



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 63, Issue 5

158 N. Fourth St.

DeKalb, IL 60115

Dec-Jan 2022-23

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 Feb edition of the Pathfinder is **Jan 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

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.

December Theme: Joy *Special Collection Minister's Discretionary Fund*

Sorrow prepares you for joy. It violently sweeps everything out of your house, so that new joy can find space to enter. It shakes the yellow leaves from the bough of your heart, so that fresh, green leaves can grow in their place. It pulls up the rotten roots, so that new roots hidden beneath have room to grow. Whatever sorrow shakes from your heart, far better things will take their place." Rumi

Dec 4 – Radical Joy for Hard Times by Rev. Munro Sickafoose, UU Congregation of Taos

Dorothy Coleman, Worship Leader
Kim Myers, Assistant

Dec 11 – Advent Update: It's Not Just About Waiting

Rev. Julia Jones, Worship Leader
Diane Johns, Assistant

Dec 16 – Blue Christmas
Diane Johns, Worship Leader

Dec 24 – 'Tis The Season
Maylan Dunn-Kenney, Worship Leader
Diane Johns, Assistant

Dec 25
Kim Myers, Worship Leader
Maylan Dunn-Kenney, Assistant

January Theme: Wintering *Special Collection The Nature Conservatory*

Wintering is the process of navigating winter, a season that is, in many ways, a time of regeneration. There is the external season, but there is also an internal season that requires wintering skills. For some, winter pushes them outdoors, while it pulls others indoors. For both, regeneration is an essential process whether by the exhilaration of downhill skiing or the contentment of drinking hot cocoa in front of a fireplace. No two winters are alike, nor two winterings, which is why Katherine May writes, "you'll find wisdom in your winter, and once it's over, it's your responsibility to pass it on."

Jan 1
Kim Myers, Worship Leader
Ed Miguel, Assistant

Jan 8 – Winter Starts Now
Ed Miguel, Worship Leader
Maylan Dunn-Kenney, Assistant

Jan 15
Rev. Julia Jones, Worship Leader
Vanstrom Dracul, Assistant

Jan 22 – Sacred Rest
Maylan Dunn-Kenney, Worship Leader
Kim Myers, Assistant

Jan 29
Dorothy Coleman, Worship Leader
Vanstrom Dracul, 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,

While the calendar doesn't yet say it's winter, the dwindling hours of sunlight tell a different story. I see that the chipmunks have gone into hiding. Geese are on the move – either heading South or flying in large groups to a corn field for food and warm bedding. I've ventured into the attic to find the warm things we stowed there last May. For all that modern life does to iron out the impact of the seasons, the signs are still there. And it gets me to thinking about what it would mean to surrender to that reality, just a little.

What would it look like to let the lights be a little dimmer, to go to bed earlier, to embrace the quiet, to even let a little melancholy hold us for a moment? What would it look like to shift our routines where we can to stop fighting the dark and cold so much?

A colleague of mine makes a habit of devising "winter work." She considers what's going on for her and chooses some piece of her mental or spiritual landscape that could use some quiet tending. She uses this quiet darker time to inhabit that inward effort. Other folks I know have particular hobbies they save just for winter (knitting a warm thing is really pleasing to a cold lap). Still others take that extra quiet and dark time to dig into the stack of books that got a little dusty over the summer.

I think the through line in all of these is the intention and the will to meet the season – not the created season of lights and sugar and singing and jolliness, but the actual meteorological reality – where it is and we

are, acknowledging the value of a darker quieter time for reflection and huddling close.

Do you have winter work? Can you set an intention for yourself to carry you through the cold nights that are surely in our future?

I'd love to hear about it.

In Faith,
Julia



Rev. Julia's Virtual Drop-in Lunch

Beginning in December, I will host a weekly virtual drop-in lunch on Wednesdays from 12-1 over Zoom. No preparation or reading is necessary. No RSVP or signup required. Join me for our very first drop-in lunch on **Wednesday, December 7th at noon on Zoom**. No preparation required and you can eat your lunch if you're popping in on a break from work. Just some visiting and hopefully a few laughs.

