

March 2011

# Unitarian Universalist Fellowship



Rev. Linda Berez  
Consulting Minister

3773 N. MacArthur Rd.  
Decatur, IL 62526  
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## Upcoming Services

All Sunday services begin at 10:15 AM.

There is religious education for children and child care for babies.

March 6: "Mental Wellness" by Sherri Arnold

This will not be about brain exercises that can keep your memory alive and well. Rather the theme is refocusing our attention from "Mental Illness" to "Mental Wellness". Many of the barriers to mental wellness or recovery are well known to us. Less known might be the actions being taken here in Macon County in education, prevention, and intervention that lead to better mental wellness. Sherri Arnold, Executive Director of the Mental Health Association of Macon County, will discuss the progress being made in these areas as well as some of the problems being confronted.

Carolynn DeVore is the Service Leader.

March 13: "Coming to Terms" by Rev. Linda Berez

Many Unitarian Universalists are "Come-Outers" from other religions. Are you a "Come-Outer?" Have you come to terms with your religious past? Let's explore together how the work of making peace with our past deepens our spirituality today.

March 20: "Simply Living Simply," by Rev. Linda Berez

Naturalist, Transcendentalist, and author Henry David Thoreau advocated for a simple and sustainable life in his book Walden. Yet, today our American way of life, and our economy, seems to be predicated on the idea that "more is better." Is it? How do we find a balance?

March 27: "Ring-Around-the-Rosey" by Ron Shafer.

Ron will explore what happens when we continually deny that we will "all fall down." In the process of denying death, we may lose any sense of who we really are and live a life script written by others. Is there a possibility of escaping from those habitual responses and opening to the great mystery of life, the great mystery of being, in a new way? Perhaps so, perhaps so.

Next newsletter deadline: March 15 to [newsletter@uufd.org](mailto:newsletter@uufd.org)

# March 2011 Calendar of Events

All activities take place at the Fellowship, unless otherwise noted. Visitors are always welcome!

Wednesday, March 2

7:00 p.m. — Humanist Discussion Group

Thursday, March 3

7:00— Coming to Terms Class

Friday, March 4

1:00 p.m. — Men's Luncheon at Tuscany

Tuesday, March 8

7:00 p.m. — decREAD Group

Wednesday, March 9

7:00 p.m. — Spiritual Journey Covenant Group

Wednesday, March 9

6:30 p.m.—Women's Book Group

Thursday, March 10

7:00 p.m.— Coming to Terms Class

Friday, March 11

1:00 p.m. — Men's Luncheon at Tuscany

Wednesday, March 16

6:30 p.m. — Decatur Vegetarian Society

Thursday, March 17—Coming to Terms Class

Friday, March 18

1:00 p.m. — Men's Luncheon at Tuscany

Tuesday, March 22

7:00 p.m. — decREAD Group

Wednesday, March 23

7:00 p.m. — Spiritual Journey Covenant Group

Friday, March 25

1:00 p.m. — Men's Luncheon at Tuscany

## Group discussion topics:

The decREAD Group—The decREAD Group will meet on the 2nd and 4th Tuesdays of each month at 7:00 p.m. at UUFD. All are welcome. Discussion of "The Case for God" by Karen Armstrong.

Humanist Group—Humanist Discussion Group meets 7:00 pm on the first Wednesday of the month. Contact Dave at 865-2409

Women's Book Group—This month the group will meet at the home of Eileen Ruski for potluck and discussion of the book "The Day the World Came to Town" by Jim Defede

Spiritual Journey Covenant Group—The Spiritual Journey Covenant Group meets the 2nd and 4th Wednesdays of each month at UUFD from 7:00-8:30. For further information contact Ron Shafer at ronaldshafer52@yahoo.com or 865-2527.

Decatur Vegetarian Society (DVS) --- The DVS group meets the 3rd Wednesday of each month at 6:30 pm. for a vegetarian potluck dinner, followed by a live or video presentation at 8:00 pm. The meetings are open to the public. If you interested in participating in a potluck, please either (1) bring a vegetarian or vegan dish with a list of ingredients or (2) donate \$5. Also, you should bring your own eating utensils. Contact Mel Weinstein (763-0509) for additional information.

UUFD Men's Group- This group meets every Friday at Tuscany at 1:00 for lunch and conversation.

Community Food Bank: Please bring a donation of nonperishable food items for our local food banks to Sunday services.

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## LETTER FROM LINDA

Greetings,

How often does everything in your life go perfectly? One hundred percent of the time? Probably not. Half the time? That would be great. A third of the time? Well that would be excellent if, you are a baseball player standing at home plate getting ready to hit the next pitch that comes your way. Sure, the player would love to hit the ball safely every time he or she comes to bat, but that's not the way the game goes.

