



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 55, Issue 7

158 N. Fourth St.

DeKalb, IL 60115

September 2014

OUR MISSION

Together as a religious community, we put our liberal faith in action, striving to nurture our families and our spiritual lives, protect the earth, eliminate poverty, and stop oppression, while offering love and hope for all.

(UUFDeKalb mission statement adopted May 17, 2009)

DEADLINE

The deadline for the October edition of the Pathfinder is **September 21, 2014**. Please note that this is the third Sunday of the month. Submissions are to be sent to the church office via email: office@uufdekalb.org or hard copy left in Pathfinder editor mailbox in the library.

THE PATHFINDER CONTACT INFO

Editor: Melissa Blake
Phone: 757-3131
E-mail: Mellow1422@aol.com

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

August 31

No Choir
Worship Leader: Elisa Woodruff
Assistant: Donna Veeneman
Sermon: What's Your UU Elevator Speech?

September Theme:

Worship theme for September: Risk -- What does it mean to be a people of risk? Our society is risk-averse in some areas and addicted to risk in others. We have whole departments in companies, schools, and hospitals devoted to risk management, but playing it safe in all matters all the time leads to boredom and apathy. Can you think of a time in your life when the status quo was no longer good for you? What motivates us to take physical, emotional or spiritual risks? How do we deepen in response to the risks we take?

September 7

Choir
Worship Leader: Rev. Linda Slabon
Assistant: Maylan Dunn-Kenney
Sermon: Don't Rain On My Parade!

September 14

Choir
Worship Leader: Donna Veeneman
Assistant: Ed Miguel
Sermon: A Little Madness: Cut the rope and be free!

September 21

Choir
Worship Leader: Maylan Dunn-Kenney
Assistant: Sue Willis
Sermon: Risk & Regret

September 28

Cymbal women's group & Bonnie Anderson, pianist
Worship Leader: Rev. Linda Slabon
Assistant: Dave Becker
Sermon: Everyone Needs a Goddess
Guest Clergy: Rev. Denise Tracy and Rev. Emmy Lou Belcher

CONTACTS:

MINISTER: Rev. Linda Slabon
OFFICE MANAGER: Bonnie Freeman
MUSIC DIRECTOR: Toni Tollerud
PRESIDENT: Sue Willis
TREASURER: Beau Anderson
RELIGIOUS EDUCATION CHAIR: Gladys Sanchez

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
email: office@uufdekalb.org Web site: uufdekalb.org

In case of an emergency, call Rev. Slabon at 756-1088, the Board President Sue Willis or the Past President Dan Kenney.

Minister's Musings

How shall we tell our stories that we might learn courage and faithfulness from one another? How might we discover depth, escape isolation, and eliminate exhaustion from our lives? How might our Unitarian Universalist values and spirituality truly transform our capacity for love and internal peace?

As you might suspect, the answers to these questions are not found in a magic pill, a singularly pithy quote, or a one-time wonder experience. You live into the answers on a daily, monthly, yearly, and lifetime basis. Some years I have been deeply satisfied and other years my spirit went wanting. Sometimes I have sought counseling to address a dis-ease of my spirit, but counseling in a time of pain, grief, or confusion is not what I seek for on-going spiritual depth, development and insight.

Among the goals I set last May for my ministry I committed to "establish alternate spiritual experiences" for UUFD utilizing the themes that push and pull us into a deeper sense of self, others and our living. So, for the 2014-2015 church year, I invite you to participate in some commitments I have made. I have joined with oth-

er UU churches and colleagues across the continent in *Soul Matters*, theme-based church ministries. At UUFD last year your Worship Associates and I used monthly themes for our sermons and services, and Gladys Sanchez, our RE Director, used themes for religious education.

This year I will expand the theme-based church program in two ways. First, I have arranged two pulpit exchange dates with local colleagues whose congregations are also participants in *Soul Matters*; an exchange in November 2014 with Rev. Rev. Matthew Johnson from the Unitarian Church of Rockford and an exchange in March 2015 with Rev. Sean Dennison from Tree of Life UU, McHenry.

Second, in 2014 I will lead four Soul Matters Deepening Group sessions 12:30 to 2:00 p.m. at UUFD. As with earlier Deepening Groups, it is my hope that additional lay led groups will launch from these initial gatherings. Also, it is delightful to report that Donna Veeneman will be co-leading a group in Genoa with a member of the Unitarian Church of Rockford and UUFD may join that group (details to be announced).

