



The Pathfinder



A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 54, Issue 8

158 N. Fourth St.

DeKalb, IL 60115

October 2013

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 November edition of the Pathfinder is **October 20, 2013**. Please note that this is the third Sunday of the month. Submissions are to be sent to the church office via email: uufdchurchoffice@aol.com 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.

September 29

Choir
Worship Leader: Rev. Linda Slabon
Assistant: Sue Willis
Sermon: Oh the Places You'll Go!

October Sunday Services Theme: ROAD TRIPS!

October 6

No choir
Worship Leader: Bill Lamb
Assistant: Frank O'Barski
Sermon: The Unexpected Side Trip

October 13

Choir
Worship Leader: Sue Willis
Assistant: Elisa Woodruff
Sermon: Forging New Roads

October 20

Choir
Worship Leader: Rev. Linda
Assistant: Long Range Planning Team
Sermon: Back to the Future

October 27

Choir
Worship Leader: Rev. Linda
Assistant: Donna Veeneman
Sermon: To Boldly Go Where We Haven't Gone Before

November 3

Choir
Worship Leader: Dave Becker
Assistant: Sue Willis
Sermon: An Intergenerational Service: "Day of the Dead"

Mark Your Calendars!!

Sunday, November 17
UUFD Congregational Meeting

CONTACTS:

MINISTER: Rev. Linda Slabon
OFFICE MANAGER: Bonnie Freeman
MUSIC DIRECTOR: Toni Tollerud
PRESIDENT: Sue Willis
TREASURER: Beau Anderson
RELIGIOUS EDUCATION CHAIR: Dave Becker

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: uufdchurchoffice@aol.com
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

At our Sunday service on September 15, twenty five members and friends submitted stories about themselves and about UUFD. Our yearly theme, *Me, Myself, and UU*, and the members of our Long Range Planning Team invite us to reflect on our identity and history so that we may better plan our future. At the historical storytelling experience on 9-15, six stories were shared out loud, but we all hungered to hear more. I promised that these stories will be shared in a number of ways. Here are two of them:

Thoughts on Storytelling – Like a person, a congregation has a personality with its own stories, memories, identifying characteristics, history and issues. And a congregation has a vocation, that is, its own communal hopes, dreams, goals, callings, expectations and aspirations. In your mind, examine the years of UUFD's existence: 1960 to 2013. Think too about who you were during these decades and why you are who you are. Now tell us a brief story about UUFD that has shaped you in some way.

A story from Rev. Linda Slabon:

What is the story? What happened and when? Give an approximate time or year.

In the early years of UUFD, the 1960s, Helen Merritt got the women together to make a tapestry.

She designed it and then asked them to bring old clothes and coats that they tore into strips of fabric. Then used the strips to weave a gorgeous piece of nature art made by many hands.

How did it (the story, people, experience, issue) affect you?

First, I love the beauty and spirit of the tapestry. Second, I was deeply affected by how an artist would work to bring others into her art project (our UU

democratic process) and make this art piece from used, sustainable materials before it was popular. Third, I learned later that if someone had woven poorly or put in the wrong color or made mistakes, Helen would go back in and quietly but decisively, re-do the work so that it was – to her professional artist's eye – an *excellent* work of spiritual art.

What might it mean for our whole community?

In Helen's art, a UU artist, I see three values that still permeate this place and are now, I think, in UUFD's DNA. I see it in how and why we selected THIS building as our church home. And, Helen called upon it again in the creation of the art tile wall in our sanctuary, which is so descriptive of who we are:

Be sustainable, frugal, and love things (and people) into a reusable and beautiful condition. Involve others as much as possible – have them contribute and let them know they matter. Do not shirk on the commitment to excellence. Fix it if someone else didn't get it quite right.

A story from Sue Willis, UUFD Board President:

What is the story? What happened and when? Give an approximate time or year.

On November 9 of 2012, Frank went into surgery for what turned out to be colon and small intestine cancer. He was in the hospital for 13 days after that, which included a second major abdominal surgery. Throughout it all we were surrounded by friends, mostly from UUFD. People walked our dog, fed our cats, did our dishes and laundry, and brought us meals. I cannot emphasize too strongly how much it meant to me not to be alone during that time.

How did it (the story, people, experience, issue) affect you?

