The Pathfinder

A Publication of the Unitarian Universalist Fellowship of DeKalb

Volume 61, Issue 2

158 N. Fourth St. DeKalb, IL 60115 April-May 2020

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 June-July edition of the Pathfinder is May 17. 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

For the duration of the COVID-19 crisis, UUFD is holding online worship services at our usual time – Sundays at 10 a.m. We use Zoom, which is easily installed on a computer, tablet, or smartphone. Please see the letter from Rev. Allen later in this newsletter for more details, and feel free to reach out to Danica Lovings or the church office with questions. Find the Zoom link for each Sunday on our website or Facebook page.

Sunday Services:

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

April Theme: The Divine/God

“God is... / A three letter word, / Partner in profanity, / Companion of the sublime, / The deepest down / darkness in me, / The rainbow... / The mystery beyond all knowing... / The question as inescapable / as it is unanswerable, / ...God is the theist’s joy, / The atheist’s foil, / The agnostic’s doubt. / God is simple / deep dark / Light bright / up-tight, three letter word.” Rev. Richard Gilbert

Apr 5 – Dave Becker, Worship Leader
Dorothy Coleman, Assistant

Apr 12 – Easter Sunday – Rebirth, Regeneration, and Change
Rev. Allen, Worship Leader
Ed Miguel, Assistant

The message on Easter will be “Rebirth, Regeneration, and Change”. Christian Easter is rich with metaphor. It holds messages that wear well in springtime and that blend harmoniously with Earth Day. The pandemic introduces another layer of meaning that is poignant today, and we know that life after Covid-19 will change. Is the Coronavirus a clarion call to changing our ways? To finding a more humble and realistic relation to our niche on this planet? Is it a harbinger of despair, suggesting that we are to be forsaken? Do we have a choice?

Apr 19 – Ed Miguel, Worship Leader
Diane Johns, Assistant

Apr 26 – Dorothy Coleman, Worship Leader
Vanstrom Dracul, Assistant

May Theme: Sabbath

Sabbath-time is more important than ever as an antidote to our busyness, fragmentation, and distraction. The Sabbath is a symbol for creation and creativity. It acknowledges “being” over “doing.” It values centering, mediation, prayer, and other spiritual practices. It may not be as long as a day, but we need Sabbath moments to refresh, restore, and renew.

May 3 – Diane Johns, Worship Leader
Dorothy Coleman, Assistant

May 10 – Mother’s Day
Rev. Allen, Worship Leader
Ed Miguel, Assistant

May 17 – The Work of the Sabbath
Maylan Dunn-Kenney, Worship Leader
Diane Johns, Assistant

May 24 – Diane Johns, Worship Leader
Maylan Dunn-Kenney, Assistant

May 31 – Congregational Meeting following a short worship service
Dorothy, Worship Leader
Maylan Dunn-Kenney, Assistant

CONTACTS:

MINISTER: Rev. Allen Harden (awhinchicago@gmail.com) or 773-288-2394
OFFICE MANAGER: Kathryn Jones
PRESIDENT: Jenny Stamatakos
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 Laura Gillberg, or President Jenny Stamatakos.
End of March, 2020
To UUFD Congregants:

My deepest hope is that this message finds each and every one of you well. This is a scary time, an unsettling time, and the experience is personal for each of us. If we are careful and lucky, the Coronavirus pandemic and our responses to it will be only a major inconvenience. But there is so much we do not know, and uncertainty tends to heighten our stress, to bring us fear.

I would love to reassure you, to claim that all will be well, that precautions will insulate you and your loved ones from harm. But you know better. While our actions do change the odds, we do not control the outcome. But, at the same time, there is much we can do to improve our lot, even if the disease eventually touches our lives in some way.

What we can do is pay attention to what is good in our lives. To stop, reflect, breathe, and maybe pray. We can be mindful of our being, our loves, and of the things that bring us pleasure. We can experience the springtime, soon to burst upon the prairie. Last week was the Vernal Equinox, days are getting longer and the braver plants are already putting up shoots and preparing to bud. Life continues, and we need to put our fears aside and participate in what remains bountiful.

