



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 56, Issue 2

158 N. Fourth St.

DeKalb, IL 60115

March 2015

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 **March 15, 2015**. 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.

March Theme: Resilience

We survive our pain by knowing it is shared. We continue to walk through the dark only when we sense we are not alone. Internal grit only gets us so far; empathy, assurance and love from others gets us the rest of the way. Resilience has everything to do with the water within which we swim and the web of connections that surround us. Our covenantal theology asserts that we belong to each other. Let's also remember that our resilience also belongs to and depends on each other.

March 1

Choir
Worship Leader: Bill Lamb
Assistant: Ed Miguel

Sermon: Resilience as a UU: How Strong Is Your Commitment?

March 8

Choir
Worship Leader: Rev. Linda Slabon
Assistant: Dave Becker
Sermon: Where I'm From

March 15

No Choir
Worship Leader: Guest Preacher Rev. Sean Dennison with Frank O'Barski
Assistant: Sue Willis

Sermon: The Integrity of the In-Between
**Rev. Sean Parker Dennison of Tree of Life Unitarian Universalist Congregation in McHenry will share a little of his own story and spiritual journey as a transgender man. Together, we'll reflect on the "in-between" and explore the beauty of all that is too big, too messy or too complex to fit into the little boxes our culture uses to try to define us.

March 22

Choir
Worship Leader: Rev. Linda
Assistant: Frank O'Barski
Sermon: Becoming a Resilience Warrior

March 29

Choir
Worship Leader: Guest Preacher Rev. Rachel Lonberg
Assistant: Maylan Dunn-Kenney
Sermon: Why Me?
**Rev. Rachel Lonberg serves our faith as interim minister at Greater Nashville Unitarian Universalist Congregation, in Nashville, TN.

CONTACTS:

MINISTER: Rev. Linda Slabon
OFFICE MANAGER: Beth Schewe
MUSIC DIRECTOR: Toni Tollerud
PRESIDENT: Tom Stamatakos
RELIGIOUS EDUCATION CHAIR: Gladys Sanchez

TREASURER: Beau Anderson

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Office Manager Office Hours: Tues. 12 p.m. – 4 p.m., Wed. 9 a.m. – 4 p.m., and Fri. 11 a.m. – 3 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 815/501-4788, the Board President Tom Stamatakos or the Past President Sue Willis.

Minister's Musings

A quote from **Barbara Brown Taylor, Episcopal priest retired** from the church and an author of twelve books: “*I keep a small wooden box full of index cards on the table next to my writing chair. On each card I have recorded some startling fact or pungent quotation that I mean to do more with some day. One reminds me that people who live on ventilators rank their happiness at 5.1 on a scale of 7 while people who breathe on their own score only four-tenths of a point higher for an average of 5.5. ‘Happiness is reality divided by expectations,’ says Dr. John Bach, respiratory expert at the University Hospital in Newark, New Jersey.”*

Two other quotes from Taylor’s box caught my interest: “*God is not found in the soul by adding anything, but by subtracting.*” **Meister Eckhart, Christian mystic.** And, “*The world for which you have been so carefully prepared is being taken away from you, by the grace of God.*” **Walter Brueggemann, Hebrew Bible scholar**

It is that time in February when most of us are tired of winter. It’s really cold. I talk with people who are frightened by Isis killings, who are exhausted by the endlessness of human need, and with those who are frustrated by their own inability to follow-through, even for their own well-being. I talk with people who have lost a friend to death, who have a family member in prison, or who continue to fight a debilitating illness. I talk with people who work diligently for anti-oppression and anti-racism, who stand on the side of love again and again, and those who love the earth and work to cherish it by growing healthy food and addressing global warming. I know many who are working to prevent domestic violence,

rape, and sexual assault. And I am bombarded by mailings and phone calls from good causes. Some literally want my blood, some want my time, and all need money.

