



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 52, Issue 6

158 N. Fourth St.

DeKalb, IL 60115

August 2010

OUR MISSION

Together as a religious community, we put our liberal faith in action...

*nurturing our families and our spiritual lives,

*working to protect the Earth,

*eliminating poverty and stopping oppression,

*while offering love and hope for all.

(UUF mission statement adopted May 17, 2009)

DEADLINE

The deadline for the September edition of the Pathfinder is **August 15, 2010**.

Please note that this is the third Sunday of the month. Submissions are to be sent

to the church office via email: uufchurchoffice@aol.com

or hard copy left in Pathfinder editor mailbox in the library.

THE PATHFINDER CONTACT INFO

Editor: Melissa Blake

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Sunday Services: Service 10:00 A.M. till 11:15 A.M.

August 1

No Choir

Worship Leader: Nicole Berns

Assistant: Susan Dorbeck

Sermon: Modern Art & Media

August 8

No Choir

Worship Leader: Dave Becker

Assistant: Donna Veeneman

Sermon: Visiting speaker, Joe Kinsack, author of The Fourth Fisherman

August 15

No Choir

Worship Leader: Rev. Linda

Assistant: Susan Dorbeck

Sermon: Music Sunday and Hymn Sing

****Contact Rev. Linda if you have a solo or small group who would like to sing!**

August 22

No Choir

Worship Leader: Rev. Linda

Assistant: Glenda Cosenza

Sermon: "Great Power Arising from Invisible Sources"

August 29

No Choir

Worship Leader: Rev. Linda

Assistant: Maylan Dunn-Kenney

Sermon: Ingathering: – A Celebration of coming home. This Intergenerational Service connects us with our church community and Mother Earth by the ritual of mingling the waters. Please bring a small bottle of water from your summer travels or from home

CONTACTS:

MINISTER: Rev. Linda Slabon

OFFICE MANAGER: Bonnie Freeman

MUSIC DIRECTOR: Toni Tollerud

PRESIDENT: Maylan Dunn-Kenney

RELIGIOUS EDUCATION CHAIR: Nicole Berns

TREASURER: Kathy Clark

Minister's Office Hours: Tuesday/Friday by appointment

Office Manager Office Hours: Tuesday 8:30 a.m. to 3:30 p.m.; Fridays 8:30 a.m. to 2:30 p.m.

Church Office phone number: 815-756-7089

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Web site: uufdekalb.org

In case of an emergency, call Rev. Slabon at 756-1088, the Board President Maylan Dunn-Kenney or the Past President Mark Matuszewski.

Minister's Musings

On May 2 I included the following in a sermon:

At the UU District Assembly this spring I processed with colleagues all that I and we have been through together in the last 2 years...and they said...Wow, you and your congregation have been through A LOT. You should make a list. So I began a list. Here it is.

It is not our fault...

That in 2008, a mere 2 years ago, a shooting at NIU killed 6 and shattered our illusion of safety and touched our minds, reminding us that violence and fear are within our grasp at any time. No one is isolated from it.

That several of our children in our congregational families have been seriously physically or mentally ill.

That I conducted 5 memorial services in 2009, one of those being my own father's.

That 3 of our loved ones were taken by ambulance to Kish Hospital with fear of heart attacks.

That several folks have faced job change or job loss and a pervasive sense of anxiety hangs over people's work sites.

That on a national scale we feel cheated by people who were entrusted to care for our financial well being – even if we did not lose money personally.

That many people in this congregation did lose retirement funds or investment money personally.

That many, if not most of us, are being asked to do more and more – what Maylan told us is called “job creep” – feeling invaded and overwhelmed and finding it incredibly difficult to maintain boundaries between work and other activities and issues in our lives.

That we, as a congregation, must face change, and change can cause anxiety,

frustration, and conflict...and we haven't had a clear sense of how to best proceed.

It's not our fault...and yet, to live means to respond. To live the good life, means responding with integrity and faith, rather than with despair. There is a way – by listening, by learning, by seeking help from others – that we can restore strength, clarity and vision. So, although I had signed up to sing with the first ever full district choir, I quit the choir so that I could go hear 2 of my favorite colleagues, Rev. Roger Bertchausen and Rev. Michael Brown, teach about church growth and help me see **what we need now to be a strong and effective congregation.**

Rev. Bertchausen noted that it is essential for a vital church to have 1. A Mission and Vision, 2. Commitment to grow and to accept change, 3. Careful planning, and 4. A faith community that embodies health – a Healthy Congregation covenant and principles that LIVE within the ethos of the church.

Rev. Brown's workshop was on planning. And planning always begins with our mission. Are we simply a club enjoying one another's company, or do we have a mission to share with the world? “A church,” Rev. Brown insisted, “does not belong to the members or to the minister. A church is its mission.” In moments of discernment ask always, “Will this fulfill our mission?” “Plan, plan, plan and then get ready for the wildcards that you can't foresee –that trump what we expect and may take up two to three years of your time.” (For us at UUFD, see “It's not our fault” above!)