Life isn't perfect 100% of the time. How do you respond, (both internally and with others), when life doesn't go exactly as planned? Our responses are important and being perfect all the time can be stressful. It seems from my experience that being and doing one's best in any given situation is much more attainable and makes us better people. If the ballplayer gives it his or her best then people respect that player, even when a hit comes only one out of three times. Baseball is returning. (Have you guessed already that I am looking forward to the season?)

A few upcoming events to note. First, I want to be sure to invite you to an event taking place March 1 at 7 pm in Pilling Chapel on the Millikin Campus. I will be hosting an evening for students entitled "An Introduction to Unitarian Universalism." I'll offer a brief service followed by a Q & A session. Pizza will be provided also. If you can make it I'm sure the students would enjoy getting to know some of you. I'd love to see you there.

Another event coming in April, but not too far away to begin planning for, is our Central Midwest District Assembly. You can go to <http://www.cmwd-uua.org> for the complete details. Mark Morrison-Reed is the presenter this year. I can tell you from personal experience he has a great deal to offer us on issues of multiculturalism in our congregations and communities. Registration is open. Now here is the best part: it's being held close by in Bloomington/Normal! I'll be there and hope you will too.

Because of the weather in January, Ron Shafer and I are rescheduling the "Coming to Terms" class for March 3, 10 and 17 at 7 pm. More information is listed in this newsletter. My sermon for March 13 will be on my own journey of coming to terms with my religious past and how making peace with our past deepens our spirituality today.

Baseball is only a game but in it there are many metaphors for life that may be found within each game, each inning, and each pitch. I love the one that reminds me that I don't have to be perfect all the time; I just have to do the best I am able, in whatever way I am able. Baseball fan or not, may this month be a good one for you and may you find peace within. See you at the Fellowship.

Take care,  
Linda

Rev. Linda Berez

Consulting Minister

Cell Phone - 414-460-2922

Email – [minister@uufd.org](mailto:minister@uufd.org)

March Office Hours:

Wednesday 2, 9, 16, 30 12:30—2:30 p.m.

Friday 4, 11, 18 10:30—12:30 p.m.

## President's Message

What's caused that spring in your step? Is it the melting of snow? How about the longer days? Maybe the shorter nights? Perhaps it's the surplus of activity at the UUFd? What's all this activity at the UUFd that I mention? With the springtime and conclusion of the fiscal year, things must start taking shape for another year of activity at the UUFd. What sort of activity?

The UUFd sign committee is putting things in place to begin significant work there. With one estimate in hand, we hope to get at least one more appraisal from another company. We'll then start considering our options and take a recommendation to the board. If you're interested in getting involved here, just chat with someone on that committee. There's certainly something you can do to help.

If you'd rather spend time elsewhere, though, there's never a shortage of activities within the UUFd. With the formation of the Nomination Committee, we're looking for a new slate of candidates for one of the executive positions of the board, the Vice President. Maybe this is too ambitious, though? Serving on the board but not as an executive is also a great way to contribute. This would allow you to participate in all the board meetings, provide your opinion and suggestions to others on the board, and really make an active contribution to the UUFd.

But what if you'd rather investigate informal opportunities to help the UUFd. There's no shortage of those, either. Just last month, June Alison called me up to visit with her. I quickly went out to her house and found Joan Brown was there hanging out as well. What an enjoyable interruption to my afternoon! Although I wasn't able to stay long, I did enjoy spending some time with the two of them.

Thinking of enjoyable interruptions, I'm reminded of another pleasant afternoon with a fellow UUFd member. Brian Ater and I went out to lunch last month. That was a fun venture, and I got to see some of Brian's reading materials. That's heavy stuff, Brian! Keep it up, though!

Perhaps some physical activity could also help jog in the springtime? Glen Minks has a Kinect for Xbox 360, and that could be hooked up to our projector. That would make for a fun yet athletic experience, and I'm sure it would provide great enjoyment to those participating--even if you're only observing! So if you see Glen or Tracy, ask them when you could Kinect for an afternoon or evening.

Maybe raising your heart-rate isn't as exciting to you as raising funds? There's certainly room for someone to help the UUFd here! With the discontinuation of the BBB, as voted on by the board, we'll need some new fundraiser ideas. Maybe you've got the next great idea to help the UUFd make some cash? If you don't have that idea, though, and someone else does, maybe you can help them? Whenever or wherever you can help out and make a contribution, your efforts and activities are noted and appreciated.