Like you I constantly make choices. Where and when will my time, resources, energy, money, and even blood, go? Even good stressors wear us down: a new baby, family members who move nearby, acceptance into a training program, friends who good-naturedly grouse that we haven’t seen them for a long time, or starting a new job. Perhaps living well is the art of living hard. “Sucking the marrow,” right? I don’t know about you, but I want to create memories, leave a legacy of love for community, and use up the gift of this body. This brings another quotation to mind: “*I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day.*” **E.B. White, author**

Planning not only my day, but my life, requires a balance between the work I do and the need to feed my soul. I visit this theme over and over again. Sometimes I feed my soul by adjusting my expectations. How shall I define happiness now, at this stage of my life? Young or old, I surely won’t meet everyone’s needs. I will disappoint, especially, myself. So I learn to forgive myself and remind myself that humanness requires forgiveness. It is a process of examination of my actions, my perceptions, and how situations are interpreted. That is followed by acknowledging to myself and others how I am both vulnerable and flawed. I will most certainly cause hurt during the course of my life. Next I assess my genuine ability and efforts for change. What is it that I am really committed to do? And finally, I relinquish the outcome and seek peace

(very difficult because I want it all to go my way!). For me peace comes in knowing I did what I could for my integrity and for my relationships. Peace does not mean that all things go back to the way they were before.

Sometimes I feed my soul by subtracting from the too many commitments I have made. I slow down the pace of what needs to be done. Something expected this week will have to go into next week, or I may push a project out by months, or even, (oh my!) let go of a cherished plan, so that I can make room to listen to my own heart.

Sometimes I feed my soul when I am reminded that my preparations to act in this world are a mere blink in the eye of time; that it is a Grace – far larger than my consciousness - that crafts the future. My spiritual practice and theology remain meaning-making, feminist, and co-creator based, so I hold that I do play a part, but my part changes even as I, and the world, change. In **The Thousand and One Nights**, the King says, “*God bless thee, Scheherazade, for your stories have been the means of my repentance from slaying the daughters of the people.*” And, in the book **Reading Lolita in Tehran** we read, “*Scheherazade breaks the cycle of violence by choosing to embrace different terms of engagement. She fashions her universe not through physical force, as does the king, but through imagination and reflection*” (19).

Stories, imagination, reflection...I feed my soul with these as well. I find these in people, worship, meditation, and the arts. I find God there too.
In CommUNITY,



UUFD Staff News

- Beth’s office hours are Tues. 12 p.m. – 4 p.m., Wed. 9 a.m. – 4 p.m., and Fri. 11 a.m. – 3 p.m.
- Rev. Linda’s hours are by appointment. Please call 815/501-4788.



Mark Your Calendar For These UUFD Events



March

1	Leadership Council Meeting	Noon to 2 p.m.
3	Mind's Eye Theater Group (Tuesdays)	7 to 11 p.m.
4	UUFD Board Meeting	7:30 p.m.
6	Peaceful meditation (Friday mornings)	11 a.m.
6	Restorative meditation (Friday evenings)	5:15 p.m.
8	Western Crescent Choir Festival, Rockford	4 p.m.
8	Ordinary Folk Musical Gathering	2 to 3:30 p.m.
17	Hope Haven Meal	6:30 p.m.
21	Winter Farmers' Market with Seed Exchange	9 a.m. to 3 p.m.
22	Spirit Journey Deepening Group	12:30 to 2 p.m.
22	Ordinary Folk Musical Gathering	2 to 3:30 p.m.



A quick word about CUUPS for those unfamiliar with the term. Am I talking about Rev. Linda stocking coffee mugs with the UU logo? No, I am referring to the COVENANT OF UNITARIAN UNIVERSALIST PAGANS, an organization within the UU Church dedicated to networking Pagan-identified UUs, furthering people's education about Paganism and promoting interfaith dialogue. This year, the National UU Church has voted to do a revisioning of CUUPS to identify the common principles, values and shared sense of identity among Pagan-friendly UUs and UU-friendly Pagans.

