



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 63, Issue 1

158 N. Fourth St.

DeKalb, IL 60115

Feb-Mar2022

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 April edition of the Pathfinder is

Mar 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.

Online Worship Only

Due to the high COVID positivity rates in DeKalb County, all building use and in-person gatherings are suspended and UUFD will hold Zoom-only Sunday services for the month of February. Zoom access for Sunday services begins at 9:30 a.m. and service will begin at 10:00 a.m. Join the service each Sunday at uuf-dekalb.org/live.

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

February Theme: Power Special Collection: UUANI

In 1857, Frederick Douglass said, "Power concedes nothing without a demand. It never did and it never will." Thus, a struggle will be required by each generation to renew, repair, and/or reclaim things like democracy, equality, liberty, freedom, and other rights that can be denied or undermined. Our tools of power include reason, non-violence, and courage to oppose hatred, violence, deceit, and more.

Feb 6 – Power and Subtlety
Ed Miguel, Worship Leader
Dorothy Coleman, Assistant

Feb 13 – Thoughts on Love
Rev. Allen Harden, Worship Leader
Ed Miguel, Assistant

Feb 20 – The Power of Authenticity
Maylan Dunn-Kenney, Worship Leader
Vanstrom Dracul, Assistant

Feb 27 –
Dorothy Coleman, Worship Leader
Maylan Dunn-Kenney, Assistant

March Theme: Balance Special Collection: VAC

Life depends on balance. It is the principle of yin and yang. Dark and light, hot and cold, wet and dry. Sometimes balance is easy, like being on a seesaw. At other times, it is a high-wire act with all the risk that entails when things have gone dangerously out of balance. Repair of the world sometimes involves the work to restore balance, especially when dis-ease is rampant.

Mar 6 – Finding Your Balance
Maylan Dunn-Kenney, Worship Leader
Ed Miguel, Assistant

Mar 13 –
Rev. Allen Harden, Worship Leader
Maylan Dunn-Kenney, Assistant

Mar 20 –
Ed Miguel, Worship Leader
Vanstrom Dracul, Assistant

Mar 27 –
Dorothy Coleman, Worship Leader
Maylan Dunn-Kenney, 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

We head into February, still staying apart to protect each other, and still feeling disrupted and grouchy because of a virus that never seems to stop spreading in our midst. Covid-19 is such old news that even saying Covid-19 is old news is growing stale. But it still defines much of our present life, and so we trod ever onward, carefully, safely, and with shared love always and forever in our hearts.

And our UUFD community is thriving still as we share together in so many ways, and maintain the bonds built carefully over the years. We are a resilient community because we engage with meaning, with mutual concern, and with respect. Our ties are strong, and each of us should know that the others are there to hold us up and help us out when we need a “hug” or something even more.

This period of time while we vacillate between live worship, online worship, and various hybrids of the two provides a good occasion to ask what each of us really seeks and needs in shared worship. So, I put the question before everyone, and I would love answers (brief or extended).

What aspects of our shared worship services are important to you? What feeds you? And, maybe, what annoys you? We have different feelings – some of us like ritual and stability, others like change and flexibility. Do you like singing together (when we can), and listening to musical performance (when we can)? Are you drawn to times of quietude, introspection, prayer and contemplation? Do you like sermons and messages that engage in religious questions, justice issues, personal feelings and needs, or critical intellectual inquiry? Do you prefer to sit back and receive worship, or would you rather things were more active or participatory? During zoom services, how do you feel about everyone being able to share? I could go on, but you get the idea.

In short, I am asking you to opine on what you look forward to in a church service, and what you maybe approach with less comfort or enthusiasm. There are no right answers here, but just a chance for you to reflect on what

we do when we all come together. I will share comments with all worship leaders so that we might rethink what we do. I expect many different feelings, and that is great. We thrive on our tensions, and embrace them. All remarks about worship, or other thoughts about anything are welcome, I can always be contacted at minister@uufdekalb.org or at 773-288-2394.

In peace, with faith and love,
Allen



Feb 13 Sermon: Thoughts on Love

We assert each Sunday that we “offer love and hope for all”. Tomorrow is St. Valentine’s Day, a celebration for people in love. Some of us resonate with the notion that “God is Love”. My generation grew up knowing that “All you need is Love.” Love is the most basic of human ties, and is the human feeling that brings me hope and optimism for humanity. I will share a few thoughts about love, what it means to us, and how we might encourage its healthy growth in our own lives and in the world.

UUFD 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@uufdekalb.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 back to online only, 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 – Cancelled

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.

February 2022

Feb 12 – UUFD Winter Market – **CANCELLED**

Feb 15 – Hope Haven Meal – 6:30 p.m.

Feb 17 – Touchstones Small Group Discussion – 7:30 p.m. via Zoom

Feb 20 – Board Meeting – 2:00 p.m. via Zoom

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

March 2022

Mar 15 – Hope Haven Meal 6:30 p.m.