Hope to see you there!
Rev. Julia

Join Zoom Meeting;

<https://us02web.zoom.us/j/6560884976>
Meeting ID: 656 088 4976

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. Please note that she is a part-time employee and therefore may not respond to e-mails immediately. For urgent pastoral care needs, please call her on her cell phone and leave a message if you do not reach her directly. Thank you.



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.

Craft & The Craft – Wednesdays 6:30 p.m.

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.

December 2022

Dec 15 – ZSGD – 7:00 p.m.

Dec 18 – Christmas Cookie Decorating – During Coffee Hour

Dec 20 – Hope Haven Meal – 6:30 p.m.

Dec 31 – Drive-Thru WE Panty 9:30 a.m. to 11:30 a.m.

January 2023

Jan 17 – Hope Haven Meal 6:30 p.m.

Jan 22 – Board Meeting – TBD

Jan 26 – Worship Associates Book Group – 6:30 p.m.

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

UUFD Outreach Events

UUFD participated in this year's YMCA Halloween Bash!



**We would like to give a BIG THANK YOU
to all of the UUFD volunteers that
helped to make this a
wonderful event!**



The worship theme for December is Joy; for January the theme is Wintering.

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!

The Sun and Us (Sermon for the Solstice 2015) by Ed Miguel

The Winter Solstice is the darkest night of the year. It is a time when the sun appears to stop moving, and it stays that way for a few days. It coincides with the end of the harvest and the beginning of hibernation - a period where bears and people alike desire to hunker down to a good book, or video game or snuggle up next to the fire. Symbolically it is a going inward.

Early mankind and womankind were a little more focused on survival and as such they were more keenly attuned or connected to the earth and the heavens. To them winter meant a reliance on all that was saved and prepared for. They could hardly feel comfortable snuggling up if there was no food to eat. Winter was a tough time for hunters and gatherers and agrarians alike.

Yet there was hope for the future because the winter solstice marked a turning point. A turning point is a change in the way things, namely the sun, were moving. For six long months since the summer solstice, the days were getting shorter, but the winter solstice marks the beginning when the days will get longer and that, to our ancient ancestors, was hope for the future - and cause for celebration because they are going into the light instead of continuing the trend into the dark.

Imagine for a moment the cave people, our earliest ancestors. Their widescreen TV was the sky, the moon and the stars at night, and the sun and clouds during the day.

Who's afraid of the dark? Are you afraid of the dark? Imagine a time when the only light in the world was from the sun. We are talking before the light bulb and before the gas light. Even before the candle, and even before fire. When the sun went down it was really dark and you wanted to be safe.

What do you do to overcome your fear of the dark? Go under covers? Hide? Pray? Just wait it out, knowing the sun will come up eventually?

The early people were no different than us. The more that they knew, the safer they would feel. The more that they could rely that the sun would return, and the days would get longer and warmer, the more hope they had, so it was important for them that everyone knew this.

To do this they had special celebrations. These had a way of rallying the troops so to speak around a common cause - an acknowledgment of their part in the universal cycle - to reduce fear - to educate as well as to honor this turning point in the great cycle of the sun. Remember that they did not have the show COSMOS and Neil Degrasse-Tyson to explain to them why the sun moves across the sky. They just noticed that the sun kept coming back instead of continuing its southward journey and disappearing. Without knowing why, they developed a faith, and a respect for the ways of nature. To them the sun was as alive, the earth was alive as was the moon and the stars and (importantly) they were all connected together with them. To explain it all, they made up some stories to quell the fears, and raise the hopes that no matter how cold the winter gets - Spring is coming!

There is a story about a land where two kings reign, but only one can be in charge at a time. The Oak King is in power from summer to fall. The Oak King is in power now. The Holly King reigns over the winter and spring. The two kings are like the twin natures of the sun. The goddess of the story is our earthly nature and as such she tries to get along with both and maintain a smooth transition. Enacting this story was like a ritual to the early civilizations.

We enact these rituals in places today but are they still relevant? We have lights that we can switch-on and food that comes to us all winter. Heck we can even grow food indoors today without the sun! Why do we have to care about the sun anymore if Neil DeGrasse Tyson says that it will last at least for a few billion years more? We know it all! Except for our complaining about the weather, who cares if the days are now going to grow longer? Anyone?

Now let's think about this for a moment. While all the above is true, what powers the lights that we switch on? Nuclear power plants, natural gas fired plants, coal plants and wind generators.

