

May 2011

Unitarian Universalist Fellowship



Rev. Linda Berez
Consulting Minister

3773 N. MacArthur Rd.
Decatur, IL 62526
Phone: (217) 875-5442
www.uufd.org

President:
Timothy Rooney

Vice President:
Judy Thistlethwaite

Treasurer:
Mark Sorensen

Secretary:
Mary Lovell

Board Members at
Large:
Carolyn Devore
Tracy Zieber

UUFD Trust Board:
Ken Robertson
Vern Thistlethwaite
Dave Snoeyenbos



Upcoming Services

All Sunday services begin at 10:15 AM.

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

May 1: " Food as Antioxidants and Other Neat Ways that Food Keeps You Healthy" by Elizabeth Jeffery

Elizabeth Jeffery is a professor of nutrition at the University of Illinois, Urbana. She grew up in England and has a PhD in biochemistry from the University of London. She moved to Illinois in 1983 and to Decatur in 1987 when she married David Snoeyenbos. She studies foods that fight chronic disease, particularly foods that decrease your risk for cancer. She will talk about some of the "antioxidant foods" that you see advertised so much, such as blueberries and pomegranate, what it means for a food to be an antioxidant, how often to take them, how to prepare them and how foods may have health impacts in addition to antioxidant.

May 8: " Celebrating Women" by Rev. Linda Berez

On this Mother's Day, let's take time to celebrate all the women in our lives including our sisters, aunts, nieces, friends, mothers, and grandmothers. We will also celebrate Unitarian and Universalist women who have changed our lives by inspiring our nation.

May 15: What I Learned From Birds - Rev. Dr. Ruth Gnagey
Story for all Ages: Cages - by Dr. William Gnagey

After 45 years of watching birds, Ruth Gnagey has found that many of her birding experiences provide guides to her theological journey. One of those lessons has influenced her to travel to the Texas Gulf Coast for the winter months. Many others will be shared.

May 22: "I Will Stand By You" by Rev. Linda Berez

Are humans compassionate by nature? Are we inclined to help others who are suffering? Why is it so difficult for us to live by the words of Christian scripture that say: "Do to others as you would have them do to you?" Let's explore this together.

11:30 Congregational Meeting: Election of officers, pledge drive information, budget, trust information.

May 29: No Service

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

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

Wednesday, May 4
7:00 p.m. — Humanist Discussion Group

Friday, May 6
1:00 p.m.—Men's Luncheon at Tuscany

Tuesday, May 10
7:00 p.m.—decRead Group

Wednesday, May 11
7:00 p.m. — Spiritual Journey Covenant Group

Wednesday, May 11
6:30 p.m. — Women's Book Group

Friday, May 13
1:00 p.m.—Men's Luncheon at Tuscany

Wednesday, May 18
6:30 p.m. — Decatur Vegetarian Society

Friday, May 20
1:00 p.m. — Men's Luncheon at Tuscany

Tuesday, May 24
7:00 p.m. — decREAD Group

Wednesday, May 25
7:00 p.m. — Spiritual Journey Covenant Group

Friday, May 27
1:00 p.m. — Men's Luncheon at Tuscany

Calendar of Events

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 Heather Stoa for potluck and discussion of "The Immortal Life of Henrietta Lacks" by Rebecca Skloot.

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,

May is the month for graduations around town including, but not limited to Eisenhower and MacArthur High Schools. It's hard to imagine what the world will have to offer these youth as they become adults in this second decade of the century. While at the same time I also wonder what they will offer the world.

Another aspect of graduating from high school has to do with the reunions that follow: 10, 20, 30 or more years after one graduates from that hallowed place. I'm sure some of you may have celebrated a reunion or two in your life. Recently, I helped to coordinate a reunion for a handful of close friends who went in many different directions geographically after high school. On the evening we all gathered for dinner, it seemed that many conversations picked up right where we left off even though some of us hadn't seen each other in 32 years. When we parted ways at the end of the weekend I began to wonder why it took us so long to get together again. And, while I know we may not all remain in touch, the experience reminded me of how important it is not to take the friendships and relationships any of us have for granted. Considering all of the different forms of communication available to us these days, it seems like it would be much easier to stay in touch.

May is also the month for Mother's Day. I hope you will join me on May 8th when we celebrate not just mothers but all the women in our lives as well as some Unitarian and Universalist women who have inspired our country.