We also need to answer the call to care for others with needs greater than our own: in our families, in our congregation, and in the community. I suggest we form calling circles to keep track of one another. I worry about those of us that are most isolated, and I love that we can provide a simple lifeline to each of them. If you have needs, ask for help. It might be getting groceries and medicines, it might be sharing a laugh to stave off loneliness. Whatever you need, your fellow congregants are more than happy to help. I am more than happy to help.

And let us stay in touch. We held our first online worship service this past Sunday. There were a few technical issues, but these will be solved. Mostly, it was just wonderful and heartwarming to gather together. We were able to see each other’s faces, to hear our voices, and to assure ourselves that life is going forward. Through the internet and Zoom, we entered and shared in the community we so cherish. We can fully experience joy and laughter and togetherness – feelings that we need and that are just as contagious as any disease. We can share, we can be together.

In my mind, this is church at the highest level of what church can be. This is us, holding each other, now in love and joy. This is us, telling one another that we will still be there in love, even if we have times of need or grief.

Be careful, stay home mostly, wash your hands frequently, and try to protect the frailer among us. We will come out of this much stronger than we went in. We are our own salvation.

In faith, hope, and love;

Reverend Allen

Rev. Allen’s schedule
- Rev. Allen will be with us (online or in-person) the 2nd (and probably 4th) Sundays of each month, as well as May 31 for the Congregational Meeting.
- Please contact him at awhinchicago@gmail.com or 773-288-2394 with anything that’s on your mind.

Office schedule
- Office manager Kathryn Jones’s hours are Wed 10 - 3 and Fri 10 - 3. Please contact her online or by phone only.
At this point, all in-person events are canceled through the end of April, except the drive-up WE Pantry and the Hope Haven meal. 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.

We hope to return to these regular events as soon as the danger of COVID-19 has passed.

- Yoga w/Ed Miguel 5:30 p.m. & 7 p.m. – Wednesdays
- Restorative Meditation 5:30 p.m. – Fridays
- Buddhist Study Group 11:45 a.m. – 1st & 3rd Sundays
- Ordinary Folk Musical Gathering 2 p.m. - 2nd & 4th Sundays
- Social Justice Committee Meeting 11:45 a.m. (2nd Sundays)
- Green Sanctuary Group 11:30 a.m. (4th Sundays)

April Events
April 5 – UUFD Board Meeting online 1 p.m.
April 21 – Hope Haven Meal 6:30 p.m. (3rd Tuesdays)
April 25 – Drive-Up Welcome Essential Pantry 9:30 a.m. to 11:30 a.m.
** We will be providing 1 pre-packed bag per car to maintain social distancing. We are not able to purchase all our usual paper products at this time but will do our best to provide laundry detergent, toothpaste, and a few other essential household supplies and toiletries to each household.

May Events
** Thus far, our May events are still on the schedule. Please watch the e-News, Facebook, and website for additional updates as we learn more.
May 7 – Give DeKalb County Day!
Please support the UUFD Welcome Essentials Pantry at https://www.givedekalbcounty.org/organizations/uufd-welcome-essentials-pantry
May 10 – Social Justice Committee 11:45 a.m.
May 17 – UUFD Board of Trustees and Budget Planning Meeting 11:45 a.m.
May 19 – Hope Haven Meal 6:30 p.m.
May 24 – Green Sanctuary Group 11:30 a.m.
May 29 – WE Pantry Bagging 10:30 a.m.
May 30 – WE Pantry 9:30 a.m. to 11:30 a.m.
May 31 – Congregational Meeting following a short worship service — See page 5 for details!

Online Introduction to Unitarian Universalism and UUFD.
Rev. Allen and others will lead a 2-3 session course that we think of as a newcomers or potential member’s class. That is part of its purpose, but it can be open to anyone. We will touch on the current UU denomination, as well as theology, history, and culture of Unitarian Universalism. Also, we will look at the growth of UUFD, how we organize church, and what membership entails. If you are interested, please say so in an email to awhinchicago@gmail.com . Allen will then contact you to set up scheduling. He hopes it can occur on a weekday evening.

