



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 63, Issue 2

158 N. Fourth St.

DeKalb, IL 60115

Apr-May 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.

(UUFDF mission statement adopted May 17, 2009)

DEADLINE

The deadline for the June edition of the Pathfinder is **May 15th**. 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

UUFDF 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.

April Theme: Theological Reflection
Special Collection: Adventure Works DeKalb

Theological reflection is an essential process to identify first principles, clarify values, take seriously that which we do not believe, explore those ideas that make us uncomfortable and/or challenge us, and ensure that our beliefs are life enhancing. As Rilke said, sometimes it is necessary to live the questions in order to experience the answer on some distant day. Theological reflection is a life-long endeavor.

Apr 3 – Life After Trauma
Dan Kenney, Worship Leader
Ed Miguel, Assistant

Apr 10 – Our Later Years
Rev. Allen Harden, Worship Leader
Dorothy Coleman, Assistant

Apr 17 – Easter Morning Reflections
Maylan Dunn-Kenney, Worship Leader
Vanstrom Dracul, Assistant

Apr 24 –
Ed Miguel, Worship Leader
Maylan Dunn-Kenney, Assistant

May Theme: Courage
Special Collection: DeKalb Women's Center

The root of courage is *corage*, the Old French word for heart (as the seat of emotions). In Middle English, uses included *bold corage* meaning “brave heart.” As Aristotle said, “Courage is the first of human virtues because it makes all others possible.” Courage is essential to wield power non-violently in opposition to all that diminishes or negates life. Courage makes repair of the world possible.

May 1 –
Dorothy Coleman, Worship Leader
Ed Miguel, Assistant

May 8 –
Rev. Allen Harden, Worship Leader
Maylan Dunn-Kenney, Assistant

May 15 – What Is Your Call to Action?
Maylan Dunn-Kenney, Worship Leader
Vanstrom Dracul, Assistant

May 22 –
Ed Miguel, Worship Leader
Maylan Dunn-Kenney, Assistant

May 29 –
Maylan Dunn-Kenney, Worship Leader
TBD, 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

Thoughts from Rev. Allen

I am excited to really get down to business with in-person worship, in-person meetings, and actually spending time in our church home. I am grateful for the work and wisdom that your Board had put into our response to the pandemic, asking the hard questions about how we should proceed back into a new normal, and nurturing our personal and communal health. The last two years have been a challenging ride, and I sincerely hope we are nearing a safer time. And, if not, and another wave of Covid-19 appears in DeKalb, then we will once again find the mutual care and resilience we have displayed since March 2020.

In response to our reopening, I am planning to start traveling to DeKalb for in-person office hours and meetings. My hope is to do this on the 2nd and 4th Tuesdays of each month, starting on April 12. I encourage you to set up visits with me at the church. In addition, you should feel free to call me at any time, with or without a compelling reason. I really am here for you, and want to get to know you far better than zoom and distancing and masks has allowed.

After Easter, I plan to initiate a 3-5 session discussion series on the inevitable process of aging, where we can seriously think about what it means to grow older. This is not intended to be a downer. I am now 70, and am pleasantly surprised about how my life feels from here. My knees complain too much, but I feel blessed to be able to work through the memories I hold and the future I anticipate. Our discussion will be framed around a book "In Later Years: Finding Meaning and Spirit in Aging" by UU minister Bruce T. Marshall. I will provide copies for all who sign up. I also hope to draw heavily from "On the Brink of Everything: Grace, Gravity, and Getting Old" by Parker Palmer. (If you don't know Parker Palmer, you should. He is a treasure). This group is for all, not just those of us who have reached maturity. Pandemic willing, this will be an in-person group, although there will always be a zoom option. Follow our weekly e-mails and in-church announcements for more detail and specifics. I plan to start this off by preaching on aging on April 10.

