

April 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.

April 3: "Making Decisions" Rev. Linda Berez

When you make decisions do you trust your head or your heart? Does the head or the heart help us more in making ethical or moral choices? Let's explore this together.

April 10: "Favorites From Emerson's Journals" Marge Evans

Inspired by many of Ralph Waldo Emerson's writings, Marge will give a brief biography of the famous 19th century lecturer and share some of her favorite quotes from his Journal. She welcomes others to bring their favorites, too.

April 17: The Fast Rise of Slow Food Speaker: Deanna Glosser/Program Leader: Mel Weinstein

What is the "slow food" movement and why is it important to central Illinois? Deanna Glosser, president of Slow Food Springfield, will start with an overview of the organization whose goals are to inform the public about local foods, support the local producers of our food, and to share good food with family and friends – old and new. She will explain why building local food systems is crucial to the quality of life and security of all residents, what the benefits are, and what we can all do to help.

April 24: Easter Service Rev. Linda Berez

All are invited to our Unitarian Universalist Easter service, a celebration of hope and renewal.

Next newsletter deadline: April 15 to newsletter@uufd.org

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

Calendar of Events

Friday, April 1
1:00 p.m.— Men's Luncheon at Tuscany

Wednesday, April 6
7:00 p.m. — Humanist Discussion Group

Friday, April 8
1:00 p.m.— Men's Luncheon at Tuscany

Tuesday, April 12
7:00 p.m. — decREAD Group

Wednesday, April 13
7:00 p.m. — Spiritual Journey Covenant Group

Wednesday, April 13
6:30 p.m.—Women's Book Group

Friday, April 15
1:00 p.m. — Men's Luncheon at Tuscany

Wednesday, April 20
6:30 p.m. — Decatur Vegetarian Society

Friday, April 22
1:00 p.m. — Men's Luncheon at Tuscany

Tuesday, April 26
7:00 p.m. — decREAD Group

Wednesday, April 27
7:00 p.m. — Spiritual Journey Covenant Group

Friday, April 29
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 Marge Evans for potluck and discussion of "Outliers" by Malcolm Gladwell.

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.

LETTER FROM LINDA

Greetings,

I'm grateful to Mel Weinstein and the Green Sanctuary committee for putting on the Environmental Film Series at the Fellowship. I hope you will have a chance to get to the upcoming shows, which are listed further on in this newsletter.

During the viewing of Dirt! The Movie a few weeks ago I was inspired by the story of the hummingbird that fought a raging forest fire, one drop of water at a time. When the other animals told the little hummingbird that his efforts were in vain, it reminded me that even if I am just one being, on a planet of billions, I shouldn't let that stop me from doing what I am able to do in order to help the planet.

While the message of Dirt was about what we can do for the planet, I also truly believe, as the world continues to watch the disaster in Japan unfold, that doing what we can is also about helping others in what ever way we are able. If you want more information about the efforts of the Unitarian Universalist Association and the Unitarian Universalist Service Committee check out the link here: <http://www.uua.org/news/newssubmissions/179179.shtml>. I am sure that your help will not be in vain.

At a recent worship service some of you might have heard Tim Rooney announce that the Board was forming a Ministerial Search Committee. As you may know my partner Marcia is an Interim Minister and has been serving the First Unitarian Church in St. Louis while I have been serving you here in Decatur. Because interim ministry takes us to different parts of the country and I always seek to serve a congregation within a reasonable drive to Marcia's congregation, it is uncertain at this time whether I will be available next year. Therefore it's important that the Board begin the process of seeking a consulting minister for next year. If you have any questions my door is always open.

As I mentioned to you last month, the Central Midwest District's Annual Meeting will take place in Bloomington in April. It's exciting to have DA so close and I really recommend it to you if you have never experienced this UU event. You'll have an opportunity to hear some wonderful programs, meet UU's from all over Illinois, Wisconsin, parts of Missouri, Indiana and Michigan. I will be there and hope to see you there. More information may be found at <http://www.cmwd-uua.org>

This segues nicely into bringing up our Association's General Assembly in June. Maybe you've heard June, Chelso, others and myself talk about GA. This year's GA will celebrate the UUA's 50th anniversary and author and historian Karen Armstrong as the Ware Lecturer-- two great reasons to attend. If you think attending DA and meeting a few hundred UU's is amazing, then imagine attending GA and the breathtaking experience of meeting a few thousand UU's. This happens for me each year I attend General Assembly. Go to <http://www.uua.org/ga> for more information.

