



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 63, Issue 4

158 N. Fourth St.

DeKalb, IL 60115

Oct-Nov 2022

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.

(UUFD mission statement adopted May 17, 2009)

DEADLINE

The deadline for the Dec edition of the Pathfinder is **Nov 20th**. 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.

Hybrid In-person & Online Worship

UUFD is holding in person worship services at our usual time – Sundays at 10 a.m.

We will also share the service via Zoom. Join the service each Sunday at uufdekalb.org/live or in person. Zoom access for Sunday services begins at 9:30 a.m. and service will begin at 10:00 a.m.

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

October Theme: Awe *Special Collection NPR*

Consider walking the Trail of 100 Giants in the Giant Sequoia National Monument, standing at Mather Point on the South Rim of the Grand Canyon, looking up from the Maid of the Mist at Niagara Falls as 600,000 gallons of water crash down every second, or just gazing at an infant's face as she falls asleep in her crib. Our response to these and countless other experiences throughout our lives is the emotion called awe.

Oct 2 – We Begin Again In Love
Rev. Julia, Worship Leader
Diane Johns, Assistant

Oct 9
Ed Miguel, Worship Leader
Kim Myers, Assistant

Oct 16 – Hallowed Ground
Maylan Dunn-Kenney, Worship Leader
Vanstrom Dracul, Assistant

Oct 23
Dorothy Coleman, Worship Leader
Diane Johns, Assistant

Oct 30
Kim Myers, Worship Leader
Maylan Dunn-Kenney, Assistant

November Theme: Remembrance *Special Collection UUSC/GAYT*

What comes to your mind unbidden? What involuntary, autobiographical memories emerge because of cues encountered in everyday life that evoke recollections of the past without conscious effort? Cues that are triggered by sensory experiences such as sights, sounds, and smells; cues that you may notice, or not? And what do you make of involuntary memory, this seemingly random mosaic that the mind pieces together?

Nov 6
Diane Johns, Worship Leader
Dorothy Coleman, Assistant

Nov 13
Rev. Julia Jones, Worship Leader
Maylan Dunn-Kenney, Assistant

Nov 20
Ed Miguel, Worship Leader
Vanstrom Dracul, Assistant

Nov 27 –
Kim Myers, Worship Leader
Ed Miguel, Assistant

CONTACTS:

MINISTER: Rev. Julia Jones (minister@uufdekalb.org or 301-717-8509)
OFFICE MANAGER: Kathryn Jones (**Please contact her online or by phone**)
MINISTER EMERITA: Rev Linda Slabon (revslabon@aol.com or 815-501-4788)
PRESIDENT: Kim Myers
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 Ed Miguel, or President Kim Myers.

Minister's Thoughts

Dear Friends,

What a joy it has been to spend time with you this month, gathering together in worship and commitment. I am so pleased to learn about all that UUFD has been and to be part of what UUFD will become. It is an exciting time and one that is full of possibility for us.

As we move into the cooler months, I'd like to remind you all that while COVID numbers have been generally lower locally and regionally than they were at the most dangerous

times, the virus is still with us and poses risks to the most vulnerable in our community. I would urge you to consider getting a vaccination booster as you are eligible and ask that you follow our masking policy whenever you are in the building. I so appreciate this simple step we can all take to make our gatherings as inclusive as possible.

The persistence of COVID does not, however, prevent us from returning to activities that we used to engage in during the "before time." For many folks it is hard to even remember all of what we used to do. Others are relieved to have adopted a less busy schedule.

I find myself taking a moment to be really discerning. What do I miss? What is worth leaving behind? What is worth reviving? These are questions I want to ask you to consider in terms of your life here at UUFD. What activities or committee work do you miss from the pre-COVID time? What is worth leaving behind? What should we revive?

We have so much to offer one another, to create for our community, and to share with the larger world. Let us begin to imagine some steps forward on that path.

In Faith,

Julia



UUFD Staff News

Minister's "office" hours:

Rev. Julia will be in DeKalb Tuesdays 10:00 a.m. to 2:00 p.m. and will be working remotely Wednesdays 10:00 a.m. to 2:00 p.m. Please feel free to email, text, or call to schedule an appointment to meet with her. Her phone number is 301-717-8509, and her email address is minister@uufdekalb.org.



Mark Your Calendar For These UUFD 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.

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.

October 2022

Oct 18 – Hope Haven Meal – 6:30 p.m.

Oct 20 – ZSGD – 7:00 p.m.

Oct 23 – Board Meeting – 11:30 a.m.

Oct 29 – Drive-Thru WE Panty 9:30 a.m. to 11:30 a.m.

November 2022

Nov 15 – Hope Haven Meal 6:30 p.m.

Nov 20 – Board Meeting – TBD

Nov 26 – Drive-Thru WE Panty 9:30 a.m. to 11:30 a.m.

