



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 55, Issue 8

158 N. Fourth St.

DeKalb, IL 60115

October 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.

(UUFDeKalb mission statement adopted May 17, 2009)

DEADLINE

The deadline for the November edition of the Pathfinder is **October 19, 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.

October Theme:

Worship theme for October: What does it mean to be a people of RENEWAL? "To be a people of renewal is to ask not simply, "How do I refresh?" but also "How do I return?" The challenge in life is not just about moving forward, but moving forward without losing touch with all we hold dear. So hold on friends. And help each other to do the same. Take the time this month to look back and reconnect, because, yes, sometimes the new does require a return."

October 5

Choir
Worship Leader: Rev. Linda Slabon
Assistant: Irene Faivre
Sermon: Return, Repent, Renew

October 12

No Choir (Musician – Bonnie Anderson)
Worship Leader: Frank O'Barski
Assistant: Dave Becker
Sermon: Renewal and Change: Holding on and Letting Go

October 19

Choir
Worship Leader: Rev. Linda
Assistant: Frank O'Barski
Sermon: Living the Full Catastrophe

October 26

Choir
Worship Leader: Bill Lamb
Assistant: Ed Miguel
Sermon: "Renew the Journey or a Journey of Renewal?" Taking stock of our current spiritual journey

November 2

Choir
Worship Leader: Rev. Linda
Assistant: Sue Willis
Sermon: That Ol' Time Religion

CONTACTS:

MINISTER: Rev. Linda Slabon
OFFICE MANAGER: Bonnie Freeman
MUSIC DIRECTOR: Toni Tollerud
PRESIDENT: Tom Stamatikos
RELIGIOUS EDUCATION CHAIR: Gladys Sanchez
TREASURER: Beau Anderson

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 Tom Stamatikos or the Past President Sue Willis.

Minister's Musings

I am pleased to tell you that over twenty-five people - leaders, staff members, and parents - attended the *Sexuality Education and the Healthy Church* training held on Friday, September 19 at UUFD. Participants began by taking a Congregational Assessment on Safe Congregations and saw the video *Safety Tips On a Sensitive Subject*. We learned that most UU congregations are inadequate in their knowledge, policies, implementation, and response to sexual abuse and harassment. In fact, 55% of congregations **with** policies do not post them on bulletin boards, websites, newsletters, or in membership materials (2010 study of the UUA). And UUFD is no exception.

Since 2010 the UUA has made significant advances in addressing these concerns and our September training was a significant first step for UUFD. Your DRE, Gladys Sanchez, and I worked to provide handouts and resources that will be posted on the UUFD website and made available in the Fellowship Hall by the end of October. **Resources available will include:**

1. Fact Sheet with information on battery, sexual harassment, sex discrimination, statutory rape,

how to report child or vulnerable adult abuse and neglect, mandatory reporters, and factors to consider prior to reporting.

2. Sexuality Issues and Resources List.

3. The Five Circles of Sexuality.

4. UUFD's Protective Policy (name change pending - to Safe Congregation Policy).

5. UUFD's Code of Ethics for UUFD Staff & Volunteers who work with Children and Youth

Copied here are three excerpts from the UUFD Code of Ethics:

Sexuality is a healthy and important part of our lives.

All members of our congregational community must respect each other's physical boundaries. Inappropriate behavior such as sexual harassment or any violence or assault is not permitted.

Adults, staff and volunteers at UUFD, are in a position of stewardship and play a key role in fostering the spiritual development of both individuals and the community. It is, therefore especially important that adults be attentive to the special nurture, care, and support that will enable our youth and chil-

dren to develop a positive sense of self and responsibility. The relationships we foster must be those of mutual respect to support the development of healthy identity as a sexual being.

As I work to foster healthy relationships in my congregational community:

1. *I will act only in those ways which affirm the inherent worth and dignity of, promote justice, equity and compassion between, and encourage the spiritual growth of individuals with whom I have an interpersonal relationship.*

2. *I acknowledge that spirituality and sexuality are each a piece of each other. As a leader in a spiritual community, I shall honor any commitments I have made to myself and others. I will not engage in behavior that is damaging to any of my relationships or the relationships of others.*

Outcomes from our training heightened our awareness of actions we need to take. Together we acknowledged the following commitments as necessary for all of us to support UUFD as a safe and healthy congregation:

1. UUFD will clearly post our **Protective Policy (Safe Congregation Policy)**, **Fact Sheet**, and **Code of Ethics for UUFD staff and volunteers who work with children and youth** on our website

and make copies available in the Fellowship Hall.