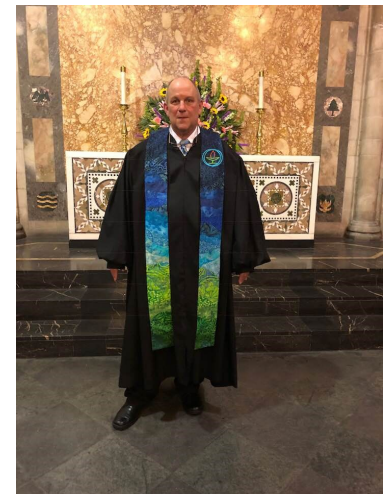
I will discontinue my Tuesday noon zoom discussions to allow travel to DeKalb, but will continue the 3rd Thursday discussion groups that draw on the monthly Touchstones theme.

These will still be on zoom, starting at 7:30 p.m., at the link:
[https://us02web.zoom.us/j/81667310179?](https://us02web.zoom.us/j/81667310179?pwd=VlNKUmhDczZUeE5JMjRNb3FuOUlzZz09)
pwd=VlNKUmhDczZUeE5JMjRNb3FuOUlzZz09
Meeting ID: 816 6731 0179 with Passcode: 353353.

See you in church! In faith,
 Allen

April 10 "Our Later Years"

Many of us are now in a time of aging, growing older, and living into our later years. And even if we are not yet there, we are all connected to older persons and eventually will reach the status of elders ourselves. Our later years can be a time when our bodies begin to fail us and we live with new sets of difficulties. But they also can become a time for deeper reflection, spiritual growth, enhanced wisdom, and new freedoms. Let us think about aging, as it is an important piece of every fortunate lifetime. This service will also introduce age as a topic for a multi-session deepening group starting later in the month



UUFDF 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, 2021 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 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.

Minister's Tuesday Chat – 12:00 p.m. via Zoom

April 2022

Apr 17 – Board Meeting – 2:00 p.m. via Zoom

Apr 19 – Hope Haven Meal – 6:30 p.m.

Apr 21 – Touchstones Small Group Discussion – 7:30 p.m. via Zoom

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

May 2022

May 15 – Board Meeting – 2:00 p.m. via Zoom

May 17 – Hope Haven Meal 6:30 p.m.

May 19 – Touchstones Small Group Discussion – 7:30 p.m. via Zoom

May 28 – Drive-Thru WE Panty 9:30 a.m. to 11:30 a.m.

The UUFD Social Justice Committee invites nominations for Special Collections for the 2022-2023 season. The deadline for nominations is April 30, 2022.

UUFD sponsors nine special collections each church year beginning in September and ending in May. All recipients must have non-profit status. Of the nine special collections, five are pre-designated for the **UUFD WE Pantry, UUFD Minister's Discretionary Fund, Unitarian Universalist Service Committee's (UUSC) annual "Guest at Your Table" Fundraiser, Unitarian Universalist Action Network of Illinois (UUANI), and Northern Public Radio (NPR) through WNIU/WNIJ.**

Nominations are sought for the remaining four collections. Two of these are reserved for local organizations and the other two can be for local or non-local organizations. One of these four may be substituted by an emergency relief collection if needed.

Nominations need to identify your name and contact information, the name of and contact information for the organization nominated, verification of its non-profit status, a description of its mission and primary activities, and a statement that explains how the organization exemplifies UU principles. To submit a nomination, go to: <https://uufdekalb.org/member-center/member-forms/special-collections-nomination-form>

If you have any questions, contact Dorothy Coleman, dcoleman405@gmail.com

The worship theme for April is Theological Reflection; for May the theme is Courage.

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!

COVID UPDATE

We Are Back!

UUFD has returned to our Hybrid In-person and Online Sunday Services!
Please review our **UPDATED** Covid-19 Resumption of Church Operations and Building Use Policy below.

UUFD RESUMPTION OF CHURCH OPERATIONS & BUILDING USAGE

Updated and passed by the Board of Trustees – 3/2/2022

It is the goal of UUFD to demonstrate care for the safe operation of our building, facilities and our congregation during a time of transmission risk for COVID-19. We strongly encourage all members and visitors to get vaccinated before gathering in person. We require that all persons visiting or attending services at UUFD continue to wear masks when entering the building to protect the vulnerable or our children who cannot yet be vaccinated.

