



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 55, Issue 3

158 N. Fourth St.

DeKalb, IL 60115

April 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.

(UUFD mission statement adopted May 17, 2009)

DEADLINE

The deadline for the May edition of the Pathfinder is **April 20, 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.

April Theme: Gaia

The Gaia theory teaches that our Earth is a single organism, a living being, and we are part of her. What does our interconnectedness, our oneness with all Earth, tell us about how we should live? As our Earth becomes hotter and more crowded, how can we respond? We have more power than we realize. How can our love for our Earth home guide us?

March 30

Choir
Worship Leader: Rev. Linda Slabon
Assistant: Frank O'Barski
Sermon: Sex: Hotter? Better? Safer?

April 6

Choir
Worship Leader: Rev. Linda
Assistant: Sue Willis
Sermon: Gaia, a Goddess Evolving

April 13

No Choir
Worship Leader: Sue Willis
Assistant: Frank O'Barski
Sermon: Earth: Our Fragile Home

April 20

Choir
Worship Leader: Rev. Linda
Assistant: Maylan Dunn-Kenney
(Earth Day and Easter)
Sermon: Fighting Fatalism, Earth Re-Born
A UU liberal Christian communion will be offered

April 27

Choir
Worship Leader: Dave Becker
Assistant: Gladys Sanchez
Religious Education Sunday
A Multigenerational Service: The World We Love

****Save the Date****

- UUFD Congregational Meeting on May 18.
- UUFD GALA on Saturday, May 3 from 6 to 9:30 p.m. @ UUFD.
- Dinner, Live Music, Dancing, Silent Auction, Dessert Auction.
- Watch for more info to come!

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

Spring is long in coming. Winter's grip has been tight, and many of us are tired with the effort of holding winter's darkness at a distance from our hearts. Time and money – those two resources that dictate so much of what we can give or experience – feel stretched and spent out to the edges of what we can manage. Some people in our congregation have faced the loss of their home. Many live paycheck to paycheck. Some are responding to family illness and resulting economic uncertainty. Some people work two jobs...or more, and still need to visit the local pantries to make ends meet for their families. Most of us, if not all, feel tired; too often we feel tired. Somehow that middle-class American vision of making it on our own is not working too well...and too many feel vulnerable, fearful, and ashamed – that somehow it is all their fault.

Recently I had the opportunity to reflect on the question of what is restorative; what truly feeds my spirit. I've come to notice the difference between what anesthetizes my pain, and what helps me gain perspective and strength. For me mental and physical anesthetics include junk food (my faves are dark chocolate, crunchy Cheetos, and ice cream), TV shows that carry me away from anxiety, and a state of "busy-ness" – plenty of busy-ness so that I feel that I am cranking out activities and accomplishments. Anesthetics are not inherently bad things. In fact, with the exception of crunchy Cheetos, I believe that a case can be made that all of these serve a purpose. Sometimes an anesthetic is what we need. But an anesthetic doesn't heal, and it certainly does not restore my spirit. It does not give me pause or rest, and it does not deepen my resilience or strength.

Things that truly restore and feed my spirit include laughing with people, singing or listening to music and being swept away by the sheer joy or beauty of it, books by authors who teach me to cherish life, walks in nature – some prize the moon, and some the trees, prairies, or ocean, staying in my pajamas on my day off, an intelligent conversation where I have to pay attention and am not thinking about what I will say next, meditation, poetry, making something – a soul card, collage, or garden, working together to build something that connects people and mitigates against injustice, and Sunday morning services. These things heal and feed me. They connect me with so much that is larger than myself. These things remind me of the sacredness of living connected – and when I feel that, I am less fearful or anxious.

Your restorative actions and commitments are YOURS. They may or may not mirror some of mine. Significantly though, it is important to know what yours are, and how they differ from what anesthetizes you.

A UU colleague, Rev. Alan Taylor, recently wrote these words in a sermon given on March 15, 2014:
 "In a workshop on faith-based relational organizing (four members of my congregation and I) learned that the heart of relational organizing is having genuine conversations with others, conversations about what we value and what motivates us so that we develop an ever expanding network of relationships and we know who is committed to what issue. We also discovered that this kind of faith-based organizing connects us not only with each other but with people much different than us... And better yet, it was clear the heart of relational organizing doesn't

only support social justice work, it supports all of our ministries that benefit from an expanding network of genuine relationships.... As Martin Buber is quoted, "When two people relate to each other authentically and humanly, God is the electricity that surges between them." I'd go further and say that human connection is what ultimately powers our lives."