Mar 17 – Touchstones Small Group Discussion – 7:30 p.m. via Zoom

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

March Board Meeting – 1:00 p.m. via Zoom: Date TBD

Announcing Weekly Minister's Tuesday Chat sessions, starting February 1

Every Tuesday at noon, Rev. Harden will host a 90-minute chat session for UUFD members and friends. The topics are wide open. Any week, I might have some ideas on my mind, and please bring yours. Or, just stop by while you have your lunch. Feel free to drop in at any time during these sessions. Every week, the zoom address will be the same:

<https://us02web.zoom.us/j/87570237712?pwd=TVZDVDRFd1NQWmtOWEx6eEd6d2R5UT09>

Meeting ID: 875 7023 7712

Passcode: 703066

COVID UPDATE

Due to the high COVID positivity rates in DeKalb County, all building use and in-person gatherings are suspended and UUFD will hold Zoom-only Sunday Service for the month of February 2022. Zoom access for Sunday services begins at 9:30 a.m. and service will begin at 10:00 a.m. If the rates are below 8% by the end of February, we will resume building use and our hybrid in-person and Zoom services in March 2022 Please watch for any announcements to that effect.

We hope you understand these decisions are being made out of an abundance of caution and concern for everyone's well being.

UUFD Board of Trustees

\$1,500 Challenge — Thank you!

Thanks to all of you, we met and exceeded the challenge to raise \$1,500 to repair the ceiling in the UUFD kitchen! We've received \$1,670.00 in donations and — along with the \$1,500 in matching fund from an anonymous donor — that provides enough money to proceed with repairs. Keep an eye out for future updates and photos!

The worship theme for February is Power; for March the theme is Balance.

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!

Hope Haven News!

The Unitarian Universalist Fellowship of DeKalb, along with many other congregations around the DeKalb County area, provide 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.

A big "thank you" to our December/January Hope Haven meal volunteers

December: The Hope Haven volunteers provided a hearty meal of meatloaf and sides in December. Thanks go to: **Beth Schewe, Maylan Dunn-Kenney, Kim Meyers, Rev. Linda Slabon and Toni Tollerud, Sharon Blake, Sheryl Nak, Charles Sigwart, Gretchen Sigwart and Virginia Wilcox, Donna and Steve Veeneman for their financial contribution, and Wayne and Betty Albrecht for their contribution earlier this year, which has continued to provide sustenance to our Hope Haven Fund.**

January: In January the Hope Haven clients were treated to a chili and cornbread meal with all of the fixings and sides. Thanks go to: **Maylan Dunn-Kenney, Beth Schewe, Sheryl Nak, Sharon Blake, Bonnie Anderson, Charles Sigwart, Ashley Ford, Kim Meyers, Gretchen Sigwart and Virginia Wilcox.**

Sign up for upcoming February/March Hope Haven meals

The February and March Hope Haven sign-up sheets are ready for volunteers and linked below.

Please don't hesitate to ask for help. It's an easy and important way to contribute to our mission and our community.

[February Theme: Fried Chicken](#)

March Theme: Creamy Chicken, Turkey or Ham Noodles

If you have questions or suggestions for meal themes, 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 will hear from Maylan Dunn-Kenney, who formerly coordinated our Hope Haven meals for many years. Here is her "What's My Why?"

I remember the first time that I helped with the Hope Haven meal. It was July 2002 and I was new to UUFD and to DeKalb. I had to ask where the shelter was and wasn't sure what was expected of volunteers. I signed up for dessert and brought canned peaches and cookies. Was that okay? Brian Blake assured me that it would be most welcome.

Even though I wasn't sure of what I was doing, I wanted to help. Feeding people was something I had a little experience doing. I still think of it as something I can do to bring a little comfort to people who are suffering through disruption and insecurity. It's a way of looking out for my neighbors. It's also a way to be a part of a joint effort. Each person who signs up does a small part and the end result is a satisfying meal for 60 people.

I try to look ahead to the designated day before I sign up. I check my calendar to see what else I have going on that day. If the day is relatively clear, I can sign up to cook and then I block out time on my calendar knowing that large quantities always take a little longer to prepare. If I'm already committed that day, I sign up for something that can be purchased or assembled and dropped off.

I hope everyone will volunteer to help with the Hope Haven meal at least once. If you haven't tried it yet, start with something a little easier – maybe dessert!

Maylan Dunn-Kenney

JOYS & SORROWS



Our thoughts are with the Miguel family, who lost their beloved niece Julie E. (Miguel) McDonough on January 23.



The Lovings family suffered the loss of beloved family friend Phyllis Henry, who became ill in December and passed away on January 17.

If you have a joy or sorrow to share, please contact the church office so we can include it in the Pathfinder.

Hope Haven Recipe Corner

The March 2022 Hope Haven meal will feature this recipe, made with either turkey, ham or chicken. One recipe makes two pans to serve 16. Simply cut the recipe in half to feed a family of 4 with some leftovers.

Makes 16 Servings

- 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**
- 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**



Instructions

1. Heat oven to 350°F.
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. Cover.
5. Bake 30 min. or until heated through, uncovering for the last 10 min.

It Starts with a Spark

By Rev. Lindasusan Ulrich

A quick flash that makes you doubt your senses—
But then a tiny ember glows on the braided twine
And brings a flame to life.

Soon you find a candle sitting on a table,
Desolate until its wick touches yours,
And suddenly the brightness doubles;
In an instant the warmth has grown.

This intensified glow draws others like a beacon:
Five, ten, fifty, hundreds maybe—
Not moths bent on self-destruction
But fellow travelers seeking the road ahead.

The people begin to move forward.
No matter how far the line stretches,
No one is left to fend for themselves.
Everyone makes progress or no one does.

In the distance, bands of other beacons now beckon,

Proof of other sparks that became blazes.
The air crackles with anticipation
As everyone approaches the center.

There, the scales are balanced.
There, the broken are healed.
Now, you know what it means to be love.
Now, you know how to illuminate the sky.

from UUA.org