2. UUFD will work to expand the section on "Proactive Measures" in our Policy.

3. UUFD will commit to a practice that all staff and volunteers who work with children and youth must sign the **Code of Ethics**.

4. UUFD leadership will hold and promote mandatory attendance to attend a *Sexuality Education and Healthy Church* training on an annual basis. We affirm that there is more for us to learn, discuss, and understand in the complex realm of human relationships and sexuality.

I close with a prayer taken from the UU curriculum: **Our Whole Lives: Sexuality and Our Faith**. O God, protect me in my process of discovering what is right for me, while I also respect the truth of what is right for others.

In the Spirit of Life and Community,

Rev. Linda

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 by appointment. Please call 815/501-4788.
- Rev. Linda will be at the district minister's retreat October 7-9.
- The Ministry Council and Rev. Linda are interviewing applicants for Office Manager and Child Care workers. We hope you will welcome new UUFD staff members soon.
- Office Manager, Bonnie Freeman, will be training our new office manager during the month of October. Please stop by to say "hello" and "goodbye."



Mark Your Calendar For These UUFD Events



October

1	Board Meeting	7:30 to 9 p.m.
2	Mindfulness Meditation (every Thursday @ Estelle's)	10:30 a.m.
3	Peaceful Meditation (every Friday)	11 a.m.
3	Restorative Meditation (every Friday)	5:15 p.m.
8	Stitch & Witch	7:30 to 9 p.m.
9	Teach Girls Global	5 to 6:15 p.m.
12	UUFD Ministry Fair	11:30 a.m. to 12:30 p.m.
14	Welcome Café & Community Kitchen meeting	6:30 to 8:30 p.m.
19	Spirit Journey Group	12:30 to 2 p.m.
19	CROP Walk.	2 p.m.
20	Spirit Journey Group (Genoa) (Location: Olson Funeral Home, 202 E. Main Street. In Genoa)	6 p.m.
25	Welcome Café and Community Kitchen Brunch	10 a.m. to Noon
26	GrownUps Table	3 to 5 p.m.
28	PFLAG	7 to 8:30 p.m.

Come Celebrate UUFD's Office Manager

Our faithful, dedicated office manager, Bonnie Freeman, is retiring in mid-October. To thank her, we are taking her to lunch at Fanatico's on Sunday, October 5. All are welcome to be there as well. Fanatico's is wonderful food at a decent price! Mark your calendars. Lunch will be from 12 – 2:30. If you need directions on how to get to the restaurant, ask Sharon Blake, Terri Mann-Lamb or Bonnie Anderson.

If you would like to contribute to a gift for Bonnie, cash or a check can be given to Sharon or Bonnie Anderson today or next Sunday in the Fellowship Hall. We will also have a card for you to sign next week. This is a good time to thank Bonnie Freeman for her loving regard for this congregation and her dedication to all the necessary details of running this church.

Should you not be able to join the group for lunch, be sure to stop in on a Tuesday or Friday to say hi & bye to Bonnie. She's a gem.



You are invited to join a *Spirit Journey Group* (based on the *Soul Matters* UU congregational themes)

Spirit Journey Groups are groups of 8-12 people who gather once each month, from September through May (or June, if they choose), for about 90 minutes each time. The groups engage with the theme for each month, sharing the work and thinking they've been doing on the theme over the first three weeks of the month, learning, supporting and connecting with each other, and growing in faith and community. The sessions are led by a trained facilitator. Spirit Journey Groups are the best way to engage the conversation we are having as a group of congregations and to meet other Unitarian Universalists.

DeKalb Spirit Journey Group (a.k.a., Soul Matters Deepening Group) 12:30–2:00 p.m.

Meets on 3rd Sunday (usually) 12:30-2:00 p.m. on, 10-19, 11-23 (4th Sunday), and 12-21

Location: UU Fellowship, 158 North 4th St., DeKalb

Facilitator: Rev. Linda Slabon

To sign up for the UUFD Group: email office@uufdekalb.org or call 815-756-7089 or contact Rev. Linda

Genoa Spirit Journey Group

Meets on the 3rd Monday at 6:00 pm.

Location: Olson Funeral Home, 202 E. Main Street.

Facilitators: Misha Lentz (Rockford) and Donna Veeneman (DeKalb).

To sign up for the Genoa Group: email office@uurockford.org or call 815-398-6322.

JOYS & CONCERNS



Richard Brandon, husband to Maryann and father to Forrest, recently had brain surgery and is in recovery. Please hold Forrest and his family in your hearts and prayers.



UUFD sends support and healing energy to Elisa Woodruff as she seeks medical support for extreme headaches and stress.