In more and more congregations, programs fall away for lack of funds or volunteers. Culture changes and the economic toll on all people is felt in congregations. Despite these realities, I can see how UUFD has connected and contributed to build a thriving and caring community. We must be realistic, creative, resilient, smart, and persistent if UUFD is to continue it's mission. Consistently this congregation has created and supported efforts to assist those less fortunate and to strengthen our own resilience. Genuine conversations, one on one conversations, weave threads of understanding between us. We did this work as we developed our UUFD Long Range Plan over this past fall of 2013. But this work never ends. This spring we will soon hold our annual pledge drive (the UUFD 'Canvass') and in May we will hold one of our annual fundraisers – The Creating Community Gala. Your voice and your action are needed. May you find here some of the things that restore your spirit.

May our mission, the restoration of our spirit, and the connections we weave, guide us well.

In CommUUNITY,



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 Tuesday, Wednesday and Friday by appointment. Please call 815/501-4788.
- Rev. Linda will attend the Spring UU Minister's Meeting and the Mid-America Regional Assembly at the UU Church of Wausau, Wisconsin, on Thursday, April 10 through Saturday, April 12.



Mark Your Calendar For These UUFD Events



March

25	Evening Meditation (meets every Tuesday)	5:15 p.m.
26	Open Mic	6 to 10 p.m.
27	Science & Search for God Deepening Group @ Rev. Linda's	7:15 to 9:15 p.m.
28	Peaceful Meditation (meets every Friday)	11 a.m.
28	LFDP Potluck	6:30 to 9:00 p.m.
29	Welcome Café and Community Kitchen Brunch	10 a.m. to Noon
30	Choir Festival	4 p.m.

April

2	UUFD Board Meeting	7:30 to 9:30 p.m.
3	Science & Search for God Deepening Group	7:15 to 9:15 p.m.
9	Stitch & Witch	7:30 to 9:30 p.m.
9	Open Mic	6 to 10 p.m.
10	Teach Girls Global	5 to 6:15 p.m.
10	Science & Search for God Deepening Group	7:15 to 9:15 p.m.
12	NIU Cares Day	9 a.m. to Noon
15	UUFD supplies Hope Haven meal	
17	Science & Search for God Deepening Group	7:15 to 9:15 p.m.
18	Game Night	7 to 9 p.m.
23	Open Mic	6 to 10 p.m.
24	Science & Search for God Deepening Group	7:15 to 9:15 p.m.
26	Welcome Café and Community Kitchen Brunch	10 to Noon
27	Leadership Council	1 to 3 p.m.
27	GrownUps Table	3 to 5 p.m.

UnSung Heroes - Making a difference at UUFD

Do you know someone who has made a contribution or a difference at UUFD but without much recognition? If you do, please send their name and what the contribution or difference was to office@uufdekalb.org. We would like to recognize these people at the May congregational meeting. Deadline for emails is May 4. From these submissions, 3 finalists will be selected by the Congregational Support and Development Committee and Rev. Linda. Last years' honorees were Lon and Kathy Clark, Wayne Albrecht, Bonnie Anderson and Melissa Blake.



SAVE THE DATE.....

Toni's Retirement Party - Saturday, May 10, 2014

You are invited to come help Toni Tollerud celebrate her RETIREMENT from NIU after 24 years!
—Cash bar, Buffet Dinner, Short program and Dancing with a DJ.

WHERE: Faranda's in downtown DeKalb.

COST: \$25 per person. Guests Welcome. No Gifts, please. Your presence and good wishes are the perfect gift!

TIME: 6-10:30 PM

6-6:45 Cocktails at Cash Bar

6:45-7:30 Fancy Buffet Dinner and Dessert

7:45-8:15 Program

8:15-10:30 Dancing

SAVE THE DATE! Details about reservations to follow.



JOYS & CONCERNS



We send healing energy to Muriel Mackett, who broke her wrist and to Will Ireland, who is recovering well after surgery at University of Wisconsin Hospitals in Madison. May they both be out and about soon enjoying some SPRING warm weather!



UUFD extends love and support to the Dave and Teri Diaz family. They are facing many changes and the hardship of a family member with cancer.

If you ever have problems receiving emails, please contact the Church Office so that the problem can be addressed.



Come and share your talents at UUFD's Open Mic Coffee House series offered on the second and fourth Wednesdays at 158 N. Fourth Street in DeKalb.

Next Dates: March 26, April 9 and 23.

6 to 7 p.m.: This is time to jam, mingle or get coffee and a treat.

7 to 9:30 p.m.: Open Mic Performances.

Sign-up is on a first-come, first-served basis. Initial time is 10 minutes, flexible if there's room. Come perform and come enjoy!