I was overwhelmed with the love and caring we received, from so many people! It made me an even more active member of our community, and aware of many opportunities where I could pay forward the support we received.

What might it mean for our whole community?

We really are a community in every sense of the word. We are there for each other in times of joy and times of sorrow, when things are easy and when they are hard.

Our stories help us consider what comes next in our life together. Ponder again Gil Rendle and Nancy Ammerman's quotes: *Congregations need to understand that the freedom they seek in order to move with confidence into the future will come from the strength of their spirit, not structure, programs, attendance or financial giving, but the strength of their spirit* (G. Rendle); and *"Vision is a continuous conversation to define clearly the results a group of people want to create"* (N. Ammerman). With each story we hear, we are better prepared to answer these questions: "What is UUFD's strength of spirit?" and "What results do we want to create?"

In 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 Tuesday, Wednesday and Friday by appointment. Please call 815/501-4788.



Mark Your Calendar For These UUFD Events



September

28 Community Breakfast @ UUFD hosted by Welcome Cafe & Community Kitchen 10 a.m. to Noon

October

1 Evening Meditation (meets every Tuesday) 5:30 p.m.
 2 Board of Trustees in the Fellowship Hall 7:30 p.m.
 3 Mindfulness Meditation @ Estelle's (meets every Thursday) 10:30 a.m.
 4 Local Flavors Fundraiser at UUFD for DeKalb County Community Gardens & WCKK 6 to 8 p.m.
 4 Peaceful Meditation (meets every Friday) Noon
 6 Drum Circle 12:15 to 1:15 p.m.
 6 Yoga — class for experienced practitioners (meets every Sunday) 7 to 8:15 p.m.
 7 Safe Passage Vigil @ First Congregational Church 6 to 8 p.m.
 8 – 10 Rev. Linda will attend UU Minister's Conference in Racine, WI
 9 Divination and Creativity 7:30 to 9 p.m.
 12 Long Range Planning meeting @ Rev. Linda's 9 to 11 a.m.
 13 Long Range Planning Coffee Chat after the service
 13 UU YaYa 6 to 9 p.m.
 14 Safe Passage fundraiser @ Buffalo Wild Wings - % donated for purchases
 15 UUFD provides Hope Haven meal
 15 Long Range Planning meeting @ Rev. Linda's 7 p.m.
 16 Welcome Café meeting in the Fellowship Hall 7 p.m.
 16 Illinois Unites for Marriage in the Library 5:30 to 8:30 p.m.
 17 Teach Girls Global - evening
 20 Congregational "dot voting" to straw poll and establish preferences regarding goals.
 20 Crop Walk @ St Peter's Episcopal in Sycamore 2 p.m.
 22 Long Range Planning meeting @ Rev. Linda's 7 p.m.
 26 Welcome Café breakfast 10 a.m. to noon
 27 Welcome to a Free Faith Pathways Seminar 1 1:30 to 3:30 p.m.

Pathways Seminar Held at UUFD This Fall

Each session is a chance to meet other UUFD folks and build relationships. In addition, you will learn more about your own spiritual quest, explore Unitarian Universalist faith traditions and find out about our church home here in DeKalb. The class is free and open to all. Children are welcome to be present nearby while we adults are in class together, OR please contact the Church Office ahead of time and we will try to arrange childcare. Call UUFD at 815-756-7089 or Rev. Slabon at 815-501-4788.

The Welcome to a Free Faith Pathways Seminar will be held on:

Pathways I – Sunday afternoon, October 27 1:30-3:30 p.m.
 Pathways II – Sunday evening, November 3 6:00-8:00 p.m.
 Pathways III – Saturday evening, November 10 6:30-9:00 p.m. (Potluck)

Come deepen your spirit and travel the road for a time with the spiritual seekers at UUFD. Come explore your religious odyssey. Come meet others who are on their spiritual quest. Come learn about Unitarian Universalist history, identity, and aspirations. Contact Bonnie Freeman, our Office Manager, at uufdchurchoffice@aol.com or 815-756-7089 with any questions and to request childcare.



JOYS & CONCERNS



Congratulations to new mom, Xena Lovings, and new dad, Courtney Carter, on the birth of Cian Reese Carter, born about 1 a.m. on Monday, September 16. He is a big boy...8 lbs. 14 oz. and 21 inches. Grandmom Danica and Grandpa Tim are thrilled.