Following the National UU lead, I would like to bring together DeKalb UUs interested in furthering our Religious Education in Paganism, or more specifically, WICCA. Anyone interested in coming together to study the history and practice of WICCA may contact me at JKLAZRA@YAHOO.COM or 813-295-5101 or talk to me after church on Sundays.

Blessed Be!
Jack Lazzara

JOYS & CONCERNS



We extend sympathy to Ed Wilcox, whose stepfather died this past month, as well as to Ed's mother and other family members. We at UUFD offer our sincere condolences.



Our thoughts and prayers are with Judy and Blythe Stason. Blythe has been in the hospital since February 3, but he is doing better. On Friday, February 13, he had a very encouraging day and is looking healthier and eating better.



We are pleased that, as of late February, Frank O'Barski is healthy to socialize again. We wish you a healthy spring with no more "house arrest," Frank!

ATTENTION SINGERS AND MUSIC LOVERS!!!!!!

Save the date....for the **2015 Annual Western Crescent Choir Festival**

Sunday, March 8, 2015

at the Unitarian Universalist Church, Rockford, IL

starting at 4 p.m.

Come support our fabulous UUFD choir and enjoy hearing several choirs from the Western Crescent sing as well as a mass choir of over 80 voices. Car pooling will be available from our church around 2:30. Light refreshments will follow the concert. Question? Ask Toni or Bonnie!

Book Study Deepening Group Wednesday evenings – 7 sessions April 1 to May 13, 2015 6:00 – 7:30 p.m. at UUFD

Privilege, Power & Difference by Allan G. Johnson (McGraw Hill, 2006).

Johnson invites us to examine systems of privilege and difference in our society through an engaging, conversational style of writing. We will think critically about inequality and oppression without getting mired in guilt or despair.

Facilitators: Rev. Linda & Maylan Dunn Kenney

Registration: **No fee, but you must register.** Limited to eight participants, this Deepening Group will be offered more than once at UUFD. To attend you must register with our Office Manager, Beth Schewe at 815-756-7089 or office@uufdekalb.org.

New and used books can be purchased on-line through Amazon. On a needs request basis, two copies will be available to borrow. These can be checked-out from the church office.

Session Outline:

April 1 – Introduction

April 8 – Rodney King's Question & The Flip Side – chpts. 1+2

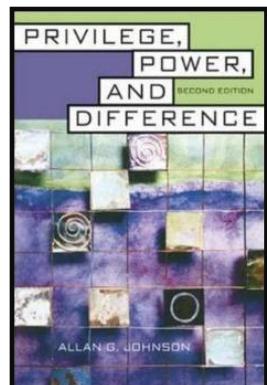
April 15 – The Matrix & the Wounding – chpts. 3+4

April 22 – Trouble & the Myth of Fault– chpts. 5+6

April 29 – How It Works, the Isms – chpt. 7

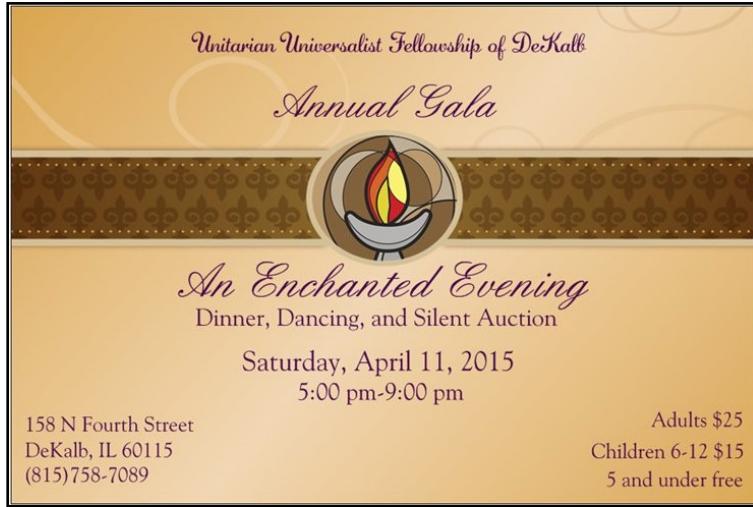
May 6 – Getting Off the Hook – chpt. 8

May 13 – What Can We Do? – chpt. 9



UUFD Gala Coming Soon!