The story of the hummingbird reminds me of the closing words I shared with you recently by Edward Everett Hale. "I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do." Whether it's doing something for the planet, the people of Japan, or members and friends of the Fellowship, whatever you can do will surely be appreciated always.

Take care,
Linda
Rev. Linda Berez
Consulting Minister

Cell Phone - 414-460-2922
Email – minister@uufd.org
April Office Hours:
Wednesday 6, 13, 20 – 12:30 pm – 2:30 pm
Friday 1, 15, 22– 10:30 am – 12:30 pm

President's Message

Greetings UUFDF Members and Friends,

There's nothing to do in Decatur!! Nonsense!! There's plenty to do in Decatur. There are lots of good movies to catch, and the Avon is a great place to do that. But if watching a movie isn't your cup of tea, perhaps you'd rather go out for a cup of tea at one of the fine Decatur restaurants? Grab a bite to eat there as well? But if chowing down isn't on your menu of activities, perhaps visit a local fitness facility? Stop by the YMCA? Maybe the 24-hour Fitness in Forsyth? So it does appear there are a number of activities available to the residents of Decatur and Forsyth.

But wait a second!!! It's getting to be late in the month, and I don't have that paycheck yet! All those could be fun activities, but I would rather save my money. What can I do that will cost nothing? Maybe there's stuff like that in Decatur, but the fun and enjoyment gleaned from such activities is about as much as it costs: nothing!!

So perhaps I could get together with a group of friends and play video games? But there are no arcades in Decatur anymore. Yet all the new home video game systems are getting pretty innovative and realistic. That might be fun to hook up a video game system to a projector. Then there'd be a huge screen to show what's happening. Even better, I would control that huge character on the screen. Also, perhaps I could use that new technology that doesn't need buttons or controllers? Maybe I could just use my body to control the character?

Announcing the Friday Night Kinect at the UUFDF! For the final Friday of each month, we'll hook up an Xbox and a Kinect. We can then connect this system to our projector and have everything setup for bowling, table tennis, dancing, and river rafting through the UUFDF!

Who can we thank for this exciting opportunity? Glen and Tracie, of course! They'll make a trip to Decatur on the last Friday of every month. We can get the system setup in the UUFDF at 7:00 in the evening and be ready to raft by 7:15. Or maybe a game of bowling? That's fun since four people can play at a time. The other games are usually two-person games, but it was still a lot of fun to watch as Tracy and Linda battled it out during a fierce game of ping-pong.

The other great advantage of these new systems is that there's almost nothing to learn for controllers or secrets or special moves. For example, to play ping-pong, just act as if you're holding a ping pong paddle, watch the ball heading your direction, and swing away! You'll see your character on the screen and can watch as your character's body movement and positioning mimics your own.

But hold on a minute! I don't want to be represented by a "character!" That seems so old and outdated. That term hardly applies to something as advanced and sophisticated as these new game systems. What if we called it an Avatar? No, it's not nearly as cool as becoming a "Na'vi" from the movie Avatar, but recognizing that an "Avatar" is now the new term for "character" is one of the few new things you'll have to learn with this system.

Other than this new term, the only thing you might have to learn is to let go of that self-conscious worry about jumping and running around the UUFDF. Don't worry about that! We closed all the blinds when Glen, Tracy, Linda, and I were playing! Nobody will see you but your other participants, and everyone looks equally goofy, but all had a great time. Hopefully you can join the upcoming Friday Night Kinect at the UUFDF. When? We'll be Kinecting Friday, March 25, April 29, May 27, and June 24 to name the next few. Hopefully I'll see you there!

Let's make it happen!

Tim Rooney



GREEN SANCTUARY COMMITTEE

Seeing GREEN by Deonne Orvis

Last month we described the shift of basic paradigm a culture must make in order to evolve to a sustainable condition. The four myths of our cultural paradigm are:

" More stuff makes people happier."

" Perpetual growth is good."

" Humans are separate from nature."

" Nature is a stock of resources to be exploited for human good."

We could start by chanting any of these myths out loud and following each with a resounding teen-age style NOT! I keep thinking about them and how we might increase consciousness, promote change. My own experiences tell me the opposite of these popular myths.

More stuff does not make us happier. After a point, it is called clutter, and it costs us dearly in time, frustration, fire hazard and health dangers like allergies and stress.

Perpetual growth is good only if you are a cancer cell. Perpetual growth in my cattle herd means less time to care for each individual (as during calving); having to rotate pastures more often because a large herd eats down the grass faster; creation of eroded gullies where the cattle crossing a creek. Allowing perpetual growth, the herd would eventually destroy the land by eating all the vegetation. They must be in balance with their resource base.