Mathew Verkler is happily settled and now living in Fuquay-Varina in North Carolina. He remembers the people of UUFD with deep affection and welcomes a "hello and how ya' doin'" email or phone call. His information is 919/539-1621 or Mathew.verkler4@gmail.com.



It is with great joy that we welcome Megan King to the UUFD child care staff. Megan began on September 29. Please stop by and introduce yourself and make Megan feel welcome.

Lon Clark's father, Harry, has been entered into hospice care. Let us surround Lon and Kathy with the love and prayers that they have given so freely to others.

Team Challenge Walk In Las Vegas In November

Did you miss the opportunity to donate to the Take Steps Walk for Crohn's and Colitis that Will and Ashe walked on June 22? Don't fret! There is another opportunity. Will will be walking 13.1 miles with Team Challenge in Las Vegas in November in honor of Ashe. All donations go to the Crohn's and Colitis Foundation of America to support research and patient support programs for Crohn's Disease and Ulcerative Colitis. Donations can be made online at: <http://www.active.com/donate/vegasIL13/wireland>. If you prefer to give an offline (check or cash) donation, you can see Will at any of the upcoming services.

Thanks for your support!



Three Meditation Groups Held For UUFD Members and Friends

Currently there are three opportunities for members and friends to practice meditation. Research has shown that meditation helps to reduce stress, focus the mind, and relax the body. **Mindfulness Meditation** meets on Thursdays at 10:30 a.m. at the home of Estelle Von Zellen. **Peaceful Meditation** meets on Fridays from 12 noon to 1:00 p.m. at the UUFD Library room. **Evening Meditation** meets on Tuesdays at 5:30 p.m. at UUFD and will resume on September 3 after a summer hiatus. If you have questions, contact the coordinators of the meditation groups: Estelle Von Zellen (815-756-2801) and Rev. Linda Slabon (815-501-4788).

Youth And Young Adult Group Build Community at UUFD

WHEN: Sunday, October 13 6:00 p.m.

UU YAYA meets to build community, have fun, lend support, learn and serve together and to give witness to our spirituality. Age range is 13 to 39. We follow a covenant that includes: **Practicing Step Up, Step Back**. Meaning that we will share honestly and compassionately when someone needs to pull back, and we will invite someone to speak up or step in. **Limited confidentiality**. Be responsible for your own level of sharing and remember that you can ask that something be held in confidence. **Steering clear of trash talk**, and **Practicing Ouch!!- Oops**. Sometimes someone says or does something that hurts -- Usually not on purpose. Don't ignore it. Acknowledge it and work together to understand it.

Walk With Friends and Make a Difference In Someone's Life!

WHEN: 2 p.m. on October 20 @ St Peter's Episcopal in Sycamore

Join CROP Hunger Walk! You can get a collection envelope from Maylan Dunn-Kenney during coffee hour on Sunday. Or email her at maylan.dk@hotmail.com to make arrangements for a delivery.

You can sign up as a family or as an individual. Just write the number of walkers on your collection envelope. If you want to use electronic tools for fundraising, sign up on the Web as well. This year, you can sign into your participant page through Facebook and use the Facebook networking tools to publicize your participation and get donations. To sign up, go to http://hunger.cwsglobal.org/site/TR/CropWalks/General?sid=1701&type=fr_informational&pg=informational&fr_id=17666

Select "join a team," and join the Unitarian Universalist Freedom Walkers. Even \$20 can make a difference...several meals for an elderly or disabled person in DeKalb County, a year's worth of life-saving vitamin supplements for two toddlers or clean water for a displaced family in a natural disaster. Imagine what \$100 can do!

Final Local Flavors Harvest Dinner of 2013

DeKalb County Community Gardens is partnering with the Welcome Café & Community Kitchen for the final "Local Flavors Harvest Dinner" of the 2013 growing season. The harvest celebration meal will be held Friday October 4th 6pm to 8pm at the Unitarian Universalist of DeKalb, located at 158 North 4th Street in DeKalb. Tickets should be purchased in advance and they are \$25 each, children 12 and under are free.