You may recall that a vote by the congregation was taken earlier in the year to move the annual meeting from April to May. I look forward to seeing many of you on May 22nd immediately following the worship service for this year's meeting. Also, I hope you will join me in thanking Tim Rooney for his exceptionally hard work and extended term of office.

As always I will be in for my office hours on Wednesdays and Fridays. Feel free to stop by or call.

Being in relationship with others, whether it's reconnecting with old friends through a high school reunion, or current friendships, is a wonderful part of being alive. Maybe you've been thinking of someone lately and wondering how they're doing. Consider picking up the phone, writing them a letter or email. Who knows... maybe they've been thinking about you too. Have a happy month of May.

Take care,
Linda
Rev. Linda Berez
Consulting Minister

Cell Phone - 414-460-2922

Email – minister@uufd.org

May Office Hours:

Wednesday 4, 11, 18, 25 – 12:30 pm – 2:30 pm

Friday 6, 13, 20– 10:30 am – 12:30 pm

President's Message

Greetings UUFDF Members and Friends,

Welcome to all the UUFDF former board members!! I begin this month with a welcome message instead of a farewell message. Although May represents the end of the term for the current board, it also starts a new term for the next UUFDF Executive Board. I will leave the welcoming of the new UUFDF Board to Judy Thistlethwaite, the incoming president.

Whose face will you not see as part of the UUFDF Board anymore? This name might come as a surprise because Julie Pager has been a UUFDF board member for the last 5 years. What? How's that possible? When Julie started on the Board, it was a four year term (pre-Vice President, Vice President, President, Past President) instead of a three year term like now. When the past president, Heather Stoa, moved across the lake and couldn't attend the UUFDF anymore, Julie was kind enough to volunteer to finish Heather's term as past president, adding a fifth year to Julie's seemingly endless time on the board. Thankfully, though, the board was able to significantly benefit from Julie's experience, wisdom, and arduous efforts in her five years on the board and her general involvement at the UUFDF. Thanks a million (times five!), Julie!

Thinking of Heather Stoa, I should also extend a brief thanks to her. Despite her move across the lake, she continued to serve as a reference for me when I had questions or concerns. Additionally, Heather has made service on the board much easier for everyone with the phenomenal manual that Heather compiled and presented to us.

What about some of those "new unchanged" faces? What's that mean? Well, the Veech family started the year editing the newsletter, but Terry Ankrom and Kathy Kline finished the year in charge of the newsletter. Terry and Kathy are kind enough to continue editing the newsletter so we will continue to see their friendly (Terry) and beautiful (Kathy) faces throughout the next year.

Next, Mark Sorensen, a strong and commendable presence at the UUFDF, will continue as treasurer. He's done this year after year, and he continues to do a great job. What's more, his wealth of knowledge and experience is a great addition to the board, and he's always a wise and trustworthy resource to consult in times of question or concern.

Thinking of money, I'm reminded of our trust and the great returns it has provided for the fellowship. We largely have Ken Robertson to thank for that treasure, and he's kind enough to volunteer to serve again on the trust board. Perhaps equally important, though, is the wealth of knowledge that Ken also brings to the UUFDF. He's another wonderful resource for us!

So what can these now ex-board members do? Sit and lounge for the next year? I hope not! Perhaps take a month or two to slow down and relax, but there's always opportunities to contribute to the UUFDF, be it as an executive or just a participating member. For example, the UUFDF Spring Service day is happening Sunday, May 15 at noon, immediately following the service. Everyone can participate in this, but it's a great opportunity for a final "Hooray!" for the leaving board members.

The summer also presents great opportunities for everyone, board member, ex-board member, regular member, or even a guest or friend of the fellowship. Following previous years example, we've planned to have services through the summer so if there's something you wish to present, by all means, create that program and go with it.

Thinking of going with it, I am pleased to "go with it" to my position as past president. Thank you all, friends, members, board members, board executives, and everyone connected with the fellowship for a successful, rewarding, and great year for us at the UUFDF.

Let's make it happen!

Tim Rooney

Congregational Meeting



Members, please plan to attend the UUFd's annual Congregational Meeting after Rev. Berez's talk on Sunday, May 22, at about 11:30. There will be election of officers, results of the pledge drive, presentation of a budget, report on the UUFd Trust, etc. Your views and votes are important.

Pledge Drive

Our UUFd annual pledge drive is under way. Informational packets have been distributed with pledge cards. Our expenses have increased. We hope to continue with ministerial leadership. We have lost several members who contributed over the past year. Please consider increasing your pledge for 2011 - 2012. UUFd needs your pledge.

