find True North?

February Sunday Forums at 10 a.m.

Founding of Bishop Hill up to the Present Time — Todd DeDecker

Feb. 22: In 1846, Bishop Hill was created by Swedish immigrants searching for religious freedom. Today, it is a National and State Historic Landmark that hosts festivals year around. Bishop Hill Heritage Association Administrator Todd DeDecker will talk about the creation of the Bishop Hill Colony and Bishop Hill today.

Upcoming UUCQC events

Youth Religious Education

Movie night — Friday, Feb. 20, 5 p.m.

We'll be showing the movies "Selma, Lord, Selma" and "The Story of Ruby Bridges." There will also be an animated movie for the youngest kids. We'll have pizza dough, sauce and cheese. You're welcome to bring pizza toppings of choice. Everyone will make their own pizzas together in the kitchen, and then you can choose one of the movies. Don't forget to wear your PJ's and bring family and friends! Please RSVP to Sarah Moulton or Becky Brooke: REDirectorUU@gmail.com so that we have enough pizza for all! Admission is free!

UU Religious Education Exhibit at the Figge Art Museum

The Best Part of Me is a book by Wendy Ewald, as she had an interest in how kids regard their bodies. Our RE Team took the idea and did a project to foster positive self image with our kids. It was displayed on the Congregation's art wall and is now in **Studio 4 at the Figge until Feb. 21!** Feb. 21 is also Free Family Day so it's a great chance to stop by the Figge Art Museum at 225 W 2nd St, Davenport.



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Reproductive Justice

"Talking about Abortion" training

Saturday, Feb. 21

9:30-10 a.m. for coffee and snacks

10-11:30 a.m. for message training

11:30 a.m. -12 p.m. for conversation

In the downstairs lounge area

At UUCQC the new Reproductive Justice project is about way more than “choice.” It is about *access to health care* for all. It is about an increasing lack of “choice” in something as simple as contraception.

At UUCQC, reproductive justice means that we will work for the social, spiritual, economic and political means for all people to experience the sacred gift of sexuality with health and wholeness.

On Jan. 10 those attending "Coffee and Conversation" from a variety of human interest groups chose 2 events to plan. One is a workshop on implicit bias, which will be at a later date. The other was a messaging workshop.

This messaging workshop is an informed discussion of the A word. Regardless of our personal beliefs or biases open discussion of abortion is rare. With all the medical advances of the past 15 years and all the political cutbacks, you may be like me — confused. The A word may be hard to talk about, but it also is really hard to define. Let's talk.

Having trouble talking about the A-word? Would you like to learn how to talk about abortion using language that will build bridges, rather than using divisive labels and political buzz words? If so, please join us for “How To Talk About Abortion” training on Saturday, Feb. 21, at 10 a.m. (coffee at 9:30 a.m.) The training will be hosted by representatives from Planned Parenthood of the Heartland. They will provide you with valuable, research-based information about trends in public opinion related to abortion and the language to use when talking with people about why it is important to keep this medical procedure safe and legal.

— Written by Elaine Kresse

Other happenings

Lesbian Book Club

Our next meeting is Saturday, Feb. 28. We will be discussing the book *Body of Evidence* by Patricia Cornwell. We meet for potluck at 6:30 p.m. in the Social Hall. Those attending should bring their own table service and drink, as well as a dish to share. Please, no oranges (allergies). We begin discussing the reading at 7 p.m. and end at 8:30 p.m. If you have questions, comments, or concerns, contact Bea Ruebbelke at upsfloating09@yahoo.com.

“Soul Talk” poetry book

Money raised for the UU congregation by the sale of Dave Coe's poetry book, "**Soul Talk**" is at \$147 to date. A limited number of copies are left and will be sold during coffee hour, or you can contact Dave at his e-mail address: coe_david@sbcglobal.net.

Dave's new poetry book, "**Memory Trails**" has just been printed, and it too will be available for purchase. All proceeds from the sale of this book, also, will be ear-marked for the UU treasury. The sale price for either book is \$4 — or more — depending on your generosity. Thanks, Dave Coe



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Drum Circle

Come join us for the UU Drum Circle on Sunday, March 1, at 3707 Eastern Avenue, Davenport, Iowa. Pot luck at 5:00 with drumming to follow, featuring special guest Liz Rog, who will share with us how they community sing in Decorah, Iowa.

For the pot luck table service and coffee are provided. Please bring something to share if that works for you.

For drumming and community singing, you might want to bring a drum, rattle and/or other sound instruments. **There are extras of everything so these are suggestions only.** The singing requires only an open heart.