What caused the radioactivity, what made the coal or natural gas or the wind? The sun. All power sources have their source in the sun and that power, constantly pouring down upon us, was stored in the earth, until we, not too long ago, figured out how to extract it with our technology. Before all these sources, there was wood. What grew the wood? Alberto Villoldo, a modern day shaman and founder of the Four Winds says that "as a log is burned, the layers of sun stored within are being peeled away." We owe all our energy, past and present, to the sun.

So let's go to where our ancestors once stood - in marveling and respecting this great cycle of the earth and sun and enjoy as we all reenact some rituals of the solstice to remind us that hope begins December 21, when the sun will no longer retreat to the south and our days will be getting longer.

Whether we call it the Winter Solstice or Christmas or Hanukah, this time of year has been cause for celebration throughout the ages and in every culture. Almost metaphorically, the time of the return of the sun also celebrates the birth of some famous sons. Be that Jesus of Bethelhem or Tammuz in Mesopotamia, or Attis in Asia Minor, Apollo and Dionysus from Greece, Mithras in Rome or Baal in Palestine. These wonder children, if you will, represent the faith that our children are also the bringers of light and new beginnings, and that is why this is a special time for children and children at heart.

This cycle of darkness to light, cold to warmth, applies to all aspects of our lives. We all have cycles. We are not always positive and happy. Sadness and grief are also elements of our lives that we have to go through and to get through them we must have faith that there will be a better tomorrow. We must have faith that there is a light within us and connect with that.

As it is said in the Jewish book of wisdom, "During the time of the darkest night", says the Talmud, "act as if the morning has already come."

So greet the sun when you go out and thank the earth as if they are alive. Mark a new beginning in your life for the year to come, to let your inner light come out, as only you know how, to light up the world.

At this time, as we listen to our traditional holiday stories and the decorate our houses, in whatever faith tradition you know, renew yourself as these rituals intended, whether that be personally or spiritually, knowing that in your darkest night, more light is just around the corner.



CROSSING CULTURAL BORDERS CLASS TRAINING AT UUFD
by Rev. Karen Mooney, co-director of UU Advocacy Network of IL
Three Sundays in 2023 - February 12th, March 12th, & April 16th
1:30-4:30 p.m.

For three years the UUFD Live Love (formerly Vote Love) team has met to study, discuss and act on issues of social justice. We are proud to extend an opportunity to UUFD members & friends to join us attending the 3 session class & Crossing Cultural Boundaries & The UU Advocacy Network of IL offers this class for **FREE**. It will be taught by Rev. Karen Mooney, a Co-Director at UUANI.

The class will help participants explore their internal beliefs, preconceptions, strengths, and weaknesses in a supportive and brave-space environment of respectful, covenanted listening and learning. The need to deepen our consciousness about internal bias when interacting with people of different backgrounds is an on-going journey. This class is a tool to strengthen us in our faithful work to address racism.

Course Expectations:

Prerequisites for the class include a good faith effort to attend all three class sessions in person at UUFD. There is homework for the first session which will be sent to you in 2023 once you RSVP.

Homework will need to be completed prior to each class. The materials are engaging and require about an hour or so of reading and writing for each class.

Rev. Mooney wants to be as flexible as possible to encourage participation. Therefore, acknowledging that we all have possible conflicts, the following are true only when wholly necessary:

- ◆ OK to arrive late / leave early
- ◆ OK to Zoom in if you are geographically distant but please contact organizers
- ◆ OK to miss one of the sessions if an impossible conflict arises

Please contact organizers if any of these situations arise (Rev. Linda 815-501-4788 or Toni Tollerud 815-501-4784)

If you are interested in joining us, please register with Kathryn at UUFD Church Office, office@uufdekalb.org, and/or with Rev. Linda 815-501-4788. **Registration deadline is January 15, 2023.**

So, mark your calendars NOW and REGISTER for Cultural Border Crossing Training at UUFD:
Sunday February 12, Sunday March 12 and Sunday April 16, 2023
1:30-4:30 pm

Hope Haven News!

December-January Hope Haven News!



The Unitarian Universalist Fellowship of DeKalb, along with several other congregations around the DeKalb County area, provide meals once a month to the residents and guests of the Hope Haven Homeless Shelter. 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.