The Board of Trustees will use the following guidelines for resuming church operations in the building:

Following the guidelines of the Illinois Dept. of Health (IDPH):

- *<8% Positivity rate in our region (DeKalb County).
- *Ensure no more than 50% of room capacity is exceeded.
- *Limit choir singing to pre-recorded video or outdoor venues (ex. gazebo).
- *Install hand sanitizer dispensers at the entrance to common areas.
- *Post signage encouraging the use of sanitizers before & after events.

Considering the guidelines from the Centers for Disease Control (CDC):

- *Utilize air exchange and/or air purification equipment in the facility common areas to reduce the effect of viral transmission aerosols.
- *Monitor the build-up of CO2 within the common areas with an active alarm detection device or similar equipment to ensure air exchange is maintained.
- *Provide masks for congregation and visitors who do not supply their own PPE.
- *Request individuals who choose to not abide mask wearing requirements leave the facility.
- *Close the facility for 72 hours should any visitor be known to have entered the building who tested positive for any Coronavirus variant. The building will be cleaned and sanitized before re-opening.

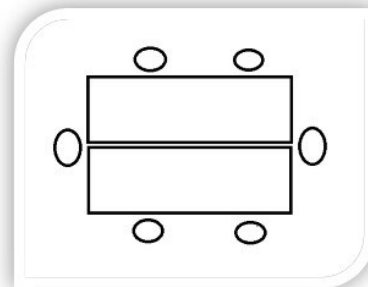
Specific activities guidance – Spring 2022

Church services & Sanctuary:

- *Continue to maintain <50 persons or <50% capacity in sanctuary (room capacity is 170). This would include any future markets music events or church sponsored gatherings.
 - *Patron masking will continue to be required during services. Singing is still discouraged at this time.
 - *Speakers or musicians may opt to unmask if they remain behind acrylic safety-screen panels 6-10 feet from the congregation.
 - *Seating configuration should allow families to sit together & up to six feet between non-cohabitation visitors.
- (Following P4 IDPH guidelines for indoor recreation, indoor social events & offices)

Fellowship Hour:

- *Place two tables together. Place chairs on opposing perimeter sides approximately 5-6ft apart (see diagram). No more than 6 persons per table.
 - *Masking required for conversation. Mask removal allowed during consumption of food.
 - *Foods should be individually plated or served by server, discourage shared utensils for serving spoons/forks/spatulas.
 - *Place two tables outdoors of sanctuary for patrons who prefer outdoor food & conversation (March through October weather permitting) when possible.
 - *Masking outdoors is not required, social distancing optional.
- (Following P4 IDPH guidelines for dining)



**Seating diagram for individual Fellowship hall tables*

Building use/parties/gatherings/rental:

- *Masking recommended for building use patrons.
- *Follow Fellowship hour recommendations for seating & serving foods.
- *Facility should be vacant for 12 hours after any non-church event and before the next event (no overlapping allowed).
- *Should any guest or rental group have a confirmed covid positive case (while in attendance at UUFD's building) they should notify the office manager as soon as possible.

On-site meetings:

- *Masking required indoors, not required outdoors or for gazebo.
- *Group size for meetings in Library should be less than 10 people. Try to maintain 46ft distance.
- *Meeting duration should be 2 hour maximum (when possible).

We understand that attaining a “zero level” of risk of transmission is not feasible, but we do endeavor to take reasonable precautions to protect our congregation and visitors, keeping in mind the comfort level of each individual may not be met. We promote the inherent worth and dignity of all persons following the principles of our Unitarian Universalist faith.

Hope Haven News!

UUFD, along with many other congregations around the DeKalb County area, provides 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.

Let's Acknowledge our February and March Meal Volunteers!