NEW BOOK GROUP



Have you ever wondered about the UU tradition of the shared pulpit? Have you ever thought about writing and delivering a sermon? (Or just been curious about what is involved?) Join our book group! This is not a commitment to becoming a worship associate, just an opportunity to develop your ideas about theology or articulate your spiritual understanding in the form of a sermon. If you are interested, let Maylan know (Maylan.dk@hotmail.com).

You will also need a copy of *The Shared Pulpit*, by Erika Hewitt, available from Skinner House Books for \$14. If the cost of the book is prohibitive, let Maylan know that as well. Once we know who wants to participate, we'll find a time when everyone can make it and arrange a schedule.

The worship theme for October is Awe; for November the theme is Remembrance.

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 uufdekab.org/touchstones (or pick up a copy at the table by the magazine rack) and hope it will lead to deeper discussions!

UUFD Social Justice Committee***UUFD Winter Farmers' Market with Arts & Crafts, Soup & Baked Goods,
Used Book Sale, and Live Music***

9 am. to 3 p.m.

Saturday, December 10, 2022

and Saturday, February 11, 2023

at the

Unitarian Universalist Fellowship of DeKalb

158 N. Fourth Street

DeKalb, IL 60115

(815) 756-7089

office@uufdekalb.org

Happily, after a two-year hiatus during the worst of COVID, the Unitarian Universalist Fellowship of Dekalb (UUFD) will resume its Winter Farmers' Markets. We hope that you are safe, well, and able to join us for these popular and festive events!

These markets feature organic, non-GMO, natural food products by local farmers as well as a large variety of artisan crafts by up to 40 vendors. There are baked goods, hearty soup, and many other delicious food items to choose from. There is a commons area set up for people to gather for soup, coffee, tea, hot chocolate, or soda and talk. The markets also include UUFD's popular used book sale in the UUFD library. In addition to all of the vendor activity there is live music all day: A variety of local musicians share their talents from piano to steel guitar, and more. Our markets are festive occasions for vendors and holiday shoppers alike. There is a \$1 admission fee for shoppers.

Out of respect for the more vulnerable among us, masks are required in our building.

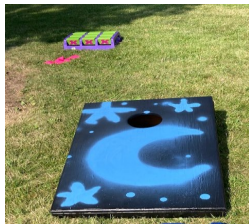
Local vendors are invited to contact the Church Office (see contact info above) for a registration form. The deadline for registration is November 10, 2022. Early registration, however, is recommended to guarantee a table.

UUFD Summer Fun and Outreach Events

10th Annual FAMILY FUN FEST



UUFD participated in DeKalb's 10th Annual Family Fun Fest at Hopkins Park! We would like to give a BIG THANK YOU to all of the UUFD volunteers that helped to make this a wonderful event!



We also participated in Campus Meets Community, a block party for DeKalb area businesses and organizations to welcome the NIU campus to the community!

- ♦ We have plans to participate in upcoming outreach events, including the YMCA Halloween and Winter Holiday Celebrations.
- ♦ Please contact a board member or Kathryn in the church office if you're available to be part of the UUFD outreach table at any of these events!

UUFD Board of Trustees Update — Finding Fun and Joy

Your Board just held its annual retreat, hosted this year at the home of Ed and Chris Miguel. We shared stories of the past and wishes for the future, and we had honest conversations about the challenges of coming back together to revive our vibrant community after the long pandemic separation.

We all agreed that our congregation is in dire need of some FUN! Burnout is a real hazard in a small congregation, and so we proposed a radical experiment to reset our mindset: let this be **The Year of No Committees!** The idea is to reduce the daunting prospect of long-term commitment that can cause reluctance in accepting invitations to participate in church life. This year, we are putting long-term planning meetings on the shelf and throwing parties instead.

Ideas so far include: a Spooky Movie Night, a Trivia Night, a Crafting Circle, and a No-Agenda Potluck. Do you have an idea for something fun to do at UUFD, or is there a low-commitment project you'd like to see tackled? Put out the call! Post your idea on the UUFD Facebook Group or submit it to Kathryn so that she can put it in the eNews. Let us respond to each other with a renewed sense of Joy and Community. Let's have some fun!



Hope Haven News!

October-December Hope Haven News!



Thank you to our August and September Volunteers!

In August, UUFD members provided a Mexican themed meal of a Cheesy Burrito Casserole, Spanish rice, green salad, fruit, dessert and staples. In September we provided a Crunchy French Onion Beef Casserole main dish, French Bread and butter, tossed salad, fruit, dessert and staples. Let's thank the following volunteers for providing these tasty meals!

August is always a tough month for gathering volunteers for the Hope Haven meal. With vacations and back-to-school activities in motion, everyone is busy, busy, busy! We had a few gaps in the August meal to fill and folks stepped up to fill the gaps. Those of us who made the tasty Cheesy Burrito Casserole made extra, so thank you to Mary Von Zellen and Maylan Dunn-Kenney! It was an easy dish that we will use again in the future. Bonnie Anderson jumped in at the very last moment for a critical part of the meal and provided green salad for 60! Other dishes were provided by: Sharon Blake, Sheryl Nak, Charles Sigwart, Virginia Wilcox and Gretchen Sigwart.