SOUL MATTERS Deepening Group Sessions: ***SUNDAYS***

12:30- 2:00 p.m.

Facilitator: Rev. Linda
September 21, October 19,
November 23, December 21

In our group we will discuss our experience with the Spiritual Exercises and discuss the theme questions. I hope you will join me. Groups will typically be limited to 10 participants, but new folks are always welcome. As our group grows, Deepening Group Lay Leaders will be sought to support new groups!

The monthly Soul Matters packet can be sent to you by your request from the church office or you may find it on the UUFD website or Facebook page. Here is sample from the ***September Soul Matters Theme Packet:***

Risk – What does it mean to be a people of risk?

"Most people don't know that there are angels whose only job is to make sure you don't get too comfortable and fall asleep and miss your life"

Brian Andreas

OPTION A: Take a Spiritual Risk

What would it look like in your life to risk spiritually?

Consider trying something new, like opening a meal (by yourself or one you share with others) with a brief moment of silent or verbalized gratitude; praying aloud before bed; sharing candidly about your spirituality with someone in your life who might not share your beliefs or experiences; or writing a letter to the local paper about how your liberal religious values inform your take on an issue of the day. ...If you don't believe in God, try prayer anyway. If you don't like being around the poor and destitute, work in a soup kitchen. If you're afraid of death, volunteer in a hospital. If you're not creative, write poetry, paint, or sing." Reflect on how risk-taking can be spiritual. Notice how it feels to risk spiritually in your body, in your mind, in your life, and in your religious community. Come prepared to share with your group!

Blessed be,



UUFD Staff News

- Bonnie's hours are Tuesday 8:30 a.m. until 3:30 p.m. and Friday from 8:30 a.m. until 2:30 p.m.
- Rev. Linda's hours are by appointment. Please call 815/501-4788.
- Rev. Linda is away August 3 – 11 and will return on August 12. Contact a Board Member in the case of an emergency.
- The Church Office will be closed on Friday, September 19.
- There is currently a search going on for UUFD Office Manager and Childcare Workers. Please contact the Church Office or Rev. Linda if interested in either position.



Mark Your Calendar For These UUFD Events



September

6	Board Training & Retreat@ Rev. Linda's	9:30 a.m. to 4 p.m.
10	Stitch & Witch	7:30 to 9 p.m.
11	Mindfulness Meditation (meets every Thursday @ Estelle's)	10:30 a.m.
11	Teach Girls Global	5 to 6:15 p.m.
12	Peaceful Meditation (meets every Friday)	11 a.m.
12	Restorative Meditation (meets every Friday)	5:15 p.m.
14	Leadership Meeting	12:30 to 2:30 p.m.
19	Sexuality Education & the Healthy Church **A mandatory meeting for UUFD staff, Board of Trustees, RE leaders and volunteers. Parents & UUFD members welcome to attend.	6:30 to 8:30 p.m.
27	Welcome Café and Community Kitchen	10 a.m. to Noon
28	GrownUps Table	3 to 5 p.m.
30	PFLAG	7 to 8:30 p.m.

A Note From The Director of Religious Education

The 2014 Spring and Summer program was a delightful success, and big thanks is owed to our UUFD families and volunteers. We have made some important changes to our programming in an effort to better serve our children and families. Activities and lessons will be drawn from *We are Many, We are One*, a Unitarian Universalist curriculum geared toward the early childhood years. Additionally, we are working closely with UUFD's worship leaders to better involve all youth in our Sunday services. 2014-2015 will be an exciting year for UUFD and Religious Education.

Components of the RE Program for Children

- *We Are Many, We Are One* curriculum
- Multigenerational Sunday services
- RE classroom lessons and activities
- Story Basket Sundays
- Faith in Action

Volunteer support for our program

We welcome you to support our children's programs. You can get involved by attending the Friday RE Potlucks that are held once a month, becoming a storyteller or assisting with classes, contributing crafts or snacks or helping with a Faith in Action project. Contact Gladys! (dre@uufd.org)



Upcoming UUFD Events!

**LEADERSHIP COUNCIL MEETING

The next Leadership Council Meeting will be on Sunday, September 14 after the service, 12:30 - 2:30 p.m. Toni, Virginia, and Beau will present on managing conflict.