Mark your calendars for the UUFD Gala on Saturday, April 11. Be sure to start thinking about whether you'd like to donate a basket or special item for the silent auction. And if you have a gift for baking special treats or would like to nominate an excellent baker in the congregation for our dessert auction, contact dessert auction coordinator Diane Johns Meyer at 815-758-6259 or ladybug-dgj@aol.com. Last year, guests bid a record \$165 for Julie Lamb's famous cheesecake and Sharon Blake's almond cookies sold for \$140. Wouldn't you like to taste those goodies??!



Gala Schedule of Events:

5:00 Silent Auction begins, Cocktails, Hors D'oeuvres

5:45 Dinner followed by Dessert Auction

7:00 Music and Dancing

8:45 Silent Auction Closes

*****Childcare and activities for children will be provided.**

*****Food will include meat, vegetarian, and vegan choices.**

Help Grow Our 2015 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! 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; Spring Cleaning Package with labor provided; Night out for 2 w/ dinner & theatre tickets; Homemade Jams; Children's book baskets; Handyman labor; One week at a condo on Hilton Head Island; Chicago Cubs Baseball Basket; A Season of Garden Support; Catered Meal for Six; Quilts...etc.

To contribute to the 2015 Silent Auction, please...

Submit this form to the UUFD church office ASAP. **Deadline: Friday, March 27.**
office@uufdekalb.org 815-756-7089

All submissions 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 Noon on Friday, April 10, or contact Jeff Kowalski
jeffkarlkowalski@gmail.com, 815-762-7539) 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:

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 describe their contribution to UUFD in 1 to 2 paragraphs (send to office@uufdekalb.org). Deadline for emails is Tuesday, March 31. From these submissions, a single honoree will be selected by the Congregational Support and Development Committee and Rev. Linda. We will recognize this person at the 2015 Gala in April. In 2013 honorees were Lon and Kathy Clark, Wayne Albrecht, Bonnie Anderson and Melissa Blake; in 2014 honorees were Will Ireland, Carey Boehmer, and Estelle Von Zellen.



News From Congregational Support and Development!!!!

Hi, from your CS&D team! We are having a good year so far on our team. We would like to take this opportunity to thank all the people who have volunteered so far in 2015 for our activities....thanks go to everyone who has made home visits recently (Kathy Clark, Maylan Dunn-Kenney, Cat N., Sharon Blake, Bonnie Anderson and Linda Slabon are just a few who come to mind...).

And, we all should give a huge thank you to the people who contribute to our Sunday morning ministries through greeting and coffee hour....January and February volunteers were...Wayne and Betty, Virginia W/G, Sharon B., Julia F., Kevin V., Beau A., Kathleen T., Clark N., Howard S., Mary and Jeff K., Kathy and Lon C., Chris M., Annemarie C., and Terri M/L. Hope I didn't miss anyone on this list, but if I missed you, let me know, so I can give you a shout out next month! Don't see your name on this list? Look for our handy sign up sheet on the table in the Fellowship Hall and do your part!!! Also, when you see the above people around church or around town, give them a shout-out for their contributions to making Sunday mornings more fun and welcoming for us all! A special shout-out to Beau Anderson, coffee maker extraordinaire!! We owe our early morning coffee enjoyment to him every week!