Clean-Up Day

Sunday May 15, 2011 is the day planned for cleaning the grounds, picking up any tree debris, and cleaning out the shed - some things may need to go. Cleaning around the shed is also a necessity. Hopefully planting flowers with suggestions accepted. Please bring tools if you are able. The big sign on the corner needs to be stained, refinished, whichever. I am open to other suggestions. The plan is for the dead trees to be gone by that day.



Humanist Group

Humanist Group meets here at the Fellowship on the first Wed. of each month at 7:00 p. m. and we try to have a specific topic for each month. This past month Dave Snoeyenbos led a discussion on what our stand on Federal taxes should be. This next month, on May 4, I will lead a discussion I have titled "Humanism 101; What is Humanism and how should guide our interactions with others". If you have questions about Humanism, come join the discussion.



After the May meeting, we will take a summer hiatus and resume meeting in the fall.

Rita Schwake

Flea Market

UUFd will have a craft/flea market on Saturday, June 4 from 8-2 outside the fellowship. Cost is \$20 for a space and \$25 for a limited number of tables. For more information contact Kathy Vaught at 620-7644 or faithvaught@comcast.net.





Decatur Vegetarian Society Meeting on Wednesday, May 18

The group will meet for a potluck at 6:30 p.m. Please bring a vegetarian or vegan dish, with a list of ingredients. Our potlucks introduce people to the wholesome and tasty possibilities of meatless food preparation. The meals are accompanied by sometimes lively discussions about vegetarian issues and food choices. We usually have programs following the meal, either by live presenters or by informative videos by professional speakers on a variety of topics.

Green Sanctuary Committee

“Slow Laundry” by Kathy Kline

Top Ten Reasons to Line Dry Laundry:

1. **Save Money** Most households which abandon their clothes dryer save more than \$100 per year off electric or gas bills.
2. **Energy Conservation** Line drying laundry conserves energy and helps to protect the environment by saving precious fossil fuels.
3. **Freshness** Clothes and sheets smell fresh without additional chemical laundry fresheners. This is particularly important for those sensitive to perfumes and dyes used in detergents and dryer products.
4. **Gentle on Clothing** Tossing and tumbling in a dryer can cause wear and strain on clothing seams and buttons. Line drying is more gentle to fibers.
5. **Physical Activity** Hanging up laundry is a physical activity which you can do inside or outside.
6. **Good Rays** Sunlight helps to bleach and disinfect laundry. This is particularly beneficial for sheets, towels and diapers. However, for dark clothes it can cause harm - keep them in the shade.
7. **Winter Humidity** Indoor racks can humidify the air in dry winter weather .
8. **Prevent Fire Risks** Clothes dryer fires account for about 15,600 structure fires, 15 deaths and 400 injuries annually. The yearly costs in the United States for fire loss due to clothes dryer fires is estimated at \$99 million.
9. **Peacefulness** Hanging out clothes can be an outdoor experience that is meditative and community-building.
10. **One Small Step** Line drying laundry demonstrates that small steps can make a difference. You don't have to wait for the government to take action to protect the environment or reduce your monthly expenses.



From Project Laundry List at www.laundrylist.org and
<http://laundry.about.com>

NEWS FROM RELIGIOUS EDUCATION



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

May 1 - Make something for Mother's Day. Jennifer will take photo of each child (to be distributed the following Sunday). Macy will help kids make popsicle stick frames for the photos.

May 8 - Mother's Day and a lesson on different types of families and parenting.

May 15 - Source 5, The use of reason and the discoveries of science. Vern Thistlethwaite will teach this.

May 22 - Source 6, The harmony of nature and the sacred circle of life.

May 29 Memorial Day weekend. NO UUFD!

Unitarian Universalist Women's Connection

Central Midwest District

Spring Retreat at Pilgrim Park Camp

Princeton, IL

June 3-5, 2011

THE JOY OF NOW!

Keynote Speaker: Teri Freesmeyer

Rejuvenate by allowing yourself this time to explore and nurture your senses. Join your sisters, nature, and inner reflection in Pilgrim Park Retreat Center's peaceful and natural surroundings.

More information at www.uuwomensconnection.org Register by May 15th

Unitarian Universalist Fellowship of Decatur

May 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.



Happy Birthday!

Julie Pajer May 19

Terry Hogg May 28



Want to see your name on the list?

Send name & birthday to: newsletter@uufd.org

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)