The UUFD Social Justice and Outreach Ministry welcomes you.

New NAMI Support Group Offers Comfort To Family Members

A new **NAMI Family Support Group** is meeting in DeKalb. We meet on the second Tuesday of every month in the Monat Building (148 N. 3rd Street downtown DeKalb). All are welcome! Please contact Virginia Wilcox (vlw@niu.edu or 815-758-3284) for further information.

**1 in 4 families are affected by mental illness...the National Alliance on Mental Illness (NAMI) provides support, education and advocacy for people in recovery and their family members.

NAMI DKK offers hope to family members of people living with a psychiatric diagnosis by providing support groups that are free of charge and absolutely confidential. Our facilitators are trained and have the lived experience. You are not alone. Check out a NAMI DKK Family Support Group to see what a difference a support group can make.

DATES: April 8, May 13

TIME: 7 to 8:30 p.m.

FOR MORE INFORMATION: Nancy Finn, Co-Facilitator 815.899.6602 - Anne Petty Johnson, Co-Facilitator 815.557.4522 - NAMIDeKalb60115@gmail.com

Find us on Facebook: www.facebook.com/NamiDkk

Creating Community Gala
Dinner, Silent & Dessert Auctions, Music & Dance
Saturday, May 3, 2014
6 to 9:30 p.m.

At the Unitarian Universalist Fellowship
158 North 4th Street, DeKalb, IL

Tickets available from UUFD Leaders & Office
Contact office@uufdekalb.org or 815-756-7089
Suggested Donation: \$25 Adults (13 and up)
\$15.00 per child ages 6-12
5 yrs and under are free

6:00 p.m.

Doors open, Silent Auction and Wine tasting open

6:15-7:00 p.m.

Dinner with music by Nathan Dettman

7:00 p.m.

Dessert Auction with Jeanne Meyer

7:30 - 9:30 Dance

Music by live rock band, Dan Becker & the Tourists
"reminiscent of the Eagles"

Catering by Terri Mann-Lamb
Food choices include meat, vegetarian and vegan

Childcare/nursery and child-friendly activities

All welcome

This event is open to the public. Please invite your friends.
Dress: casual dressy

Help Grow Our 2014 Gala and Silent Auction!

UUFD Galas are a source of fun and income, supporting our work for justice and compassion in the DeKalb area. We need your support to keep our silent auction fun and unique! This year there will be some donated items from local entrepreneurs and we will publish a list of items and services asap!!

Is there a service, a skill, or an item - something useful, fun, unique, helpful, or tempting (**and worth a minimum of \$40**) that you might donate? Past donated items have included:

One week at a waterfront home in Maine; Reader's Delight Social Justice Basket; Original art work; a Toyota Camry; Family Fun Basket; Spring Cleaning Package with labor provided; Night out for 2 w/ dinner & theatre tickets; Home-made Jams, Juice & Wine Baskets; Four hours of Handyman labor; One week at a 2-bedroom condo on Hilton Head Island; Chicago Cubs Baseball Basket; A Season of Garden Support; Catered Meal for Six; Quilts...etc.

To contribute to the 2014 Silent Auction for the Gala, please...

Submit this form to Rev. Linda or to the UUFD church office **ASAP**.
office@uufdekalb.org 815-756-7089 revslabon@aol.com

Deadline for submissions is 9:00 a.m. on Tuesday, April 15.

All submissions --services or items or baskets-- must be worth \$40 or more. Items must be in excellent condition. Items can be singular or grouped in a basket.

Physical Items or Baskets must be brought to UUFD by 12 Noon on Friday, May 2 or contact Rev. Linda to make delivery arrangements.

Donor's Name: _____

Email: _____ Phone: _____

Name of Item or Basket: _____

Value of Item/Basket: _____

Minimum acceptable bid for Item/Basket to be sold: _____

Note: If the minimum bid is not met, the item will be sold at a future event or returned to the donor.

Description of Item or Basket for those who will be bidding: _____

Finding Our Way Home Retreat 2014

I had the opportunity to meet UU professionals of varying backgrounds. The retreat was filled with helpful workshops. The DREs had collegiate discussions and identity discussions. The worship services were also full of energy and shared stories. Everyone was very generous with sharing information about curricula and future conferences. It was a great experience to see the diversity of Unitarian Universalism. In our agenda, we had a service project planned with the youth. They had a campaign to raise minimum wage in Boston, and they wanted our support. Some of the UUs spoke to representatives with the youth and the rest of us stood outside shouting our chants. We also participated in the Standing on the Side of Love Campaign. Overall, the retreat was enlightening and informative.

Peace,
Gladys Sanchez
DRE



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