Online Church — A Message from Rev. Allen
Until we announce differently, all of our Sunday Worship Services and many other church events and meetings will be held online. The church building and Sanctuary are closed until such time as it is safe for us to gather. We do not know how long this will be, as none of us can predict the course of the pandemic. It is a good assumption that we will not meet physically during the full month of April, which includes Easter and Earth Day.

For church services, we are using a program called Zoom. It is fairly easy to use, but it does require that you download and install the Zoom app on your computer. Once you have done this, you can continue to join Zoom “meetings” without doing it again. If you have difficulty accessing Zoom, or getting both sound and video to work correctly, please let us know. Send an email to office@uufdekalb.org and we will find someone to try to assist you.
Meanwhile, keep a close eye on emails, e-News, and our internal Facebook page. This is how you will learn about happenings and see invites to the Zoom events.

The worship theme for April is The Divine/God; for May the theme is Sabbath.
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!
Shelle Albrecht (daughter of Betty & Wayne Albrecht) on Mar 29th celebrated the 15th anniversary as a brain cancer survivor. Congratulations Shelle!

We hold in our hearts all who are touched by COVID-19 and all who, in ways large and small, work to help their neighbors at this time.

Do you have a joy, sorrow, or milestone to share with the congregation?
Contact the church office and we will share it in the eNews and Pathfinder.

Joys & Sorrows

A message from your Board President, Jenny Stamatakos

I am a stay-at-home parent, which makes me an expert on either nothing or everything, depending who you ask, but definitely on spending a lot of time at home. With a spouse, two kids, and the internet, I'm never bored, so I can't help you much there; watch TV, read books, make some art or music, play games (don't forget solitaire!), do you to your fullest ability and then some. Stay in touch; texts and phone calls are virus-free!

My kids are big now; they can be talked to pretty much like anyone else, reasoned with, etc. But I remember the days when I spent hour upon hour with only babbling and cries for response. I'm calling upon those days to give you this advice:

1. Be gentle with yourself. Rarely do most people have vast quantities of time to simply think. It can be rough and scary. Introspection is not a minor activity to just jump into. Some of us have real demons lurking behind our busy lives. So, be gentle with yourself; now is not the time to let the clamoring demons fill your ears. If they start to, don't hesitate to reach out, to a friend or even a hotline. You don't have to be suicidal to call the national crisis line at 1-800-273-8255. I've called it. It really helped me.

2. Seek balance. Feeling down? Avoid the negative stuff and hunt for some good news. Feeling giddy? Dance or clean till you take the edge off. Eaten six meals today? Maybe try drawing or writing or working a puzzle next time you need something to do with your hands. Eaten nothing today? Try snacking instead of making a whole big meal if that seems intimidating. Now is the time to follow the middle way and to forgive your inevitable dips into excess. No one is all good or all bad; we are all a balance.

3. Everything is temporary. Our lives, our sorrows, our joys. Live as fully as you can. Be patient with the bad. Cherish the good. Love, love, love.

Hang in there and remember that you have people who love you every day of your life: your UUFD family. We will get through the tough times together, just as we have shared the best times of our lives, many of which may still be yet to come.

Collage of Creativity

UUFD members and friends have been passing the time creating beautiful, fun, and silly works of art and creativity. Take a look at a few of our creations in the photos scattered through these pages. (Can you guess who made what?)
Congregational Meeting – including proposed by-law changes.

Save the date for our Congregational Meeting on May 31, following a short service at 10 a.m. We hope to have this meeting in person, but we will use a Zoom meeting if the shelter-in-place order is still in place. Keep an eye on the e-News, website and Facebook page for more details as the date approaches!