The previous dinners have been very well attended and sell out, those interested in attending are encouraged to call or email early to make their reservations. Terri Mann-Lamb, owner of Sunn Flower Gourmet & Catering, will be a chef along with Monika Merryman of Sycamore, for the meal. They will be making various dishes for stations that will feature locally raised vegetables from Montolbano Farms of Sandwich, DeKalb County Community Gardens, and poultry / meat from Hassellmann Family Farms of Marengo. The evening will provide many choices, including delicious options pleasing to the vegetarian as well. There will also be music provided throughout the evening by Gretchen Sigwart with her harp, Bonnie Anderson playing piano, local musicians and folk singers Heath Johnson and Jessie Brown, in addition a new musician to the area, singer Jenny Lupa will all be performing.

Another unique part of this event will be a special focus on the local wineries of DeKalb County. There will be a wine tasting of various wines from Prairie State Winery of Genoa and Sycamore, and also bottles of wine will be raffled off from the Waterman Winery. Prairie State will have many wines available for tasting.

The proceeds from the event will be split between DeKalb County Community Gardens and Welcome Café & Community Kitchen. Welcome Café & Community Kitchen is a new local non-profit established to decrease the food gap in DeKalb County by providing a welcoming environment to enjoy a healthy meal, and establishing an incubator kitchen for small locally owned businesses that promote sustainable practices. The Welcome Café also provides education, job training, and assistance with finding occupation. The group has been offering periodic Saturday morning brunches at the Unitarian Universalist in DeKalb. The next Welcome Café brunch will be held Saturday September 28th 10am to 12pm at the Unitarian Universalist 158 North 4th Street.

DCCG and the Illinois Stewardship alliance are working together to promote local eating in northern Illinois. The goal of "local flavors dinners" is to raise awareness about the healthy food choices that can be found close to home. Local Flavors dinners connect local growers with local chefs. It is a farm to table event that highlights locally raised food and also spotlights local chefs. DCCG's first local flavors dinner drew nearly 100 to Feed'em Soup in July, a capacity crowd enjoyed the Tapa La Luna event on the 22nd of September. DeKalb County Community Gardens is in their second year. Thus far, they have raised over 5 tons of food donated to local food pantries, Voluntary Action Center, DeKalb County Health Department, community meal sites, senior citizen centers, and senior citizen living facilities. DCCG has installed and helps coordinate over 40 garden sites, including elementary schools in DeKalb and Sycamore, gardens are located at Conexion Comunidad, Golden Years Plaza, in vacant lots owned by Ideal Industries, Dolce Vita Salon and Spa, Kish Health Systems, City of DeKalb, City of Genoa, and the Town of Cortland. DCCG manages nearly 10 acres of growing space. With the help and support of over 300 volunteers throughout the season, and support of over 60 partnerships and sponsors.

"The Local Flavors Dinners have become a great community event. Great food, conversation and music make for a very enjoyable evening for all," said Dan Kenney, director of DeKalb County Community Gardens. For more information, or to reserve your spot call Dan Kenney, at 815-793-0950 or send him an email at dkenney53@hotmail.com.

Mark Your Calendars With These Very Important Dates

- *Sunday, October 13 - Long Range Planning Coffee Chat after the service
- *Sunday, October 20 - Congregational "dot voting" to straw poll and establish preferences regarding goals.
- *Saturday, November 2 - Time Change: Fall back one hour at midnight for Sunday, Nov. 3
- *Sunday, November 3 - Long Range Planning Coffee Chat after the service
- *Sunday, November 10 - Leadership Council Ministry Fair
- *Sunday, November 17 - UUFD Congregational Meeting
- *Last Sunday of the month - Grown-ups' Table (3 to 5 p.m.) and Game Night (third Friday, 7 to 9 p.m., both in the Fellowship Hall. See Jenny Stamatakos for more information



UUFD Special Collection

Thank you to our members and friends for the \$454.25 offering donation to support the Unitarian Universalist congregation in Boulder, Colorado, as they restore and revive their ministries and building following the devastating flood waters.

Contemplative Outreach Chicago Offers Workshop In DeKalb

Contemplative Outreach Chicago is offering "An Introduction to Centering Prayer" on Saturday, October 5 from 9:30 a.m. to 3 p.m. at First Congregational United Church of Christ in DeKalb. This is a wonderful opportunity to learn about silent, contemplative prayer and to share this prayer in an ecumenical setting. The Introduction includes six follow-up sessions, tentatively scheduled for Wednesdays at 5 p.m. For more information or to register, contact Molly Lovelock, lovelock3@gmail.com or 815-520-0811.



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