



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 61, Issue 1

158 N. Fourth St.

DeKalb, IL 60115

Feb-March 2020

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.

(UUF mission statement adopted May 17, 2009)

DEADLINE

The deadline for the April-May edition of the Pathfinder is **March 15**. 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 the Office Manager's mailbox in the library.

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

February Theme: Generosity

The Indo-European root of the word generous, gene, means "to give birth." Generosity creates beloved community, connecting people through a mutuality of giving and receiving. It is a foundational spiritual practice. Each week, a congregation forms the bowl of community into which members place their gifts, and from which members partake of the love, support, and encouragement of others.

Feb 2 – *Do You Get What You Give?*

Ed Miguel, Worship Leader
Diane Johns, Assistant

Feb 9 – *Unitarian Universalists, Race, Racism, and Anti-Racism*

Rev. Allen, Worship Leader
Maylan Dunn-Kenney, Assistant

Feb 16 – *A Saving Grace*

Diane Johns, Worship Leader
Dorothy Coleman, Assistant

Feb 23 – *Generosity of Spirit*

Maylan Dunn-Kenney, Worship Leader
Vanstrom Dracul, Assistant

March Theme: Forgiveness

In our tradition, in which love is the doctrine of our church, forgiveness must be informed by this question: What does love require? To forgive is to side with love. While some things cannot be forgiven, much can. Despite the challenge and the pain, forgiveness, both self-forgiveness and forgiveness of others frees us from the prison of our past.

Mar 1 –

Dorothy Coleman, Worship Leader
Ed Miguel, Assistant

Mar 8 – *How do you hold Belief, Faith, Religion, and Church? What matters?*

Rev. Allen, Worship Leader
Vanstrom Dracul, Assistant

Mar 15 –

Ed Miguel, Worship Leader
Dorothy Coleman, Assistant

Mar 22 – *The Courage to Forgive*

Diane Johns, Worship Leader
Maylan Dunn-Kenney, Assistant

Mar 29 – *Let It Go*

Maylan Dunn-Kenney, Worship Leader
Diane Johns, Assistant

CONTACTS:

MINISTER: Rev. Allen Harden (awhinchicago@gmail.com or 773-288-2394)

OFFICE MANAGER: Kathryn Jones

PRESIDENT: Jenny Stamatakos

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 Laura Gillberg, or President Jenny Stamatakos.

Minister's Thoughts

February has always worked out to be a very productive month for me. The holiday season is behind us, and the diversions and distractions that come with warmer weather still just daydreams. I do like winter, especially walks in the winter woods, where the profound peace, quiet, and simple beauty are enticing – until the wind starts to cut into me and remind me that it is freaking cold out there!

I like the sense of being warm when the world is not, whether that comes from wearing a down jacket and all the trimmings (gloves, hat, scarf, boots, big socks, many layers, etc.), or just from sitting in a nice warm room watching it snow out in the yard. Something about the contrast, my finding warmth in the midst of cold, is reassuring to me. So I end up, sitting in my study and feeling all warm and reassured, and I can actually get some work done.

I am still trying to learn what I hope to accomplish in my time at UUFD, and what I think the congregation wants to accomplish in the coming years. So much of what is happening in this church is so right. I feel people here are really trying to live into their values, individually and as a group. We are representing in the community, to ourselves, and to our children. We enjoy one another and know how to have fun. I feel a depth of caring among you, and I feel blessed whenever I am with you. I know, in a deep and visceral way, that we want to keep UUFD going. It is important to us, it is important to the community, and it should be important to many of the people that haven't found us yet. And the way most people find us is through us. We are our own advocates and our best recruiters. I encourage you each to wear your UU identity a little more visibly and speak your truths and values with a little more urgency. And bring those that react well to see us.

During the next two months, I will address two topics I think we need to (re)visit as a congregation. In February, during African American History month, I will consider our relation to race. Race affects our lives in many ways – personally, socially, and existentially. In America, it is not possible to avoid racial issues, nor to think without racial filters. UUFD has good legacy. We have been active in racial justice causes and supportive of initiatives by persons of color in DeKalb. But we still carry fundamental differences about how we see and understand the reality of race in America. We react in

different ways when the national association of UUs tries to lead us by framing the problems as the product of pervasive “white supremacy culture” and to address the problems by “decentering whiteness” in our denomination. We each should react with our own feelings, evaluate ideas with skepticism and reason, and listen with open hearts and minds. We will start doing this.

In March, I will return to the personal – in this case, our personal beliefs and ways of forming meaning. Beth Schewe's service this month seems to have pointed to a need for finding ways to truly share and discuss these issues. In a religion without creed, we must each become our own theologians, and each other's theologians. And, in this, we need not be academic. It is much more about what we feel than how well we articulate it. I find it easy to “go to the head” when what we often need most is to “go to the heart” (or to intuition and instinct). We need to learn to do this together, to understand and learn from all of the ways we come to know and hold understanding of our world.