September was a complete turn-around and the sign-up sheet was filled in one week! Volunteers included: Maylan Dunn-Kenney, Beth Schewe, Mary Von Zellen, Rev. Linda Slabon, Toni Tollerud, Charles Sigwart, Sharon Blake, Sheryl Nak, Kim Meyers, Bonnie Anderson, Gretchen Sigwart and Virginia Wilcox.

Conversation with the Kitchen Manager: When delivering the Sept. meal I spent some time with the kitchen manager and a helper, and they were so grateful for the meals we provide. They are averaging about 55 clients per meal, so our quantities have been on target. If they have leftovers, they pull those out for the next day's lunch. I asked if there were any requests and the only thing they said was that they can't handle anything that needs to be cooked. We often bring things to heat up or keep warm in the ovens and that's fine, but one group that provides meals brought raw chicken and they don't have the capacity to prepare dishes like that from start to finish (glad that wasn't us)! They also said there are requests for vegetarian options, so October's meal is meat free with an Easy Tortellini Bake that we've provided in the past.

Calling Volunteers for October/November/December

Sign up sheets for the remainder of the year 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.

October Volunteer Sign-up - Easy Tortellini Bake

November Volunteer Sign-up - Creamy Chicken Noodles

December Volunteer sign-up - Easy Meatloaf

If you are reading this in paper print and are interested, please email me for the links to the sign-up sheets and if you have questions or recipe suggestions, please contact Danica Lovings at 815-901-4625 or danica855@gmail.com.

Joys and Sorrows



*Do you have a joy, sorrow or milestone to share?
Please email Kathryn at office@uufdekalb.org and we'll include your joy or sorrow in the next Pathfinder.*

Hope Haven Recipe Corner

This November the Hope Haven main dish is one we made last March that has become a family favorite in the Lovings house since then. When I was making it in March, it smelled soooo good while it was baking. Of course I had to try it for quality control purposes, and I was hooked! Not only because it was so good, but also because it was so easy to make - a critical qualification for our Hope Haven meals. I have to add a disclaimer. The recipe is called Creamy Turkey Noodles, but I made it with Ham, so I have no idea how it would taste with Turkey. Hope Haven volunteers had the option of using turkey, chicken or ham. However, I don't think I'll ever make it with anything but ham.

Here is the recipe if you'd like to make it for yourself. Just cut the recipe in half.

Creamy Turkey Noodles
(Serves 16)

Ingredients

- ♦ 1 pkg. (16 oz.) farfalle (bow-tie pasta), uncooked
- ♦ 1/4 cup butter
- ♦ 1 onion, chopped
- ♦ 1 pkg. (16 oz.) frozen mixed vegetables (carrots, corn, green beans, peas)
- ♦ 6 Tbsp. flour
- ♦ 2 cups milk
- ♦ 2 pkg. (7.5 oz. each) Oscar Mayer Carving Board Oven Roasted Turkey Breast, chopped (Or any other chopped meat)
- ♦ 2 cans (10-3/4 oz.) reduced-sodium condensed cream of chicken soup
- ♦ 1 cup sour cream
- ♦ 1 pkg. (8 oz.) Kraft Shredded Three Cheese with a Touch of Philadelphia
- ♦ (I used Italian blend with some added shredded parmesan for more kick)

Instructions

1. Heat oven to 350 degrees
2. Cook pasta as directed on package, omitting salt.
3. Meanwhile, melt butter in Dutch oven or large deep skillet on medium heat. Add onions; cook and stir 4 min. or until crisp-tender. Add frozen vegetables; cook 4 min. or until thawed, stirring frequently. Stir in flour until blended; cook and stir 1 min. Gradually stir in milk; bring to boil. Cook and stir 2 min. or until thickened. Remove from heat. Stir in turkey, soup and sour cream.
4. Drain pasta. Add to sauce; stir until evenly coated. Spoon into 2 (13x9-inch) pans sprayed with cooking spray; top with cheese.
5. Cover. Bake 30 min. or until heated through, uncovering for the last 10 min.

Tip: These casseroles can be mixed together ahead of time. Wrap tightly and freeze up to 3 months. When ready to serve, thaw overnight in refrigerator, then bake as directed. Or, bake frozen casserole(s), covered, 1 hour 20 min. or until heated through, uncovering for the last 10 min
Enjoy!

*Danica Lovings
UUFD Hope Haven Meal Coordinator*

UUFD Beautification Update



Locust St Entrance

We would like to **THANK** the members of the UUFD Beautification Team who have donated their Saturday mornings making improvements to our building! Your hard work is greatly appreciated!

- ◆ The alley doors and ramp railings are painted.
- ◆ The front entrance wood restoration is in-progress.
- ◆ The front sign is next to be taken down and repaired.
- ◆ More plans are in progress for the garden in the spring and some signage on the Locust St sign.