How does it work?

1. Sign up for a meal item on the sign-up sheet
2. Make or purchase the item
3. Deliver your item to Hope Haven by 6:30 PM - ring the bell at either the front door or the back kitchen door and volunteers will greet you and take your items (if your item doesn't need to be kept warm, food items can be dropped off any time during the day).

Thank you to our October and November Volunteers!

October: In October, UUFD members provided a vegetarian main dish, a Cheesy Tortellini Bake along with sides, desert and staples. Thank you to Maylan Dunn-Kenney, Rev. Linda Slabon, Mary Von Zellen, Ashley Ford, Diane Johns, Gretchen Sigwart, Virginia Wilcox, Sheryl Nak, Charles Sigwart and Bonnie Anderson for providing this meal. A special thanks goes to Diane Johns, who took both of the main dish volunteer spots I had signed up for, when I had to go out of town unexpectedly.

November: In November we provided a delicious Creamy Turkey (or Ham or Chicken) Noodle Casserole (see the October Pathfinder for the recipe)! Thank you to: Beth Schewe, Bonnie Anderson, Maylan Dunn-Kenney, Rev. Julia Jones, Kim Meyers, Donna Veeneman (travelling all the way from Genoa), Mary Von Zellen, Rev. Linda Slabon and Toni Tollerud, Virginia Wilcox, Sharon Blake and Sheryl Nak.

Sign-up sheets for our December, January and February meals can be found below.

- **Tues. Dec. 20th: - December Volunteer Sign-up - Easy Meatloaf**
- **Tue. Jan. 17th - January Volunteer Sign-up - Fried Chicken**
- **Tues. Feb. 21st - February Volunteer Sign-up - Chicken Pot Pie Casserole**

Contact Danica Lovings with any questions at 815-901-4625 or at danica855@gmail.com with any questions

Joys and Sorrows



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

Hope Haven Recipe Corner

Easy Meatloaf

This is the featured recipe for our December Hope Haven main dish. It's easy and affordable and volunteers simply double the recipe to serve 15.

Makes 1 loaf - serves 8

- 2 pounds ground beef
- 1 egg
- 1 onion, chopped
- 1 cup milk
- 1 1/2 cup dried bread crumbs or crackers crushed
- 1/2 tsp. each of two of the following spices: Marjoram, sage or thyme
- salt and pepper to taste
- Sauce:
- 3 tablespoons brown sugar
- 1 tablespoons prepared mustard
- 3/4 cup ketchup

Mix all meatloaf ingredients together and form into loaf. Mix sauce ingredients and spoon over top to glaze.
Bake at 350° for approximately 1 1/2 hours or until internal temperature of 165°



Observing the Solstice

By John Mathews

Many things happen to us and to the world in which we live as the Solstice approaches. The days grow shorter, there is less light, the weather is cold (which tends to make us stay indoors more often), the trees become bare and show their skeletons; the bones of the land show through their tattered coat and we ourselves put on more clothes, looking for colors to tone with the light, the season, and the weather.

The Solstice is a time of quietude, of firelight and dreaming, when seeds germinate in the cold earth and the cold notes of church bells mingle with the chime of icicles. Rivers are stilled and the land lies waiting beneath a coverlet of snow. We watch the cold sunlight and the bright stars, maybe we go for walks in the quiet land. Sometimes we go carol singing – even those who would normally never think of lifting their voice in song. Attending midnight mass, even for those without Christian beliefs, can become a special event. All around us the season seems to reach a standstill – a point of repose. Then as the Solstice sun moves across the heavens, the New Year awakens, the darkness is dispelled, the days grow longer, and we prepare for new beginnings.



UUF Winter Farmers' markets feature organic, non-GMO, natural food products by local farmers as well as a large variety of artisan crafts by local vendors.

Baked goods, beverages and a hearty soup and bread lunch available in the commons area.

The always-popular used book sale includes plenty of new inventory this year.

Local musicians share their talents, from piano to steel guitar and more. Support local growers and artisans in a festive atmosphere just in time for holidays!

Where: Unitarian Universalist Fellowship of DeKalb

When: Saturday, December 10, 2022

9:00 AM - 3:00 PM

\$1.00 Admission

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