Our agenda will include important discussions and decisions, such as:

- **Budget**: We will vote on the annual budget for the 2020-21 fiscal year.
- **Board positions**: We will vote on new board members to fill rotating positions, including Secretary and President Elect.
- **Proposed change to the bylaws**: Because UUFD membership has grown smaller in recent years, the board is proposing a change to the UUFD bylaws. The proposal:
  - **To make the board smaller by one person.** We propose to have only one at-large board member instead of two, for a total of six board members (instead of the current seven).
  - **We propose to revise Article VII of our bylaws** (available online at [https://uufdekalb.org/member-center/policies-bylaws/bylaws](https://uufdekalb.org/member-center/policies-bylaws/bylaws)) to reflect this change. This simply requires the following minor changes to the language:
    - Change “At-Large Trustees” to “At-Large Trustee” in VII.1 and VII.2.b.
    - Change VII.2.b, from “The positions of Secretary, Treasurer, and At-Large Trustees are two-year terms. These terms are staggered so that only two of these positions expire during a church year.” To read: “The positions of Secretary, Treasurer, and At-Large Trustee are two-year terms. These terms are staggered so that no more than two of these positions expire during a church year.”
  - **Why does the board propose this change?**

    We have a wonderful culture of volunteerism, but many people in our small congregation are stretched thin already because many are serving in so many ways. Did you know that someone cannot serve on the board at the same time as serving on the ministry council or serving as a committee co-chair? With 7 board member, 4 ministry council members, and approximately 10-15 committee chairs, this is a lot of leadership for a congregation with about 65 signed members. We believe making the board slightly smaller will make it easier to fill leadership positions while still maintaining a responsible and responsive governing board.

Have questions? Please don’t hesitate to reach out to our Board President Jenny Stamatakos or any of the other board members. We encourage your participation, questions, and feedback!

From the UUFD Board of Trustees: UUFD Spring Pledge Drive

Dear UUFD Members and Friends,

Right now it’s hard to plan for the future. We don’t know how long Illinois’ shelter-in-place order will be in place. We don’t know how we’ll each be affected by COVID-19, although there’s no doubt our lives will be changed. The only things we’re certain of is that this will be difficult, and we will need to rely on one another.

For many of us, the online UUFD Sunday services have been a beacon of hope in the past few weeks. What a joy to see so many of your faces online, to get a glimpse of each other’s homes and pets, and to hear about the sorrows and joys we’ve encountered at this unusual time.

As we face this uncertainty, we on the UUFD Board of Trustees are charged with creating our budget for the 2020-2021 Fiscal Year, which will begin on July 1. We’re asking for your help. Please complete your pledge form online using this link or call Kathryn in the church office (815-756-7089) to let us know how much you intend to give financially to support UUFD this year. We understand that some of you are facing uncertainty in your jobs, while others are overwhelmed with more work than ever. We thank you for taking the time to review how much you are able to give.

The board will be having our budgeting meeting on May 17, so please try to submit your pledge form by May 15 if possible. If you have questions about your pledge payments or how much you pledged last year, please don’t hesitate to reach out to Kathryn. (Remember, she will be working Wednesdays and Fridays from 10 to 3, but her schedule might vary at this time.) If you have general questions about the church budget, please contact our treasurer, Ashley Ford, or another member of the board of trustees.

Thank you,
The UUFD Board of Trustees
Jenny Stamatakos, Laura Gillberg, Tom Stamatakos, Ashley Ford, Beth Schewe, Sumiko Keay, and Donna Veeneman

P.S. Many of you have asked about making donations while we are functioning online only. Kathryn will still be checking the mailbox each week and making weekly deposits, so feel free to mail or drop off a check. We will soon have a locking mailbox, so you can be assured that your check will be safe. Making an online donation on our website ([www.uufdekalb.org](https://uufdekalb.org)) is also an option, but please remember that Pay Pal takes a 2.2 % fee.
Hope Haven News!