But, I have a couple of weeks. I think that right now I will take a short walk in the snow that is falling today in my neighborhood, and then come home, get warm and cozy, and read something.

I look forward to being with you once again soon.

Allen



UUFD Staff News

Rev. Allen's schedule

- Rev. Allen is scheduled to be in DeKalb the second (and probably fourth) weekends of February and March.
- Please contact him at awhinchicago@gmail.com or 773-288-2394 with anything that's on your mind.

Office schedule

- Office manager Kathryn Jones's hours are Wed 10 - 3 and Fri 10 - 3.



Mark Your Calendar For These UUFD Events



Ongoing Events

Yoga w/Ed Miguel 5:30 pm & 7 pm – Wednesdays
 Restorative Meditation 5:30 pm – Fridays
 Buddhist Study Group 11:45 am – 1st & 3rd Sundays
 Ordinary Folk Musical Gathering 2 pm - 2nd & 4th Sundays

Additional events

February 2020

2/7 – Winter Market Setup – 3:30 p.m. to 4:30 p.m.
 2/8 – Winter Market 9 a.m. to 3 p.m.
 2/9 – UUFD Board Meeting 11:45 a.m.
 2/9 – Social Justice Committee meeting 11:45 am (2nd Sundays)
 2/18 – Hope Haven Meal 6:30 p.m. (3rd Tuesdays)
 2/22 – Chili Cookoff 5-7:30 p.m.
 2/23– Green Sanctuary Group 11:30 am (4th Sundays)

March 2020

3/8 – UUFD Board Meeting 11:45 a.m.
 3/8 – Social Justice Committee 11:45 a.m.
 3/17 – Hope Haven Meal 6:30 p.m.
 3/21 – Buddhist Study Group Retreat 8 a.m. to 3 p.m.
 3/22 – Green Sanctuary Group 11:30 a.m.
 3/27 – WE Pantry Bagging 10:30 a.m.
 3/28 – WE Panty 9:30 a.m. to 11:30 a.m.

UUFD Winter Market

UUFD will be hosting its second and final Winter Farmers' Market of the 2019-2020 season from 9am to 3pm on Saturday, February 8. Admission is \$1. It's a great opportunity for some Valentine's Day shopping!

Our market offers organic, non-GMO, natural food products by local farmers and bakers, as well as numerous arts and craft wares such as natural soaps, knitted and woven goods, woodwork, drawings, photographs, fabric art, jewelry, and more. The market also includes UUFD's popular used book sale in the UUFD library that offers a variety of children's and adult titles, with prices ranging from \$.25 to \$1. There is a commons area set up for people to gather to enjoy hearty soup, bread, sweets, and beverages provided by UUFD volunteers for lunch or snacks. In addition to all of the vendors, there is live music all day on the stage.

There is still room for more vendors. Local farmers and artisans who are interested should contact the Unitarian Universalist Fellowship of DeKalb Church Office at 815-756-7089 or office@uufdekalb.org for information and registration.

UUFD members and friends who would like to volunteer should reach out to Dorothy Coleman.

The worship theme for February is Generosity; for March the theme is Forgiveness.

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!

JOYS & SORROWS



Thanks to Bonnie Anderson, Chris Miguel, Danica Lovings, Kathy Schewe, Shane and Zeke Sharp, Gretchen and Charles Sigwart, Dave and Teri Diaz, and all the other people who have helped to make the UUFDF Welcome Essentials Pantry possible in recent months! Thanks, also, to the members of NIU's Sigma Lambda Sigma service sorority for all their help, to Nathan Dettman and the folks at DeKalb County Community Gardens for providing their mobile food pantry, and to James and Melveena for their help shoveling. We couldn't continue this ministry without all your contributions.

*Do you have a joy, sorrow, or milestone to share with the congregation?
Contact the church office and we will share it in the eNews and Pathfinder.*



Music Notes

The UUFDF choir will rehearse at 8:45 on February 2 and 16 and will perform during the service on February 16

There are NO AUDITIONS for choir. ALL ability levels and voice types are welcome. If you don't know about music, this is a great place to learn!! Please see me with questions.

Can't wait to sing with you!!

Elisa Woodruff
elisa.woodruff@gmail.com

MISSING!

Our new Common Book (and sketchbook) have gone missing from the Fellowship hall! The journal has "Made of Stars" on the front and a note from the board on the first page; the sketchbook had some work by Maggie and Zeke in it so far. If you know where they are, please contact a board member or Kathryn and let us know! We can't find it anywhere!

It's time for a new church directory!

A group of volunteers is working with Kathryn to start on a new, revised version of our membership directory. Please make sure the church office has your current address, phone, and email so we can make sure the directory is up to date.

