



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 62, Issue 6

158 N. Fourth St.

DeKalb, IL 60115

Dec-Jan 2021

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.

(UUFDF mission statement adopted May 17, 2009)

DEADLINE

The deadline for the February edition of the Pathfinder is **Jan 16th**. 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.

In-person & Online Worship

UUFDF is currently holding in-person worship services at our usual time – Sundays at 10 a.m. We also use Zoom, which is easily installed on a computer, tablet, or smartphone. Join the online service at uufdekalb.org/live.

Please watch the eNews and church website — if the COVID rate climbs too high we will announce a return to online only.

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

December Theme: Healing
Special Collection: Minister's Discretionary Fund

Ian MacLaren wrote, "Be kind; everyone you meet is fighting a hard battle." Since this is true, we are all in need of healing, and we are all called to be healers. While healing is physical, it is also emotional and spiritual. In some cases, while physical healing may not be possible, emotional and spiritual healing become even more important. Healing is the "repair" of the self and the world.

Dec 5 – *Yoga-Healing Through Grace*
Ed Miguel, Worship Leader
Maylan Dunn-Kenney, Assistant

Dec 12 – *Finding Hope and Bringing Healing*
Rev. Allen Harden, Worship Leader
Dorothy Coleman, Assistant

Dec 19 – *Blue Christmas*
Diane Johns, Worship Leader
Vanstrom Dracul, Assistant

Dec 24 – *Christmas Eve Celebration*
Worship Team

Dec 26 – *The Work of Christmas*
Maylan Dunn-Kenney, Worship Leader
TBD, Assistant

January Theme: Renewal
Special Collection: Oaken Acres

Renewal is a necessity built into the fabric of life. It is one aspect of the repair of the world. Winter fallowness is a process of renewal giving birth to another springtime. Whether we relax, rest, or sleep, renewal should be the result. When it is not, more is needed physically, mentally, emotionally, and/or spiritually to return us to wholeness. Things fall apart and must be put back together again.

Jan 2 – *New Beginnings*
Ed Miguel, Worship Leader
Maylan Dunn-Kenney, Assistant

Jan 9 –
Rev. Allen Harden, Worship Leader
Dorothy Coleman, Assistant

Jan 16 – *Racial Reckoning and Renewal*
Maylan Dunn-Kenney, Worship Leader
Vanstrom Dracul, Assistant

Jan 23 –
TBD, Worship Leader
Ed Miguel, Assistant

Jan 30 –
Dan Kenney, Worship Leader
Maylan Dunn-Kenney, Assistant

CONTACTS:

MINISTER: Rev. Allen Harden (minister@uufdekalb.org or 773-288-2394)
OFFICE MANAGER: Kathryn Jones (**Please contact her online or by phone**)
PRESIDENT: Ed Miguel TREASURER: Ashley Ford

Office Manager Office Hours: Wed 10 - 3 and Fri 10 - 3
Church Office phone number: 815-756-7089
email: office@uufdekalb.org

Web site: uufdekalb.org

In case of an emergency, call Board Past President Tom Stamatakos, or President Ed Miguel.

Minister's Thoughts

Minister's Reflections for December 2021

We now are knee-deep in the holidays. For most, this is a time of pleasure and joy. For some, it is not so kind because it evokes painful feelings or memories. But, good or bad, the holidays are always stressful, and they differ from the other months of the year. I hope we can all care for ourselves and each other during this time – during any time.

I write this on Thanksgiving evening, having just returned from the holiday meal my family has shared with another family for decades. The celebration changes over time because we change. The food is great and always welcome, but it is never the highlight. Feeling our love for one another and experiencing the shared bonds that unite us – this is the highlight. Our kids were once the children – now their children bring the chaos and joyful sounds to the party. This is the time we get to know and experience the families that grew from our own. We had 24 wonderful people at dinner, converging from four states. We all are vaccinated, and we all were quick-tested for Covid just prior to gathering. These are the new rules for staying safe, and what allowed us to gather after a two-year hiatus. I feel privileged and blessed to belong and to have such an experience. This is truly where I find the sacred.

As much as we tire of pandemic talk, I feel a need to remind you that all of the gains we have recently made are provisional. Our plans continue to hinge on infection levels as we follow public health metrics and science. For all the joy that meeting in person for worship brings, the board will stop our gathering when and if the public health metrics dictate. We all hope for good news, but trends suggest we may have to quarantine again this winter. If we do, remember that the health and safety of each person is far more important to us than the way we meet.