Where are we now?

We held a magnificent 50th Anniversary kick-off celebration and will continue to mark this 50th year.

We had our first ministerial consultant/

intern with the Rev. Janet French. I have investigated being a mentor minister with Meadville Lombard seminary, and I hope to supervise additional student ministers here at UUFD.

We may be tired, and sometimes frustrated, but we are learning how to move ahead with grace. We are planning a future - with an increase in staff (a Director of Religious Education and an Accompanist), with the Architect Task Force, and with the Welcome Café Task Force.

The Ministry Council (Clark, Virginia, Sarah and Cathy) and I will be working this next year to implement a Healthy Congregation Covenant and Principles. I need to set firmer boundaries to be more fully your minister and to not feel taken advantage of. I can do that and our Healthy Congregation work will support this effort as well. I will remind you that you underpay your staff and that equity is a social justice issue.

I will work to focus on the areas of ministry that the Board has asked me address (Worship, Lifespan Faith Development/ Religious Education; Pastoral Care) and on healthy congregational growth... which doesn't just mean adding numbers. Growth is also maturity, depth, and spiritual development.

I see this congregation moving out of its childhood and adolescence into young adulthood – taking additional responsibility for setting its own course. Thank you. Well done, good and faithful people.

Rev. Linda

UUFD Staff News

- Bonnie's office hours are Tuesdays 8:30 a.m.- 3:30 p.m. and Fridays 8:30 a.m. to 2:30 p.m.
- Rev. Linda Slabon's hours are Tuesday, Wednesday and Friday by appointment.



Mark Your Calendar For These UUFD Events



July

29 Twenty-Niners potluck & movie. 6:00 p.m.

August

1	Prairie Buddha Sangha @ Estelle's	1:30 p.m.
4	UUFD Board of Trustees	6:30 to 8:30 p.m.
10	PFLAG	7 – 9 p.m.
15	Prairie Buddha Sangha @ Estelle's	1:30 p.m.
17	UUFD provides Hope Haven meal	
17	Registration deadline for UUFD Women's Retreat	
20 & 21	UUFD Women's Retreat - Theme: She Calls To Us From Within	
25	Ministry Council meets	5:30 to 7:30 p.m.
28	Worship Associates Training	9:30 a.m.-2:30 p.m.
29	Snacks & a Movie at UUFD (Movie title - TBA)	6 p.m.

Cooking For Hope Haven Is Easy!

Submitted by Danica Lovings

I am a fairly frequent volunteer for the monthly meal at Hope Haven that our church provides, but I often see the same names over and over on the sign-up sheet. It would be nice to see some new volunteers. I really applaud Dan Kenney for facilitating this (and Mark Matuszewski, who helps or fills in at times). He seeks out volunteers, calls everyone on the list as reminders, and then is typically there on the night of the meal. However, I often feel sorry for Dan when it's the week of our meal and there are empty blanks on the sign up sheet and he's running to the store to make up the gaps or calling people to help.

Here's why it's easy and worthwhile:

*You only have to cook/provide one thing – just amplified for about 35 people (Find a partner to sign up with and you each only have to provide for half that amount).

*If you can't afford to finance all of the food you provide, just ask for help. There is typically a balance from financial contributions that you have access to.

*If you don't have containers that you can leave there, don't worry, they'll transfer the food to one of theirs and even clean yours out for you. Sometimes I pick up foil pans at Dollar General, Big Lots, Wal-mart, etc that I can just cook food in and leave there

*It's quick. I drop off the food at 6:30 and leave. I'm in and out in less than five minutes and they'll keep your food warm/cold until it's served.

*It's *really* appreciated!

We have often been told that the meals provided by UUFD are often favorites of the residents there. If you need any ideas, give me a call. I have lots of ideas and even have recipes designed for large groups. Another great source is www.allrecipes.com because if you find a recipe you like, you can just plug in 35 servings and it will automatically adjust all the ingredient amounts for you. Hopefully we'll see some new faces dropping off food so Dan isn't scrambling at the last minute to make our meal meet the reputation we have created for ourselves!



JOYS & CONCERNS



Clark Neher, Renee Allen and Jeanne Meyer are all home from area hospitals. May their bodies and their spirits continue to heal.



We send love, support and healing energy to the following as they face change, loss or struggles this summer: Parham family, Cele Meyer, Barb Cuppett, Ann Shult, Terri & Dave Diaz, Danica Lovings, Sylvia O'Neill & Glenda Cosenza.