Let's make it happen!!

Tim Rooney

## GREEN SANCTUARY COMMITTEE

### Seeing GREEN by Deonne Orvis



Members of the Green Sanctuary Committee and friends have just completed another session of the Northwest Institute Series. This one is called [A World of Health: Connecting People, Places and Planet](#). Out of the wealth of information carried in the assembled short articles, certain ideas and images haunt me. Some I would like to share.

How can we change a system to make it sustainable? Environmental scientist and systems analyst Donella Meadows explains that the most effective leverage points for changing a system are to change the paradigm of the system - the shared ideas or basic assumptions around which the system functions. In the case of the consumerism paradigm, the assumptions that need to change include:

1. More stuff makes people happier.
2. Perpetual growth is good.
3. Humans are separate from nature.
4. Nature is a stock of resources to be exploited for human purposes.

Themes to replace these assumptions might include:

1. Ecological restoration. (Status by earth healing activity.)
2. Equity (More equitable cultures are healthier cultures.)
3. Social and environmental justice.
4. Corporate responsibility.

Along with ideas, certain images refuse to leave the mental screen. One is the "Plastic Killing Fields" ... The island of plastic twice the size of Britain that floats in the Pacific Ocean. There are now gyres in each of the oceans connected by debris highways. It is estimated that there are more than 13,000 pieces of plastic litter on every square kilometer of the ocean surface. Each year the death rate from plastic is a million seabirds and 100,000 marine mammals.

The plastic washes out from land, so stopping our own addition is one sensible response.

Finally, I would like to share a very pleasant action toward sustainability which comes from our neighbors in Europe. Work Less! That's it. Join and promote the four day 32 hour work week. With long vacations and shorter working hours, Europeans are consistently far healthier than Americans...after age 50, they are only about half as likely to suffer from chronic illnesses such as heart disease, Type 2 diabetes, hypertension and even cancer...half as likely to suffer depression and anxiety, and they spend only half as much on average as we do for health care. Studies show their better health results from more exercise, more socializing with friends and family, less stress and more sleep: all made possible by having more time.

While being so healthy, they also produce half the amount of air pollution, use half as much energy and produce half as much solid waste and greenhouse carbon per capita as we do; all while enjoying a similar material lifestyle.

Let's start copy catting what works!

Thanks to quoted articles: "The Rise and Fall of Consumer Culture", by Eric Assadourian; "The Plastic Killing Fields", by Amanda Woods, and "One Approach to Sustainability: Work Less", by John DeGraaf.

## Coming to Terms

"Coming to Terms" class led by Ron Shafer and the Rev. Linda Berez. Continues on Thursdays, March 3, 10 and 17 from 7:00 to 8:30 p.m. at the Fellowship. All are welcome to attend the remaining classes. This class is a chance to explore your spiritual past and present in a safe and friendly environment. Meet and discuss with others what it was like for you to leave behind Christianity, Judaism or some other religious tradition of your past. Consider what UUFD might offer or has offered to you. Sign-ups are encouraged so we can contact you in the case of inclement weather. Please contact Linda via email at [minister@uufd.org](mailto:minister@uufd.org) or by phone 414-460-2922 or Ron by phone at 865-2527



## 2011 Environmental Film Series

It's almost here! Once again, the Green Sanctuary Committee, in conjunction with the Audubon Society of Decatur and the Community Environmental Council, is sponsoring an environmental and nature film series at the Fellowship starting in early March and continuing through April. The purpose of the film series is (1) to bring awareness to environmental issues, (2) focus attention on the 40th anniversary of Earth Day (April 22, 2011), and (3) as a fundraiser to support green activities at the Fellowship. All the films are free (what a deal!) and are shown on a movie screen with stereo sound. The flyers for the first two films of the film series are included in this newsletter. E-mail reminders about the documentaries will also be sent out prior to each showing. Donations are accepted at these events and the purchase of concessions (popcorn made with unrefined oil using a theater-style popcorn maker), along with healthier drinks, will help support the Fellowship in this endeavor. Note that the films have likely not been shown in a theatre setting in Decatur or on local television. For those interested, we will also have a short discussion session after each showing. Please come out to support the Green Sanctuary Committee in these outreach events and also to enjoy some top-notch, engrossing films.