Children of all ages and their parents are welcome to participate in the Drum Circle, but if child care is needed, it will be provided if you call the UUCQC office at 563-359-0816 at least 48 hours in advance to make arrangements.

There will be a basket in the center of the circle in which to place an offering of thanks for this beautiful event and space.

Sponsored by the Spiritual Practices and Programs Team of the congregation; The Drum Circle Team, Ed, Gale, Grant, Linda, Meg, Paula, Sharon

Coffee House & Silent Auction planning

Do you have unique expertise about places or people in the Quad Cities? Have you always wanted to try to be a tour guide? Consider making a donation to the Silent Auction of your time and talent and introduce the winning bidder to places in the Quad Cities that you (the donor) love?

Top 10 “stay-cation” tours YOU could donate

1. Guided hiking tour of Wildcat Den, Black Hawk State Park or Nahant Marsh
2. Guided hiking or motor tour of Davenport's Gold Coast area
3. Motor tour of QCA's "Rich & Famous" homes of the past or infamous, such as Moody house
4. Architecture tour of QCA, such as downtown buildings, banks, Fidler building (motor or walking)
5. Guided hiking or motor tour of historic Chippiannock Cemetery
6. Guided tour of QCA micro-breweries
7. Explore the shores of the Mississippi River
8. Guide an eagle watch
9. Personal tour (docent) of local museum such as Figge or Putnam
10. Tour of Palmer House ... if you have pull to get guests inside!

If you are able to donate a service like this —or any other creative idea you come up with — to the Silent Auction, please fill out the form found in the red basket in the building foyer and drop it back in the basket before March 1.

The Silent Auction committee is taking donations of “estate-quality” items and themed-baskets. Please drop off these donations at the Community Room between March 1-4. Coffee House and Silent Auction is Friday, March 6 and Saturday, March 7.

Remember to check out the window at church for these and more ideas for auction items. Help make this **FUNdraiser** the best one ever!



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— The Coffee House - Silent Auction Committee

UUCQC WEEKLY AGENDA

Fri Feb 20	11:00am – 12:00pm 5:00pm – 9:00pm	⊕ YOGA - UUCQC ☐ ⊕ Black History Month Showing of Film/Pizza Night -
Sat Feb 21	9:30am – 10:00am 9:30am – 11:30am 10:00am – 11:30am 11:30am – 12:00pm 12:00pm – 12:30pm 6:00pm – 8:00pm	⊕ Friends of Reproductive Justice Coffee/Snacks - Ur ⊕ YOGA - UUCQC ☐ ⊕ Friends of Reproductive Justice Meeting - Unitarian ⊕ Friends of Reproductive Justice Conversation - Uni ⊕ Friends of Reproductive Justice Clean-up - Unitarian ⊕ Circle Supper ☐
Sun Feb 22	9:30am – 10:00am 10:00am – 11:00am 10:00am – 11:00am 10:15am – 11:15am 11:00am – 12:00pm 11:15am – 12:00pm 12:00pm – 1:00pm	⊕ Children's Choir - UUCQC ☐ ⊕ 1st Service with Words For All Ages - UUCQC ☐ ⊕ Forum - UUCQC ☐ ⊕ Children's Religious Education Program - UUCQC ⊕ Coffee - UUCQC ☐ ⊕ Second Service (45 minute service) - UUCQC ☐ ⊕ Coffee - UUCQC ☐
Mon Feb 23	9:00am – 10:00am 11:00am – 12:00pm 5:30pm – 6:30pm 7:00pm – 8:00pm 7:00pm – 8:30pm	⊕ Yoga with Kathleen - UUCQC ☐ ⊕ YOGA - UUCQC ☐ ⊕ YOGA - uucqc ☐ ⊕ Zen Meditation - UUCQC ☐ ⊕ busy
Tue Feb 24	11:00am – 12:00pm 5:30pm – 6:30pm 5:30pm – 6:30pm 6:45pm – 8:15pm	⊕ YOGA - UUCQC ☐ ⊕ Men's Group with Dick Martin ☐ ⊕ MINDFULNESS MEDITATION - UUCQC ☐ ⊕ Spiritual Conversation - UUCQC ☐
Wed Feb 25	9:00am – 10:00am 5:45pm – 6:45pm 7:00pm – 8:00pm	⊕ YOGA - UUCQC ☐ ⊕ Choir Practice - UUCQC ☐ ⊕ Chime Choir - UUCQC ☐
Thu Feb 26	9:00am – 10:00am 10:00am – 1:30pm 5:30pm – 6:30pm	⊕ YOGA - UUCQC ☐ ⊕ Archives - Unitarian Church, 3707 Eastern Ave, Daver ⊕ YOGA - UUCQC ☐