2010 UUFD Women's Deepening Retreat

*Held from 5:30 p.m. Friday, Aug. 20
through 5:30 p.m. Saturday, Aug. 21*

“SHE CALLS TO US FROM WITHIN”

Our 2010 retreat nurtures our need to hear our inner voice through art, music, self care, and tarot or animal totem readings. We will use the Deepening Group process and our Giveaway Ritual to create intimacy, listen well, share our self, and be fully present. We guarantee singing, abundant food, laughter, and spirited women! This year we are able to reduce our cost as we are not bringing in a guest teacher. COST IS \$35.00 (partial scholarships available)

Message from the President Maylan Dunn-Kenney

I have so much to learn. Congregational life at UUFD is much more complex and awe-inspiring than I ever imagined while sitting in the pew (or even standing in the pulpit). That's why I'm so excited about being your president this year. I'm going to get to learn a lot, and I think I'll grow spiritually if I stay "awake."

In a new book from Skinner House, called *Serving with Grace: Lay Leadership as a Spiritual Practice*, Erik Walker Wikstrom writes, "Committee meetings and fundraisers may seem far removed from the message of the Sunday morning sermon, but it is here that your congregation literally practices what it preaches, or doesn't." Now there's a challenge worth meeting together. Can we practice what we preach in each decision we make together? Each exchange with each other? In the way we respond to visitors? In the way we build the capacity of our church to serve the community? We may stumble sometimes, due to selfishness or stubbornness. We may wish we could be more comfortable. But I believe this congregation already has great reserves of spiritual power that are looking for an outlet. I can't wait to see what the next year will bring!

Special Collections Announced

After reviewing proposals submitted by the congregation, the Social Justice Committee selected the following non-profit organizations to receive special collections during the 2010-2011 church year:

September	Safe Passage
October	Unitarian Universalist United Nations Office (UU-UNO)
November	Northern Public Radio (For UUFD Sponsorship)
December	UUFD Discretionary Fund
January	American Foundation for Suicide Prevention
February	Youth Outlook
March	Central American Fund for Human Development
April	Hope Haven
May	Lions of Illinois Foundation – Summer Camp for Blind Children

To qualify, organizations must demonstrate that their mission supports one or more of the UU principles. This year, the Social Justice Committee considered this and the UUFD mission statement in selecting the recipients from a slate of nominees. Several of these organizations have received special collection donations in previous years, and some are new. Exact dates of the collections and more information about individual organizations will be available in the next Pathfinder.

Two Announcements from Member Care:

*Do you have some time to send a card, make a call, help with a meal or pay a visit to a friend in need? Please sign up on the volunteer table in the Fellowship Hall at UUFD.

*We need two greeters for each Sunday service! Please see Sharon Blake or Lon Clark to join the greeters team. Not trained? No worries. There will be a training coming soon!



Third Annual Backpack Drive Is Here!

For the third year, UUFD is contributing to the Clinton Rosette Middle School backpack drive. Backpacks, supplies or money are gratefully accepted. I will be happy to do your shopping for you, or you can buy a backpack and/or any type of school supplies and leave them on the table in the Fellowship Hall. Questions can go to Sharon Blake (815-757-2444) or blake202@aol.com. The students and parents of CRMS truly appreciate the help...the looks on the kids faces just say it all when they are able to start the year with fresh and brand new supplies. We have always been big supporters of this drive in the past, and I thank all of you who can help us out again this year! :)

Also see Sharon Blake if you'd like to take part in "packing" the backpacks at CRMS on August 12!



GREEN TIP OF THE MONTH

Here are a few things you can do to be kind to Mother Earth by reducing your carbon footprint this summer:

Take a direct flight.

If you need to travel by airplane, try taking a direct flight. Your impact is reduced when you take one flight, as opposed to hopping on a couple or more passenger jets to reach your final destination.

Switch water heaters to vacation mode.

Most water heaters have a "vacation" setting for when you are away from home for an extended period of time. Switching to "away" mode keeps the water warm, but will not use the energy it takes to keep a tank full of piping-hot water.

Unplug it!

Unplug appliances that you don't use frequently. Most electronics have a standby mode that siphons energy even when not in use. Cell phone chargers, laptops, televisions, stereos — there's a whole list of items that should be unplugged when not in use. Try using a power strip for groups of electronic items. One flick of the switch and it's all off.

Eat fresh local foods.

Avoid those convenient frozen dinners. A freezer full of meals is actually more energy-intensive — it costs more to freeze foods, ship them cold, display them frozen in the grocery store and keep them frozen in our homes. Cook fresh foods this summer when local foods are in abundance in grocery stores and farmers' markets!

Have the family over.

Family gatherings are a good way to spend some quality time with loved ones, with very little carbon impact. Cooking and entertaining for larger groups is more efficient and, per person, a lot less expensive. And what a wonderful way to enjoy the summer!

Excerpted from <http://sustainability.publicradio.org/consumed/tips.html>.

YOU Are Invited

To Patty Rieman's 50th
Birthday Party at the Gurler
House, 205 Pine St. I
DeKalb, IL

Saturday August 7, 2010
3 to 6 p.m.

There will be food, games,
and fun. RSVP to Joe at
815.901.7852 or go to the
event on his facebook page.

If you can't make it feel free
to leave a message on the
event page or email it to me
and I'll send it along to her!



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