I would like every one of you to find peace and happiness in life, and hope that your Holidays and the New Year are fulfilling, engaging, and deeply meaningful.

Rev. Allen Harden, Minister

December 12th Worship Service *Finding Hope and Bringing Healing* Worship Leader: Rev. Allen Harden

The Holiday season is a perfect time to contemplate where we are and where we are headed, and to consider ways that we and our world can be brought into harmony. We are lambasted by news that is mostly bad, we live in a nation harshly divided, and we share a world order with deep inequality and extensive suffering. Without hiding from these difficult realities, let's find ways to hold hope and mend some problems.



UUFd Staff News

Minister's "office" hours:

Please feel free to email, text, or call Rev. Allen at any time. In the absence of physical gatherings, this is the main way he communicates with congregants. His phone number is 773-288-2394, and his email address is minister@uufdekab.org.

Rev. Allen plans to gradually reestablish a physical presence in DeKalb, with decisions guided by caution and continuing concern for our health and safety. Allen has been fully vaccinated since Feb 4, and is eager to meet with individuals or (very) small groups. How we do this depends on everyone's vaccination status, the latest health advisories, and the weather. Please call or text him to make arrangements if you wish to schedule an in-person visit.



Mark Your Calendar For These UUFDF Events



We're beginning to have more in-person events, but things may still change in response to the current COVID situation. Keep an eye on our website and Facebook page for more updates. And please reach out to the church office to subscribe to the weekly electronic news if you haven't already done so.

Ongoing Events

Yoga with Ed Miguel – Wednesdays 6:30 p.m. at UUFDF

Restorative Meditation – Cancelled

Buddhist Study Group via Zoom – 1st & 3rd Sundays at 11:45 a.m.

Zoom links are sent to everyone on the Buddhist Group mailing list. If someone not on our mailing list would like to join us, please contact Howard Solomon at dochoward00001@gmail.com.

The Gazebo Gang, a.k.a. Ordinary Folk Musical Gathering – 2nd & 4th Sundays at 2 p.m.

December 2021

Dec 16 – Touchstones Small Group Discussion – 7:30 p.m. via Zoom

Dec 19 – Board Meeting – 1:00 p.m. via Zoom

Dec 21 – Hope Haven Meal – 6:30 p.m.

December WE Pantry CANCELLED

January 2022

Jan 20 – Touchstones Small Group Discussion – 7:30 p.m. via Zoom

Jan 18 – Hope Haven Meal 6:30 p.m.

Jan TBD – Board Meeting – 1:00 p.m. via Zoom

Jan 29 – Drive-Thru WE Pantry 9:30 a.m. to 11:30 a.m.



DONATIONS of Small, Gift-able Items

New or Used, to be Sold at the UUFDF Farmer's Market Table on February 12, 2022

Help UUFDF raise funds to support our programs by donations are welcome for small, gift-able items, new or gently used, for the UUFDF table at the February 12, 2022 Farmers' market. There is a box in the Fellowship Hall to collect donations before or after Sunday Services. Donations can also be made by appointment with our office manager, Kathryn. Email her at office@uufdekalb.org. Thank you!

The worship theme for December is Healing; for January the theme is Renewal.

The worship leaders will use these themes to guide their services throughout the month. We encourage you to take a look at the Touchstones Journal on our website at uufdekalb.org/touchstones (or pick up a copy at the table by the magazine rack) and hope it will lead to deeper discussions!

Church Window with Black Lives Matter Sign Vandalized



“We abhor that this violent and disrespectful act was directed at a message we offered from a place of love and commitment to justice. We cannot let such hateful and cowardly deeds prevent us from continuing to speak our convictions. We invite disagreement and dialogue, but in shared words, and never with stones in the darkness.”

-- Rev. Allen Harden, Minister UUFD

Sometime during the night of Friday October 22, a large rock was thrown through a window at the Fourth Street entrance of the Unitarian Universalist Fellowship of DeKalb. This window held a large Black Lives Matter sign, which had been displayed prominently from that location for several years. The Fellowship filed a report with the DeKalb Police Department, and plans to follow up through the city Human Relations Commission and with interested community organizations.