We experienced our "oneness with nature" this winter when most of the human population joined the ranks of the universal sinus infection. The polluted air, the temperatures, the outside cold wet and inside dry heat, had everyone acutely aware of the weather. Our individual micro-systems responded to its macro-system changes.

Nature as only a "stock of resources for humans? We might say this destructive attitude is one root cause behind much of the present turmoil in the Middle East.

So how do the reverse myths look?

"Things don't make us happier; people in caring community do."

"Simplicity and sustainability are good."

"Humans are one with nature."

"Nature is a complex of systems which we must learn to respect if we plan to survive."

Prescription Drug Take Back Program

Turn in your unused or expired medications for safe disposal.

Saturday, April 30

10 a.m. to 2 p.m.

Decatur's Law Enforcement Center

333 S. Franklin St.

Decatur Vegetarian Society Meeting on Wednesday, April 20



The group will meet for a potluck at 6:30 p.m., and the documentary "Chow Down" will be shown at 8 p.m. In this film, 3 people try to buck the system of pills and procedures and outfox their heart disease and diabetes by changing their diets. It's a moving story of the success you can achieve when you rewrite the recipe for a healthy life.

2011 Environmental Film Series Continues

The last two films in the series sponsored by UUFD's Green Sanctuary Committee:

Saturday, April 2: America's Lost Landscape & 'Til The River Runs Clear

Saturday, April 16: What's On Your Plate

SEE ATTACHED FLYERS FOR DESCRIPTIONS OF THE FILMS.

2011 ENVIRONMENTAL FILM SERIES

- WHAT:** *America's Lost Landscape: The Tallgrass Prairie (2006)*
'Til The River Runs Clear (2007)
- WHERE:** Sanctuary, Unitarian-Universalist Fellowship of Decatur
3773 N. MacArthur Rd. (Corner of Mound & MacArthur), Decatur, IL
SCREEN PROJECTION WITH STEREO SOUND [for info contact 217-763-0509]
- WHEN:** 7:00 P.M., SATURDAY, APRIL 2 (60 minutes feature #1, 30 minutes feature # 2)
- 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 of Decatur

Join us for a double feature. Two films for the price of nothing!!!

AMERICA'S LOST LANDSCAPE: THE TALLGRASS PRAIRIE tells the rich and complex story of one of the most astonishing alterations of nature in human history. Prior to Euro-American settlement in the 1820s, one of the major landscape features of North America was 240 million acres of tallgrass prairie. But between 1830 and 1900—in the span of a single lifetime—the prairie was steadily transformed into farmland. This drastic change in the landscape brought about an enormous social change for Native Americans. The extraordinary cinematography of prairie remnants, original score and archival images are all delicately interwoven to create a powerful and moving viewing experience about the natural and cultural history of America. “Stunning photography conveys to viewers the striking beauty of the tallgrass prairie and gives them a sense of what it was like being ‘out on the prairie’ two hundred years ago, when it was still an intact ecosystem.” (Kenneth Robertson, Illinois Natural History Survey); “[This film] beat out a film you may have heard of: *March of the Penguins*...The first temptation may be to view this as a huge upset of sorts.” (Des Moines Register); “The breathtaking cinematography, original music and moving narrative created a powerful viewing experience.” (University of Northern Iowa Foundation)

'TIL THE RIVER RUNS CLEAR tells the story of America's environmental flagship, the Clearwater, which has helped effect a remarkable grassroots transformation of the Hudson River over the last four decades. The Clearwater is a traditional wooden sloop that was launched by folk singer Pete Seeger, who came up with the idea over thirty years ago and connects his music to environmental activism. The ship still sails today, serving as a moveable classroom, laboratory and stage.

NEXT SHOW: What's On Your Plate?, Saturday, April 16, 7 pm

2011 ENVIRONMENTAL FILM SERIES

- WHAT:** *What's On Your Plate? (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 P.M., SATURDAY, APRIL 16 (76 minute film)
- ADMISSION:** **FREE!** But Donations Accepted—No One Turned Away If Seating Is Available
- CONCESSIONS:** Fresh theater-style popcorn and healthier drinks sold