As always, a huge thank you to our February and March Dinners. Thank you for making sure almost all of the slots were filled. This makes the job of coordinating so much easier for me. Here are a few things I am, or will do, to make volunteering even easier:

- I will continue to provide recipes for some of the main dishes, which will be found under the sign-up sheet for the month.
- I will be purchasing foil catering pans of various sizes to make available for volunteers to take.
- I am also going to make the sign-up sheets and recipes available electronically, here in the Pathfinder, in the UUFD Internal Facebook group page and in periodic weekly e-news announcements.
- As always there are funds available for reimbursement for the costs of preparing food if needed. We know that it can be costly to prepare food for 15 or 30 people, and thanks to generous donations of some of our members who aren't able to provide food but who want to contribute, we are able to reimburse you for expenses. Simply provide a receipt to Beth Schewe and you can receive a reimbursement check.

I also want to give a huge shout-out and hug to Sharon Blake, who has generously answered my call for someone to help make sure the sheets are out and provide me copies/updates when possible between May and October when I am often unable to attend Sunday services. This is a huge help!

February Taco Bar Volunteers: Gretchen Sigwart, Beth Schewe, and Danica Lovings provided the taco meat and fixings and sides were provided by Sharon Blake, Sheryl Nak, Maylan Dunn-Kenney, Joan Garnier, Mary Von Zellen and friends Jim and Ann, Bonnie Anderson, Charles Sigwart, and Virginia Wilcox.

March Tortellini Bake Volunteers: Bonnie Anderson, Maylan Dunn-Kenney, Beth Schewe, and Danica Lovings provided the main dish, and sides were provided by Gretchen Sigwart, Sharon Blake, Sheryl Nak, Bonnie Anderson, Beth Schewe, Sue Sagel, Charles Sigwart, Kathleen Clark, Mary Von Zellen, and Virginia Wilcox.

Thanks to financial contributors in the past several months, Christine Miguel and Sharon Blake. Thank you also Wayne and Betty Albrecht for their long standing contributions to the Hope Haven fund. These financial contributions allows us to purchase food if there aren't enough volunteers (fortunately we have not had to do this recently) and also allows for financial reimbursement when volunteers need help with purchasing food.

April & May Meal Plans

April Meal Theme: Ham Dinner - 8-10 pounds of boneless ham feeds appx. 15-20.

May Meal Theme: Easy Chicken Pot Pie - Two 13 X 9 pans will serve 16. Here is a link to the recipe: Easy Chicken Pot Pie.

As always, please call, text, or email me with any questions: 815-901-4625 and danica855@google.com

In loving gratitude,
Danica Lovings

Local Source for Natural Meats: Arnold's Farm - Free Home Delivery in DeKalb Area

submitted by Danica Lovings

Tom Arnold, owner and operator of Arnold's Farm was a vendor at our very first UUFD Farmers' Market. He offers home delivery of organic, ethically raised meats, once a month in the DeKalb area.

Ordering deadline for May 9th Delivery: Thursday, May 7th.

Sign up for the monthly delivery newsletter by creating an account where you can shop and place your order online: www.arnoldsfarm.com

Tom's story from his website:
Our family farms in the Apple River Valley and surrounding hills near Elizabeth in the heart of beautiful Jo Daviess County, Illinois. We raise grass and grain finished beef, pork, pastured chicken and turkey. We are the fourth and fifth generation of Arnolds to farm this land and take great pride in caring for it. We strive to farm in harmony with the natural environment and use systems that need few commercial inputs, such as rotational grazing for the livestock and crop rotations for the fields.

We believe our chemical and antibiotic-free meat is pure, wholesome, and tender with excellent flavor. We use no growth hormones, animal byproducts, or GMO corn in our animal feed rations.

Our beef, pork, and poultry are processed locally at USDA-inspected plants with excellent reputations and packaged in easy to use portions. Irradiation is not used nor is water added. We offer whole animals, sides, quantity packages, and individual cuts. Products may be purchased at our farm (open by appointment), at selected northwestern Illinois farmer’s markets, or by delivery to the Chicago area (click on our Shop to purchase for pickup).