Our congregation believes that Black Lives Matter is more than a slogan. It is a stance in response to the racial oppression that has continued over generations taking different forms. It is a moral objection to the increasing racial wealth gap, the school to prison pipeline, housing inequality and gentrification, institutional racism, and forms of violence aimed at people of color. It calls upon each of us to simply recognize and affirm the inherent dignity and value of Black life.

Here are answers to some frequently asked questions:

What is Black Lives Matter?

Black Lives Matter (or #BlackLivesMatter) is more than a slogan. It is a stance in response to the reality of racial oppression that has continued over generations taking different forms. Saying that “Black lives matter” is not to say that other lives don’t matter. It is to say that although Black lives are often treated as if they don’t matter, we affirm that they do.

Why is UUFD involved in Black Lives Matter?

Our congregation is in a diverse community that is affected by the racial injustice that pervades U.S. institutions and culture. Our principles lead us to witness and work toward greater fairness and full democratic participation for everyone.

Don’t all lives matter – brown, blue, white, and black?

Of course, all lives matter! In a society where some lives seem to matter more than others, it is helpful to focus on the lives of those most oppressed. It doesn’t imply that *only* Black lives matter or that Black lives matter *more*.

What do I say if someone asks why I wear a Black Lives Matter button?

Have a conversation! Ask why they are curious and be willing to listen. Explain what you mean by wearing the button. Sincerity and curiosity can lead to productive dialogue.

The Unitarian Universalist Fellowship of DeKalb displays a Black Lives Matter banner as an action of public witness based in the principles of our faith. Racial justice is human justice. Unitarian Universalists affirm and promote the inherent worth and dignity of every person. This principle is held closely and honored by all Unitarian Universalists. UUFD, and Unitarian Universalists across the country, are engaged in various activities to support racial justice, the Black Lives Matter movement, and other historical and contemporary movements for Black lives.

Our Black Lives Matter banner is part of a deeper process within UUFD of study, conversation, commitment, action, and reflection that is taking place within our congregation around issues of race, racism, and racial justice. We strive to join with other national, local, and community efforts toward racial equity that are grounded in a spirit of love, hope, and compassion. We hope that we can join you and the DeKalb community in this conversation.

The UUFD Winter Farmers' Market with Artisan Crafts, Fresh Baked Goods, and Used Book Sale is back!

After a long hiatus owing to pandemic conditions, the Unitarian Universalist Fellowship of DeKalb, located at 158 North 4th Street, will resume its Winter Farmers' Market. Our market will take place on Saturday, February 12, 2022, from 9 am to 3 pm. The admission fee is \$1 per adult. As COVID remains a concern, this market will be limited to 21 vendors to allow for improved social distancing and ventilation. Masks are required except while eating and drinking, and vaccinations are strongly recommended.

The market features humanely-raised, hormone-free pork, poultry, and grass-fed beef, as well as organic eggs, sausage, and cheese from Hasselmann Family Farm.

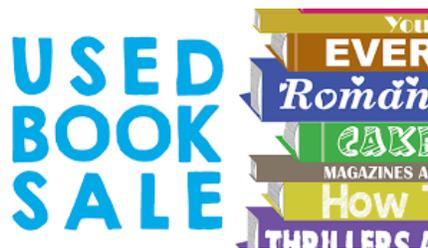
Other market favorites include locally raised honey, French pastries from the nuns of the Fraternite Notre Dame, and baked goods from the local Greek Orthodox Church. Locally made arts and crafts include jewelry, ceramics, woodwork, and much more. The popular UUFD used book sale offers a variety of children's and adult titles, with most prices ranging from \$.25 to \$1. Hearty soup and bread, sweets, sodas, coffee, and tea will be available for purchase for lunch or snacks.

In addition to all of the vendor activity, there will be both live instrumental music and streamed music all day to create an even more festive atmosphere.

Shoppers will find numerous options for Valentine's Day and Easter gifting, all direct from a local farmer or artist. Money spent locally multiplies throughout the community instead of leaving the county, helping to support a strong local DeKalb County economy.

UUFD will of course be keeping an eye on the COVID positivity rate for DeKalb as we move closer to the date of the market. The market will likely be canceled if the positivity rate reaches 8% or more two weeks prior to the event.

If you would like more information, please contact the Market Coordinator, Dorothy Coleman at dcoleman405@gmail.com; 815-901-4332.