Audubon Society of Decatur



Community Environmental Council



Unitarian-Universalist Fellowship of Decatur

What's On Your Plate? is a witty and provocative documentary about kids and food politics. Over the course of one year, the film follows two eleven-year-old multiracial city kids as they explore their place in the food chain. Sadie and Safiyah talk to food activists, farmers, and storekeepers, as they address questions regarding the origin of the food they eat, how it's cultivated, and how many miles it travels from farm to fork. The film culminates with a delicious local meal cooked by the girls and friends they have made along the way. Sadie and Safiyah formulate sophisticated and compassionate opinions about urban sustainability, and by doing so inspire hope and active engagement in others. [*This film*] is exactly the film we need right now." (Michael Pollan, author); "This movie can have a real impact on the way we think about what we're eating." (Alice Waters, chef); "Thank you for helping us get it right. You will definitely capture the imagination of your peers and generations beyond." (Kofi Annan, UN); "I watched [*the film*] with my daughters, age 9 and 13, and they sat captivated for the entire film...The film addresses many aspects of our food system, including distance food travels, the challenges in providing healthy foods in schools, the medical consequences of a poor diet, and the economics of being a small farmer." (Dr. Marlene Schwartz, Yale) — Selection of the Seattle International Film Festival, Green Film Festival in Seoul, and BAMinemaFEST.

NEWS FROM RELIGIOUS EDUCATION



Happy Spring everyone! The children of Religious Education will be enjoying a canned food hunt on Easter Sunday, so please bring in canned goods before Easter Sunday for us to use. A basket will be located by the front door as usual. The canned goods will go to Northeast Community Fund once the hunt is complete.

Here is our schedule. Please plan to bring the children in your life and join us!

April 3 – Earth Day taught by Deonne Orvis.

April 10 – Passover taught by Lorelei Zaker.

April 17 – Palm Sunday taught by Jennifer Sekosky. We'll do a craft with Palm branches.

April 24 – EASTER! Led by Linda Shroyer. Canned food hunt; then we'll talk about why we donate food. Kids will be able to exchange the cans they find for treat-filled eggs. We will also decorate eggs and talk about Easter symbolism.

May 1 – Make something for Mother's Day. Jennifer will take photo of each child for the May 8 class. Macy will help kids make popsicle stick frames.

News notes

GLORY : film to be shown at Just Flicks series.

Central Christian Church, 6pm. Free Sunday, April 10

Mark Sorensen will introduce and comment on the 1989 Academy Award-winning film that tells the story of Unitarian Robert Gould Shaw leading the 54th Massachusetts Volunteer Colored Infantry, one of the first and most distinguished African-American units among the estimated 180,000 blacks that fought for the Union during the Civil War. A memorial to Shaw and the 54th Infantry was erected on Beacon Street in Boston in 1897 and it faces both the State Capitol and the Unitarian Universalist national headquarters. [http://en.wikipedia.org/wiki/Glory_\(1989_film\)](http://en.wikipedia.org/wiki/Glory_(1989_film))



District Assembly 2011 - April 29-30



Caring and Sharing

by Tracy Zieber

Part 2 : Northeast Community Fund

1. Have you worked with NECF before and if so, in what capacity?

Not personally, but UUFD has donated to them before. Others have donated food to them before. Kathy worked in social services so she knew about them. UUFD has worked with them. Clothing is NOT back open yet. Food bank is running again though.

2. What was your initial reaction upon learning of the fire?

Very upset. Heard it on the news. She knows how many people they help. Didn't know how much of the operation was damaged, but really felt there must be something that could be done to help. Estimated about 125 pounds of food and over 100 dollars from UUFD within 2 weeks. NECF has had some setbacks.

3. What inspired you to take your concerns and ideas for help to the UUFD?

Good for us as a community to find something like that that we are capable of helping. We can't help the whole world, but we can find some way to make a difference. This was one way we could help. Brings us closer together as a fellowship to feel we've accomplished something together out in the larger community.

4. How did the people of UUFD respond and what were your feelings about it?

They rallied. By the next week, the food baskets were full. People pulled together from only one sent email and one announcement. Sense of pride to belong to a fellowship that could pull together this way.

5. Suggestions for other ways UUFD members can become involved in the NECF and in the surrounding community at large.

Look for something doable. Not huge, but within our range. You can always contact the NECF, 825 N. Water St., Decatur, IL phone # 217-429-5846

Other suggestions/questions/comments

Linda Berez got an email, along with other ministers in town, that within 4 weeks the food pantry was back up to normal operations. But the clothing is still being worked on. The room is being constructed.

Unitarian Universalist Fellowship of Decatur

April 2011 Issue

“Promoting freedom, reason, and tolerance in religion”



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.



April Birthdays

Ken Robertson	April 06
Kathy Sorensen	April 21



minister@uufd.org (Rev. Linda Berez)
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