February:

In February we did something new for the fried chicken dinner. Volunteers who signed up, simply contributed 1/4 of the cost to order the chicken. I have to give kudos to my husband, Tim Lovings, for picking it up and delivering it after I had to leave town unexpectedly. Thank you to all of our January volunteers: **Elisa Woodruff, Chris Miguel, Sharon Blake, and Sheryl Nak for supplying the fried chicken (and Chris for also funding half of the rolls), Maylan Dunn-Kenney, Charles Sigwart, Gretchen Sigwart, Mary Von Zellen (who also stepped in at the last minute to provide fruit for 30) and Virginia Wilcox.**

March:

In March the Hope Haven clients were treated to a new Creamy Turkey and Noodles Dish that was delicious (I sampled it)! For providing the March meal, thanks go to: **Maylan Dunn-Kenney and Beth Schewe for making the main dish, and Sheryl Nak, Sharon Blake, Toni Tollerud, Charles Sigwart, Rev. Linda Slabon, Virginia Wilcox, Donna Veeneman, Kim Meyers and Gretchen Sigwart.**



Sign up for upcoming April & May Hope Haven meals
The April and May Hope Haven sign-up sheets are ready for volunteers and linked below

April Meal - Tuesday, April 19th Theme: [Easy Baked Chicken Parmesan Baked Pasta](#)

May Meal - Tuesday, May 17th Theme: [Scalloped Potatoes and Ham](#) - for this meal we'll need two volunteers to make a triple recipe and one volunteer to make a double recipe. Main dish recipes are linked in the sign-up sheets.

If you have questions or suggestions, please contact Danica Lovings at 815-901-4625 or danica855@gmail.com.

[Hope Haven Volunteering - What's My Why?](#)

In this section regular Hope Haven volunteers will be sharing 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 hear from Mary Von-Zellen, whose family helped provide meals to the homeless shelter before there was a Hope Haven. Here is her "What's My Why?"

When I was young, in my family I witnessed my parents fix an entree for P.A.D.S. Public Action to Deliver Shelter. There were no Hope Haven Building Plans yet — even into the late 80's there was only P.A.D.S. Accommodations at 321 Oak Street. We sent a Metal pan 9x13 filled with a hot dish for the Board of Directors only. Other parts of the meal were divvied up.

The recipes would consist of 8-12 servings. Folks stuck their name and address label on the pot or pan and a designated driver went to collect the many empty vessels from P.A.D.S later in the week. Members of the congregation picked them up, all cleaned on Sunday from the Fellowship Hall. One recipe I still use today is a chicken, 2 cans mushroom soup, 1 jar of cocktail onions and a shredded brick of cheddar cheese. Foil is used on top to keep the food safe, hot, and from spilling. Cook in a 350 oven for an hour.

Today we have a UUFD Social Justice fund keeping the ball rolling, and a shelter on Arcadia and Rushmore off Annie Glidden. Approximately 60 servings are requested! A legitimate car of some sort is required! During Bush, Clinton and Obama I paid out of pocket. During Trump and my recent semi- retirement I have been letting our fund reimburse me/us. Anonymous hospitality has become the norm although occasionally I can still persuade a modern monk or nun to generously bless our UUFD/Hope Haven TRUE BREAD! Of course we would like some!!

Mary Von Zellen

Joys and Sorrows



- ◆ Our thoughts are with Beth Schewe and her family, whose uncle Steve Schewe passed away in early April. He was a lifelong teacher and “optimist extraordinaire” who greeted each day with joy and gratitude, and his family will miss him.
- ◆ The Lovings family have another sorrow to share. One of their best friends, Steve Woodbury, died from a massive stroke on Feb. 13th. He was the loving husband of our former church sexton, Dawn Woodbury. Steve will be truly missed.