A few other notes about the directory:

- If you are an active church member or regular visitor and you do NOT want your contact information to appear in the directory, please let Kathryn, our office manager, know so that we're sure to respect your wishes.
- If you have moved away or no longer attend regularly, but you DO want to be included, please also let Kathryn know. If you want to stay connected, even from a distance, we would love that.
- If you have specific instructions about which information to include or exclude (phone only but no address, for example), please also let Kathryn know.
- Are you sensing a pattern here? You can reach Kathryn at office@uufdekalb.org.

Thank you!

Hope Haven News

Thanks to the efforts of wonderful volunteers among us, UUFD provided two tasty meals for the clientele of 60+ visitors and residents of Hope Haven homeless shelter in December and January!

February dinner theme: Taco Tuesday

Cathy Schneider's daughter donated 10 pounds of chicken breasts that I will put toward chicken taco filling for 30, so we will only need two volunteers for the main dish to each prepare beef taco meat for 15.

March dinner theme: Italian night (Baked Easy Cheesy Tortellini)

Applause for our recent and cooks and contributors:

December Fried Chicken dinner - Thank you to our food providers, Sharon Blake, Sheryl Nak, Gretchen Sigwart, Bonnie Anderson, Maylan Dunn-Kenny, Danica Lovings, Ashley Ford, Charles Sigwart and Virginia Wilcox and thanks to our financial contributors, Sharon Blake and Chris Miguel.

January Beef Stew dinner: Thank you to our food providers, Bonnie Anderson, Beth Schewe, Danica Lovings, Sharon Blake, Sheryl Nak, Maylan Dunn-Kenney Gretchen Sigwart, Joan Garnier, Kim Meyers, Charles Sigwart and Virginia Wilcox.

Personal request from Danica Lovings - Seeking Hope Haven volunteer coordinator:

Cathy Schneider must step down as co-coordinator of the Hope Haven Meal efforts for personal reasons. As some of you know, come mid-April I am not often present at church on Sundays due to spending weekends at our seasonal camping spot through mid-October. I will need a helper to simply monitor the Sunday sign-up sheet for me and provide announcements to the Sunday worship assistant when necessary. Please contact me if you could help me in this capacity: Phone/text: 815-901-4625; email: danica855@gmail.com. And thank you!

Get Your Chili Cook Off Tickets!

We're excited to host the **UUFD Chili Cookoff and Game Night on Saturday, February 22, from 5 to 7:30**. This casual, inexpensive event will help us raise funds while enjoying a relaxing evening of playing games, doing puzzles, and – of course – eating chili and cornbread.

Tickets are just **\$5 in advance** (\$10 at the door), so we hope everyone can make it! If money is tight, some members are buying extra tickets to share, so please reach out to Beth Schewe or Tom Stamatakos to get one of the extras. You can buy your tickets from Tom or Beth on Sundays, or from Kathryn in the church office.

A few more ways you can help out:

- Buy lots of tickets and bring your friends! At \$5 each, these tickets are a good deal.
- Bring some extra cash with you to the event. You'll "vote" on your favorite chili by putting cash in the basket in front of that chili.
- Make some chili to share if you'd like the chance to compete for the coveted Chili Crown! (Contact Beth Schewe if you'd like to sign up (beth.schewe@gmail.com). We'd also appreciate corn bread.)
- Bring your favorite board game or puzzle to play with friends at the cookoff.
- Help wash dishes after. There should be a lot of dishes.
- Or simply come. We'd love to see you there.



Forgiveness Meditation by Jack Kornfield

“Forgiveness from others: *There are many ways that I have hurt and harmed others, betrayed or abandoned them, caused them suffering, knowingly or unknowingly, out of my pain, fear, anger, and confusion. ...And then one by one, repeat, I ask for your forgiveness, I ask for your forgiveness.*

“Forgiveness for yourself: *There are ways that I have betrayed, harmed, or abandoned myself through thought, word, or deed, knowingly or unknowingly. ...Then say to yourself, For each of the ways I have hurt myself through action or inaction, out of my fear, pain, and confusion, I now extend a full and heartfelt forgiveness. I forgive myself, I forgive myself.*

“Forgiveness for those who have hurt or harmed you. *There are many ways I have been wounded and hurt, abused and abandoned, by others in thought, word, or deed, knowingly or unknowingly. ...Now say to yourself, In the many ways others have hurt or harmed me, out of fear, pain, confusion, and anger, I see these now. To the extent that I am ready, I offer them forgiveness. I have carried this pain in my heart too long. For this reason, to those who have caused me harm, I offer you my forgiveness. I forgive you.*”

If you would like to explore this meditation further, get Kornfield’s book, *A Path with a Heart*. The flow of the meditation is important, as one part provides a foundation for the next. When we begin by meditating on the forgiveness that we desire from others, we acknowledge that we are part of the unforgiven. Meditating on this reality makes it possible to seek forgiveness from others. Then, seeking our own forgiveness from our self creates the possibility of the release that only we can provide. Both of these lead us to the possibility of forgiving those who have harmed us, if we are ready. Meditating on forgiveness can open our heart to healing.

Source: [*A Path with a Heart* by Jack Kornfield](#)