We think you will find our meat a purer, fresher, and more flavorful product than generally found. We encourage your comments and questions. Please call us at 815-858-2407 or send E-mail to arnoldfarm@juno.com.
A Call for Stories of Love!

In this time of fear and confusion, I personally find comfort in seeing and hearing stories of kindness, compassion, and humor. It is amazing to see some of the ideas people have come up with to help keep their children busy while they are away from school and their friends. The ways people are sharing hope and support through music, and the arts. The many ways people are showing their love for their family members who are celebrating birthdays or just because they want to say I love you.

These are my reasons for asking the UUFD family to share your stories of love with us! Help me to provide a small ray of light during these dark days, make someone smile or remind them that there is hope; that together we can and will survive!

If you would like to share your stories, pics, creative ideas for kids, a link to a video you may have posted on social media, or helpful tools and ideas in our e-news, please email them to office@uufdekalb.org.

Stay safe and well, Kathryn

P.S. I would like to thank Ashley Ford for making the first submission

Welcome to Homeschooling: You've Got This!
By UUFD Member, Ashley Ford

Well, Spring Break is over, and the daunting realization that school really will be closed for a good long while is setting in. Don't panic! I've been doing this for over a decade, and my kids have turned out all right.

Home education is a different paradigm; it's never going to look like a regular school day, and that's okay. If your district school requires your students to sign in online for lectures, activities, and assessments, that's a wonderful starting point. Different teachers will have different approaches, but remember: they're all trying to figure this out on the fly just like you are. Be kind, be patient, and be aware: this is an opportunity for your students to figure out what works for them within the flexibility of your home's schedule.

If your student gets absorbed in a subject and isn't ready to move to the next one, let them see it through. If your student grasps a concept quickly and doesn't need to practice it for the full lesson time, set them free! Remember that the goal is to understand, not to complete busywork. With all of the individualized attention they're getting from you, you might be astonished at how quickly that understanding comes.

There is an overwhelming wealth of free educational material online. The ones we've used and loved the most are Khan Academy, Crash Course, and The Big History Project. Let your student poke around; they might find something new and interesting! And if it's just One of Those Days, find a nature documentary on Netflix and veg out.

Finally, please let me know if your student needs extra help from a fresh perspective. With both my boys at the high school level, Algebra doesn't scare me one bit. I'm happy to recommend textbook curricula as well. Be well.

From Rev. Linda

Dear UUFD members and friends,

It is hard for me to believe that two years and nine months have passed since Toni and I retired from UUFD. We love you and have missed you, but we have also built a relationship with the Rockford UU Church and sing in their choir. At its March meeting Rev. Allen and the UUFD Board made the decision that Toni and I can now re-engage with UUFD. I am your Minister Emerita and she is still amazingly talented, kind, and musical! We look forward to connecting with UUFD more often and we will do so within the boundaries of a new covenant that I follow as a member of the UU Minister's Association. I won't copy the entire covenant here but I want you to know the main points:

1. Rev. Linda will support Rev. Allen in his role as minister of UUFD.
2. Rev. Linda and Toni may attend worship services at UUFD. Note: We will also retain our connection with our church in Rockford.
3. Rev. Linda may conduct up to six services for UUFD in a calendar year. Compensation to be negotiated.
4. Toni and Rev. Linda may attend UUFD events.
5. Rev. Allen may ask Rev. Linda to conduct ministerial services (ex: teaching a class, a wedding, a memorial, pastoral counseling, response to a community crisis, etc). If Rev. Linda is contacted to conduct a ministerial service by a lay person, she will consult with Rev. Allen prior to any commitment.
6. In the event of a local emergency or critical hospitalization of a member, Rev. Linda may respond, but she will always consult with Rev. Allen ASAP.
7. Rev. Linda will work with others on the UUFD history project.

We look forward to seeing you on our computer screen or in person, eventually!

Hold onto hope and the loving care we share with one another in these challenging times.

In the Spirit of Life, Rev. Linda and Toni