Thank you to UUFD staff, leadership and parents who attended the Healthy Church and Healthy Sexuality training on September 19. Documents from the training will be posted on the UUFD Web site after October 7. Help keep UUFD a safe and loving community.



RESTORATIVE MEDITATION

With Linda Slabon, L.C.S.W., M.Div., M.A.

2014 5:15 – 6:15 p.m. Fall Fridays

September 26 and October 3, 10, 17, & 24

Welcome, Check-in, Opening Exercise
Meditation Practice
Reading and Discussion

Location: Unitarian Universalist Fellowship of DeKalb (Library)
158 North 4th Street, DeKalb, IL 60115

Participation: Is open to all. All are welcome.

Cost: Free – Donations to UUFD support our programs

We meditate to find, to recover, and to come back to something of ourselves — Lawrence LeShan, psychologist.

Mindfulness is the miracle by which we master and restore ourselves...it is the miracle which can call back in a flash our dispersed mind and restore it to wholeness so that we can live each minute of life — Thich Nhat Hanh, Zen master and peace activist.

Meditation invites me to clear my mind of the usual clutter and pressures that bang around for my attention. When I am not practicing, anxiety rises. When I am practicing, I live more compassionately and well. What changes, is me. I gain power, perspective, and peace — Linda Slabon, meditation student.

Join The Team For This Year's CROP Walk

Does the news ever get you down? Do you feel helpless to change anything?

Maybe alone you can't do a lot, but as part of a worldwide team to alleviate hunger and provide refuge for people fleeing violence, you can make a tremendous difference. Church World Service links with networks like the Unitarian Universalist Service Committee in order to partner with grassroots efforts around the world and close to home addressing both urgent and long-term hunger issues.

The money you raise as part of the CROP Walk in DeKalb will help fund water projects in Africa, urban agriculture in Haiti, relief for families fleeing wars in the Middle East and Meals on Wheels in our own county.

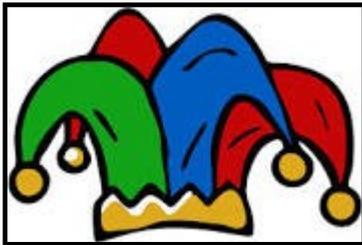
Here's how you can get involved. We've started an online team for UUFD called the Freedom Walkers. You can join the team by going to the link below and clicking on the button that says "Join the Team" and then following the instructions for registration. http://hunger.cwsglobal.org/site/TR/2014FallCROPHungerWalk/TR-Fall2014?team_id=109229&pg=team&fr_id=19693

Then you will be able to set up your own page, send out emails to solicit donations and more. Or, you can do it the old-fashioned way and get a collection envelope from me on Sunday. Or both!

You can also join the Walk on October 19 at 2 p.m. and have the wonderful experience of walking with hundreds of others who care about compassionate action.

Right now, the Freedom Walkers are in third place in terms of fundraising for our local walk. Let's aim for first!

Thanks,
Maylan Dunn-Kenney



Come Ye to the Fair!!!!!!!!!!

The Ministry Fair on Sunday, October 12 from 11:30 a.m. to 12:30 p.m.

Food: Eat popcorn and sweet treats. Bob for apples!

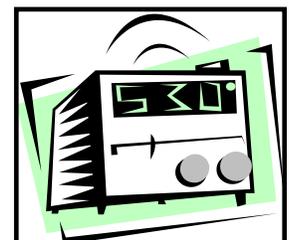
Meet famous UUFD leaders wearing hats and talk with them. Play games and learn about UUFD activities and social justice. Bring your creative ideas and wonderful self so we can get to know you better.

Special Collection For WNIU-WNIJ

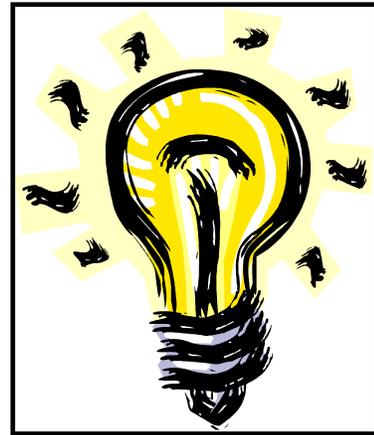
Frank O'Barski will be announcing the special collection for the radio spots at the service of November 2? Advance donations can be made any time!!!

Frank O'Barski
124 East Sunset Place
DeKalb, IL 60115

Home: 815-756-2704 Mobile: 815-508-8557



**What would YOU like to see in The
Pathfinder??? Send your thoughts and
ideas to mellow1422@aol.com!!!!**



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