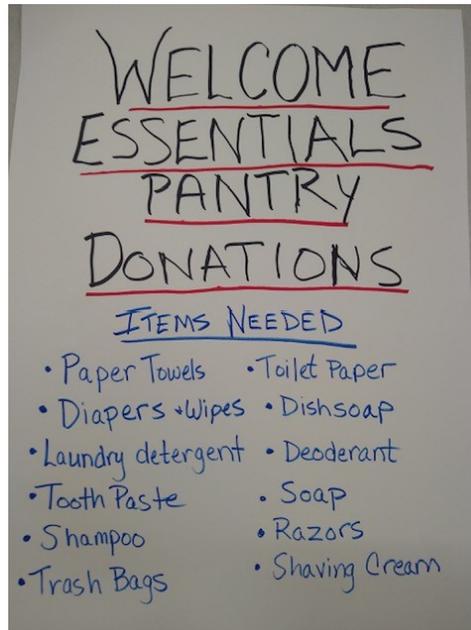
Winter Warming Center Volunteers and Planning Team Needed

The Dekalb Area Ministerium has recognized the need for an overnight winter warming center. Currently there are no overnight warming centers in Dekalb, with the exception of Hope Haven, which is regularly at or over capacity. We are calling together a group to look into the ways in which the churches and religious centers in Dekalb County could put together a warming center. This group will make contact with the city and county to ask for their support and partnership, think through logistics, gather support from home congregations, train volunteers, and other tasks that might come up as we move forward. The goal is to offer this service in the coming winter months, but it is also possible that this task might have more complexities and need another year of planning. Our team will work through those thoughtfully and prayerfully, reminded by the words of the prophet Micah, "what does the Lord require of you, seek justice, love kindness, and walk humbly with God."

Grace,
Pastor Molly Morris, Westminster Presbyterian Church, MollyMorris@westminsterdekalb.org

WE Pantry News

The UUFD Welcome Essentials Pantry is helping a lot of folks each month. You can help too, if you are so inclined. We can always use donations of personal care items.



There is a box down at church for donations. Also, we can use help packing the bags (this month there were 75 bags to pack!). And, finally, we would welcome distribution help from 9:30-11:30 the last Saturday of each month, even once in awhile would be great! If this sounds good to you please contact Sharon Blake, call or text at 815-757-2444.

Thanks for any help you wish to donate to this worthy cause. The gratitude on the faces of the people is so wonderful and you will be glad you participated! Thank you!

\$1,500 Challenge

A fund has been started to repair the ceiling in our kitchen. The cost to make the repairs is going to be \$3,000 and we are halfway there thanks to an anonymous donation of \$1,500 to kick it off!

Please consider helping us meet the challenge of raising the remaining balance of \$1,500 by donating to our Ceiling Repair Fund. You can mail your check made out to "UUFD", with "Ceiling Repair Fund" in the memo line, to the church.

We greatly appreciate your continued support of UUFD. Thank you!

COVID UPDATE

With the holidays approaching, we are closely watching the Illinois Dept. of Public Health's COVID Positivity Rate trend in our county and if necessary, meaning if it appears that we are going to exceed the 8% Positivity rate limit in our region in the week's ahead, we will revert to holding our services on Zoom.

Please watch for any announcements to that effect. It is possible that the switch to an all Zoom service would happen with only a few days warning.

We hope you understand these decisions are being made out of an abundance of caution and concern for everyone's well being.

UUFD Board of Trustees

Hope Haven News

The Unitarian Universalist Fellowship of DeKalb, along with many other congregations around the DeKalb County area, provide meals once a month to the residents and visitors of the Hope Haven

Hope Haven's mission is to provide shelter, meals, & life skills programs for homeless individuals & families while preparing them for re-housing. Hope Haven will advocate for the rights of the homeless, and those at risk for becoming homeless, while working in collaboration with others to end homelessness in DeKalb County.

Please say "thank you" to our October/November Hope Haven meal volunteers

October: A big thank you to the volunteers who contributed to October's Taco Tuesday meal. It was a hit: **Beth Schewe, Maylan Dunn-Kenney, Gretchen VanMeer Sigwart, Sharon Erlandson Blake, Sheryl Nak, Charles Sigwart, Virginia Wilcox and Mary Von Zellen** (who stepped in at the last minute to provide all the taco toppings for 60)!