**Board of Trustees Day of Training & Retreat Saturday, Sept. 6

9:30 a.m. to 4:00 p.m. at Rev. Linda's, 1622 Carlisle Lane, DK

**Sexuality Education & the Healthy Church

Friday, September 19, 6:30 - 8:30 p.m.

A mandatory meeting for UUFD staff, Board of Trustees, RE leaders and volunteers.

Parents & UUFD members welcome to attend.

JOYS & CONCERNS



We congratulate Kara Becker on her graduation from DeKalb High School and thank the Becker family for a wonderful "Kara-goes-to-college" party at UUFD. Way to go, Kara!!



We send love and strength to Frank O'Barski and Sue Willis as Frank continues a course of treatment for cancer. We also share our admiration for their courage and on-going commitment to UUFD during this difficult time.



Many, many thanks to Mindy Walker for her years of service as a Childcare Worker. Mindy is moving to a job with more hours, but we will still see her on occasion. Congratulations to Mindy, who has been a faithful, responsible and fun childcare professional at UUFD.



Rev. Linda is so very proud to announce that Gladys Sanchez, our UUFD Religious Education Director, has been accepted into the Leadership Staff for the UU Midwest Leadership School. Congratulations, Gladys. You are awesome!



RESTORATIVE MEDITATION

With Linda Slabon, L.C.S.W., M.Div., M.A.

2014 5:15 – 6:15 p.m. Fall Fridays

September 5, 12, 19, & 26 and October 3, 10, 17, & 24

Welcome, Check-in, Opening Exercise
Meditation Practice
Reading and Discussion

Location: Unitarian Universalist Fellowship of DeKalb (Library)
158 North 4th Street, DeKalb, IL 60115

Participation: Is open to all. All are welcome.

Cost: Free – Donations to UUFD support our programs

We meditate to find, to recover, and to come back to something of ourselves — Lawrence LeShan, psychologist.

Mindfulness is the miracle by which we master and restore ourselves...it is the miracle which can call back in a flash our dispersed mind and restore it to wholeness so that we can live each minute of life — Thich Nhat Hanh, Zen master and peace activist.

Meditation invites me to clear my mind of the usual clutter and pressures that bang around for my attention. When I am not practicing, anxiety rises. When I am practicing, I live more compassionately and well. What changes, is me. I gain power, perspective, and peace — Linda Slabon, meditation student.

News From Congregational Support and Development (Formerly Member Care!)

We are happy to welcome everyone back to a new fall semester! Don't forget about us if you need any member care. We're here to help!

Speaking of help, we need some ourselves. We are trying really hard to get the greeter and coffee hour lists done and completely filled in through December. To that end, we want to thank those who signed up at Ingathering to contribute to these two essential ministries at UUFD.....Bonnie and Beau Anderson, Virginia Wilcox-Gok, Sharon Blake, Mike and Annemarie Clifford, Chris and Ed Miguel, Jen and Tom Stamatakos, Teri and Dave Diaz, Maylan Dunn-Kenney, Vanstrom Dracul, Irene Faivre, Cathy Schneider, Kathy Clark and Barb and Howard Solomon!!!!

Don't see your name on this list? Contact us today or see the clipboard on the table in the Fellowship Hall to sign up. If you are unsure or nervous, we will sign up with you and teach you exactly what to do!

And, there is good news on the coffee hour front! We have simplified the menu....we are going back to basics at coffee hour, so you don't have to worry about making a big spread! We will give this a try and hope to get volunteers more easily!

Again, if you need anything, be sure to call or talk to us at church on Sunday mornings!

Sharon Blake (815-757-2444)
Bonnie Anderson (815-762-2546)
Terri Mann-Lamb (815-761-4545)



Guest Ministers and Special Music!

We welcome Rev. Emmy Lou Belcher and Rev. Denise Tracy to the UUFD pulpit on Sept. 28. Their sermon "*Everybody Needs a Little of the Goddess*" topped off the WomanSpirit conference in February 2014. The sermon explores how the feminine aspects of life enhance every one of us. Rev.'s Belcher and Tracy reflect on some UU recent history and on life fully lived whether one is male, female or in-between. Music for this service will be sung and led by Cymbal, the UU women's singing group we know and love!





Clark Neher giving the opening words at the library dedication.



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