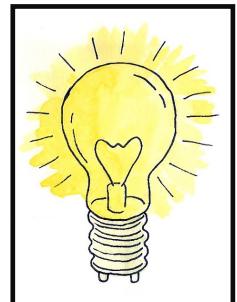
Great news!! We're getting new business cards very soon, so be on the lookout for them so that you can contact us at a moment's notice!!!!

Until next month, be well, but if you're not, call us!!!

Sharon Blake, Bonnie Anderson, Terri Mann-Lamb and Annemarie Clifford



Got something on your mind? We'd love to hear it! Email mel-low1422@aol.com today and stay tuned to next month's Pathfinder for more exciting UUFD announcements and events!





Yoga at the Unitarian Universalist Fellowship of DeKalb

Back to Bliss: Yoga in the Svaroopa style with Ed Miguel

Svaroopa Yoga is a slow moving and very supported form of Hatha Yoga. It is very relaxing, healing and especially good for your back. Svaroopa means the ‘bliss of your being’. It begins with a guided visualization while laying on the floor followed by a special breathing exercise. From there we work from the tailbone with the first pose. Successive poses work up the spine. If there is one pose that you cannot do, there are always substitutes which accomplish the same thing. You are always comfortable, that is where the support from blankets and blocks come in. It ends with a guided visualization, a yoga ‘seal’, to save the benefits and carry them with you into the world, and a short chant.



Sundays

5:30 – 6:30 p.m. (arrive by 5:15)

March 22, 29, April 12, 19, 26

Bring a thick blanket and pad to lie on the floor and yoga blocks if you have them. More blankets and props will be provided.

Call or email Ed Miguel for registration or questions. Edwmiguel1@comcast.net or 815-501-4207.

Vinyasa Yoga with Audrey Wilson, Certified Yoga Instructor

I took my first yoga class on a whim as a burned out college athlete. However, once I began, I knew that I had found something that would change my life forever. I believe that yoga is an amazing way to reconnect body, mind, and soul. It has allowed me to rediscover the peace and beauty in life, while still challenging personal growth. My goal as an instructor is to provide a safe and loving environment for people to find what they need through their practice.



The style of yoga I teach is called Vinyasa Yoga. It uses breathing cues to link movements together. It is wonderful for strength, flexibility, mindfulness, lowering stress, and body awareness. Vinyasa Yoga meets you where you are emotionally and physically so all levels are welcome! I cannot wait to meet you all! **Contact Audrey at audreyfrances@live.com**.

Mondays

5 – 6 p.m.

March 16, 23, 30, April 6, 13

Links: <http://www.livestrong.com/article/332693-what-are-the-benefits-of-yoga/> <http://www.yogajournal.com/article/beginners/yoga-questions-answered/vinyasa-yoga/>

Location:	Unitarian Universalist Fellowship of DeKalb 158 N. Fourth St., DeKalb, IL 60115 uufdekalb.org Phone: 815-756-7089
Cost:	\$50 for a 5-week session, or drop-in \$12 per session Scholarships available for UUFD church members for up to half the cost of the first session. Contact Rev. Linda to request scholarship info.

Caring for Incarcerated People and Their Families

We're #1, and it's nothing to be proud of! The United States currently holds the highest incarceration rate per capita of all western nations. More than any other nation, we imprison with the intent to punish. And punish is exactly what we do! We remove support. We restrict contact. We sentence families to live on welfare and children to harsh and limited contact with their parents. Incarceration reaches beyond the prisoner and abuses the innocent for the sake of making the prisoner hurt more and more. According to California Prison Focus, "no other society in human history has imprisoned so many of its own citizens."

We can hold our heads in shame, but our doing so makes the lives of those incarcerated and their families no better. We can, however, learn what we can do from those who want to share their long-term involvement at the "Caring for Incarcerated People and their Families" panel discussion **Tuesday, March 24 at 7:15 p.m. in the Capitol Room of the Holmes Student Center on the NIU campus.**



The Unitarian Universalist Fellowship of DeKalb
158 North Fourth St.
DeKalb, IL 60115