November: November's Haven meal was made possible by: **Beth Schewe, Rev. Linda Slabon and Toni Tollerud, Sheryl Nak, Sharon Blake, Maylan Dunn-Kenney, Charles Sigwart, Virginia Wilcox, Gretchen Sigwart and Mary Von Zellen** (who once again stepped up to fill two volunteer spots at the last minute).

Sign up for upcoming December/January Hope Haven meals

The December and January Hope Haven sign-up sheets are ready for volunteers. Please don't hesitate to ask for help. It's a simple and important way to contribute to our mission and our community.

- **December Theme:** [Meatloaf](#)
- **January Theme:** [Chili Dump](#)

Hope Haven Recipe Corner: Five Ingredient Baked Tortellini Casserole

Volunteers for the November Hope Haven meal prepared this easy, hearty and delicious tortellini and sausage casserole. Here is the original recipe if you would like to make it for yourself! It's the ultimate easy comfort food dinner, and this easy FIVE ingredient meal serves up all the flavor you want with a lot less work!

Prep Time: 10 mins - Cook Time: 40 mins -Total Time: 50 mins Servings: 8 - Calories: 345.1kcal

Author: Heather - A Wicked Whisk

Ingredients

- 2 19 ounce bags frozen tortellini
- 24 ounce jar favorite spaghetti sauce
- 15 ounce jar Alfredo sauce
- 2 cups shredded mozzarella cheese
- 12 ounces fresh Italian sausage links 3 or 4 links

Instructions

1. Preheat oven to 400 degrees and spray a 9x13 baking pan with non-stick spray.
2. In a large skillet, brown Italian sausage for 5 to 7 minutes over medium high heat. Remove sausage from skillet and cut into bite sized pieces, turn down heat to medium, wipe grease out of skillet and pour in spaghetti and Alfredo sauce. Add in sliced sausage and stir to combine
3. Pour tortellini into the sauce mixture and stir. Add half of the tortellini mixture into the baking pan and cover with one-third of the shredded cheese. Add remaining tortellini and sprinkle with remaining shredded cheese.
4. Spray a sheet of aluminum foil with non-stick spray and lay the oil-side down and lightly cover your casserole. Bake 40 minutes then uncover and bake another 10 minutes or until cheese turns bubbly and golden.
5. Serve with some garlic bread and a nice crisp, green salad.

PRO TIPS FOR BAKED TORTELLINI CASSEROLE

- Not a fan of Italian sausage? Leave it out or substitute the sausage with ground beef.
- This tortellini casserole will keep in the fridge for about five days. Reheat individual portions in the microwave for about 2 minutes or until warmed through.
- Cooking just for two? Cut the ingredients in half and prepare the casserole as instructed in an 8-inch square pan. Or make the whole thing and freeze any leftovers for another night.
- You can prep easy dinner in advance and freeze it until you're ready to bake it! To do so, in a freezer friendly baking pan, simply follow the recipe instructions up until where you would bake it. Instead, cover tightly with foil and freeze. To bake, remove from freezer and bake as instructed, adding on an additional 15 minutes or until warmed through.

Hope Haven Volunteering: What's My Why?



This feature highlights the stories of our Hope Haven volunteers sharing their stories about, "What's My Why?" Our member volunteers will share their thoughts and reflections about how they started volunteering, why they do it, and tips and tricks they've learned that make volunteering easy.

In this issue we'll hear from volunteer Beth Schewe.

We drove up to Hope Haven, and my daughter — about six years old at the time — saw the playground first of all. “You mean lots of families live there together and play and eat their meals together? I want to live at Hope Haven!”

I had a delicate line to walk. I loved my child's naïve embrace of communal living and the utter lack of stigma she saw. I also felt I needed to open her eyes to the suffering, trauma, and loss that come from living without a permanent home in our society. I carefully explained that we all wanted to make Hope Haven a safe and welcoming place, and that the children did have fun playing together. I also explained that the people who lived there wanted and were working towards a home of their own. I said how lucky we were to have a safe home and a reliable food supply, and how we wanted to offer that to all people.

That story sums up why I choose to support the UUFD Hope Haven meal each month. My six-year old immediately saw the underlying truths of the situation: that the people living at Hope Haven were no different from us; that we might be there, too, had things taken a different turn at some point in our lives; that they're a community of individuals and families worthy of respect — and a delicious home-cooked meal.

My children don't always help with the meal, but they sometimes do. More importantly, they know a little more about this corner of our community and the responsibility we all have to help one another.