March 12: Dirt! The Movie

March 26: The Age of Stupid

**SEE ATTACHED FLYERS FOR DESCRIPTIONS OF THE FILMS.**

# 2011 ENVIRONMENTAL FILM SERIES

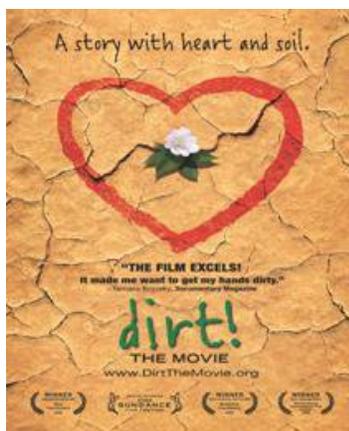
**WHAT:** Dirt! The Movie (2010)

**WHERE:** SANCTUARY, UNITARIAN-UNIVERSALIST FELLOWSHIP OF DECATUR  
3773 N. MacArthur Road (Corner of Mound & MacArthur), Decatur, IL  
SCREEN PROJECTION WITH STEREO SOUND [for info contact 217-763-0509]

**WHEN:** 7:00 PM, SATURDAY, MARCH 12 (80 minute film)

**ADMISSION:** FREE! But Donations Accepted --- No One Turned Away If Seating Is Available

**CONCESSIONS:** Fresh theater-style popcorn and healthier drinks sold



Thanks to our sponsors:



Audubon Society of Decatur



Community Environmental Council



Unitarian Universalist Fellowship

*Dirt! The Movie* is an insightful and timely film that tells the story of the glorious and unappreciated material beneath our feet. Inspired by William Bryant Logan's acclaimed book *Dirt: The Ecstatic Skin of the Earth*, *Dirt! The Movie* takes a humorous and substantial look into the history and current state of the living organic matter that we come from and will later return to. Narrated by Jamie Lee Curtis, this film takes you inside the wonders of the soil. It tells the story of Earth's most valuable and underappreciated source of fertility--from its miraculous beginning to its crippling degradation. The film brings to life the environmental, economic, social and political impact that the soil has. It shares the stories of experts from all over the world who study and are able to harness the beauty and power of a respectful and mutually beneficial relationship with soil. But more than the film and the lessons that it teaches, *DIRT the Movie* is a call to action. The only remedy for disconnecting people from the natural world is connecting them to it again. Winner of Best Film for Our Future (Mendocino Film Festival), Best Green Documentary (Maui Film Festival), Best Documentary (Eckerd College Environmental Film Festival). "An invigorating look at an invaluable substance we take for granted that makes the case that 'dirt might be more alive than we are.'" (Kenneth Turan, Los Angeles Times); "The awards say it all. This is a terrific film, well written and expertly filmed, full of interesting and useful information that flows along. It is factual storytelling at its best. Highly Recommended." (Janis Tyhurst, George Fox University, Educational Media Reviews Online); "An invigorating look at the invaluable substance we take for granted." (Kenneth Turan, LA Times)

Next Show: The Age of Stupid, Saturday, March 26 7 p.m.

# 2011 ENVIRONMENTAL FILM SERIES

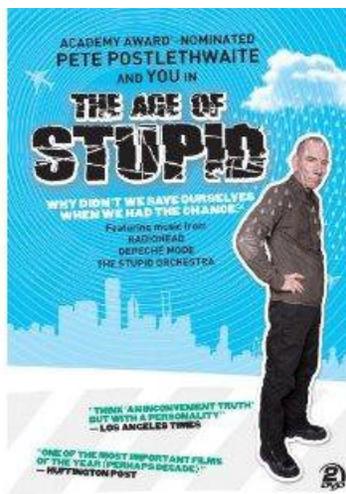
**WHAT:** The Age of Stupid (2009)

**WHERE:** SANCTUARY, UNITARIAN-UNIVERSALIST FELLOWSHIP OF DECATUR  
3773 N. MacArthur Road (Corner of Mound & MacArthur), Decatur, IL  
SCREEN PROJECTION WITH STEREO SOUND [for info contact 217-763-0509]

**WHEN:** 7:00 PM, SATURDAY, MARCH 26 (89 minute film)

**ADMISSION:** FREE! But Donations Accepted --- No One Turned Away If Seating Is Available

**CONCESSIONS:** Fresh theater-style popcorn and healthier drinks sold



Thanks to our sponsors:



Audubon Society of Decatur



Community Environmental Council



Unitarian Universalist Fellowship

The year is 2055. The Earth is devastated. One man remains in "The Global Archive," a vast storage facility protecting all of humanity's collective achievements. Based on mainstream scientific projections from the present day, *The Age of Stupid* focuses on the archivist as he tries to work out why we didn't save ourselves while we still had the chance. He flips through a startling array of news clips, interviews and scientific reports from our current time, each its own warning sign of the destruction that is looming if we don't change our current consumption practices. He focuses on six human stories from around the world. From the director of McLibel and the producer of the Academy Award®-winning *One Day in September*, this documentary-drama-animation hybrid is a fresh, fast-paced and often hilarious film. Nominated for Best Drama and Best Cinema Documentary (Grierson: British Documentary Awards). "This is a signally important film--a very clever and very powerful reminder of exactly where we stand on this fragile, lovely planet." (Bill McKibben, author of *Eaarth*); "A wry yet all-too-close to reality movie...An award-winning cautionary tale with an overwhelmingly critical message, (this film) deserves the highest recommendation." (The Midwest Book Review); "The Age of Stupid is more passionate, more emotionally charged than the Al Gore-fronted *An Inconvenient Truth*...Bold, supremely provocative, and hugely important, her film is a cry from the heart as much as a roar for necessary change." (Sukhdev Sandhu, *The Daily Telegraph*); "A scorching appeal for humans to avoid knowingly up-ending the earth's climate." (Andrew C. Revkin, *The New York Times*); "One of the most important films of the year (perhaps decade)..." (Jon Reiss, *The Huffington Post*).

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## NEWS FROM RELIGIOUS EDUCATION



March 6 – Source 3 (Ethical and spiritual wisdom of the world’s religions.) Taught by Linda Shroyer.

March 13 – St. Patrick’s Day. Taught by Jennifer Sekosky.

March 20 – Celebrating Spring. Taught by Kathy Kline

March 27 – Source 4 (Jewish and Christian teachings which tell us to love all others as we love ourselves.) Taught by Lorelei Zaker.

Special thanks to the UU congregation for supporting the Soup Lunch for Haiti!

Generous donations of soup, desserts, and money helped us raise over \$250.

The UU kids are purchasing desperately needed supplies with this money (including medical supplies, toiletries, clothing, food, and more) and a friend of Lorelei’s will be taking the items to Haiti in March. Your donations will go directly to those who need it!



### Decatur Vegetarian Society Meeting March 16

The group will meet for a potluck at 6:30 p.m., and the video “Nutrition Lessons from the China Study” by Julieanna Hever at 8 p.m. In this informal classroom presentation, Ms. Hever, a registered dietitian, reviews the key findings from the China Study, the ground-breaking book on nutrition and disease by Dr. T. Colin Campbell. The presentation will cover the links between protein and tumor formation, breast cancer and dairy consumption, the diseases of poverty and affluence, the importance of key nutrients in the diet, plus much more.

Northeast Community Foodbank thanks UUFD for the recent donations of \$100 cash and 100 pounds of food, after the fire that destroyed their food pantry.



## Caring and Sharing

by Tracy Zieber

Some information about the Northeast Community Food Bank, and how UUFD members and friends can continue to support them:

Northeast Community Fund 825 N. Water, Decatur, IL

Who Are We? Founded in 1969, not-for-profit, serves Macon County, social service agency, caring hands-on approach, dependent on Decatur community for support, private

What Do We Do? Provide counseling, provide emergency food, assist with baby supplies, provide emergency financial assistance, provide appliances, furniture, as available, free clothing room available, assist with prescription drugs, help with other emergency needs, administer front door grant for Department of Human Services

How Can You Help? Donate money, hold food drives, sponsor a fundraiser, donate clean clothing, donate furniture and working appliances, donate the following food items:

Canned meat, pasta, vegetables, fruits, soups, peanut butter, cereals, macaroni, cheese.

Call us to pick up your donations (429-58460)

Jerry Pelz, executive director of the food pantry

# Unitarian Universalist Fellowship of Decatur

March 2011 Issue

“Promoting freedom, reason, and tolerance in religion”



## Is Coming on March 20!

### Fellowship mission

In a nurturing environment of openness, mutual respect, and friendship, the Unitarian Universalist Fellowship of Decatur is a welcoming, diverse congregation. We share values and seek to celebrate life and support one another in our inward and outward searches for spiritual meaning, provide a liberal religious presence, and strive for compassion and justice in our community and our world.



### March Birthdays

Mel Weinstein	March 07
Darwin Shroyer	March 15
Sue Weinstein	March 18
Evan Zaker	March 19
David Kent Coy	March 20
Mary Lovell	March 21



minister@uufd.org (Rev. Linda Berez)  
president@uufd.org (Timothy Rooney)  
vicepresident@uufd.org (Judy Thistlethwaite)  
treasurer@uufd.org (Mark Sorensen)  
secretary@uufd.org (Mary C Lovell)  
programs@uufd.org (Judy Thistlethwaite)

newsletter@uufd.org (Kathy Kline and Terry Ankrom)