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

CHICKEN PARMESAN BAKED PASTA RECIPE

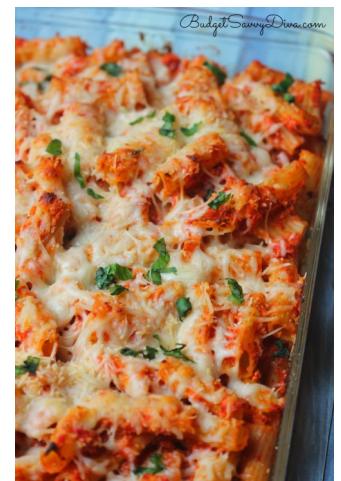
The April Hope Haven main dish recipe comes from a family favorite in our house. Volunteers simply double the recipe for the Hope Haven meals.

INGREDIENTS

- 1 Box of Pasta (12 ounces)
- 2 Cups of Chicken (cooked and shredded)
- 1 Cup of Parmesan Cheese
- 2 Cup of Mozzarella Cheese
- Pinch of Salt
- ¼ tsp of pepper
- 25 ounces of your favorite tomato sauce
- 2 Cloves of garlic, minced
- 1 Cup of Basil - chopped

INSTRUCTIONS

1. Preheat oven to 375,
2. Cook pasta - drain place back into the pot you cooked the pasta in - add chicken and tomato sauce - add ½ of basil, salt, garlic, and pepper - stir
3. Mix well
4. Pour half the pasta into the 9x13 casserole dish - cover with 1 cup of mozzarella cheese then cover with the rest of the pasta
5. Cover the pasta with the rest of the cheese (Parmesan cheese and mozzarella)
6. Bake uncovered for 30 minutes
7. Add the rest of the basil before serving
8. Enjoy!



Submitted by Danica Lovings

Ukraine Trust Chain

Many of us are looking for ways to help with the situation in Ukraine. UUFDF friend Laura Chessman recommended the organization Ukraine Trust Chain. Made up of about 100 volunteers in Ukraine and 20 in the US, this group is organizing evacuations and delivering critical supplies to the vulnerable. <https://www.ukrainetrustchain.org/>

If you have questions or would like to learn more, feel free to reach out to Laura at l.b.chessman@gmail.com.

The Courage of Patience

By [Richard S. Gilbert](#)

When we are overwhelmed with the world
And cannot see our way clear,
When life seems a struggle between tedium and apathy
Or frenzy and exhaustion;
When today seems a punishment and tomorrow a torment,
May we find the courage of patience.

May we recognize courage in ourselves and our companions;
That is not dramatic, that elicits no fanfare;
That commands little notice by the world,
That is forgotten and taken for granted.

May we learn how to cope
Like those who live one day of pain at a time,
Who see the long path of suffering and do not despair,
Who inspire us by their patient courage,
When we are impatient and afraid.

May we know such courage
And quietly celebrate its presence among us.

Source: "[In the Holy Quiet](#)"

uaa.org

To be of use

by Marge Piercy (reading 567 in our hymnal)

The people I love the best
jump into work head first
without dallying in the shallows
and swim off with sure strokes almost out of sight.
They seem to become natives of that element,
the black sleek heads of seals
bouncing like half-submerged balls.

I love people who harness themselves, an ox to a heavy cart,
who pull like water buffalo, with massive patience,
who strain in the mud and the muck to move things forward,
who do what has to be done, again and again.

I want to be with people who submerge
in the task, who go into the fields to harvest
and work in a row and pass the bags along,
who are not parlor generals and field deserters
but move in a common rhythm
when the food must come in or the fire be put out.

The work of the world is common as mud.
Botched, it smears the hands, crumbles to dust.
But the thing worth doing well done
has a shape that satisfies, clean and evident.
Greek amphoras for wine or oil,
Hopi vases that held corn, are put in museums
but you know they were made to be used.
The pitcher cries for water to carry
and a person for work that is real.

(Marge Piercy, "To be of use" from *Circles on the Water*)

Wild Geese by Mary Oliver

You do not have to be good.
You do not have to walk on your knees
For a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
 love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountain and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting—
over and over announcing your place
in the family of things.

