



# Unitarian Universalist Fellowship of Decatur



## News and Notes

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



## Our services

At **10:15 a.m.**, unless otherwise noted

We offer religious education for children and child care for babies.

What does it mean to be a people who show up? This month, Rev. Michelle LaGrave will be doing a 3-part sermon series exploring just this question. What are the ways we show up for ourselves (self-care)? What are the ways we show up for each other? What are the ways we show up for the Earth? What more could we do or do better?

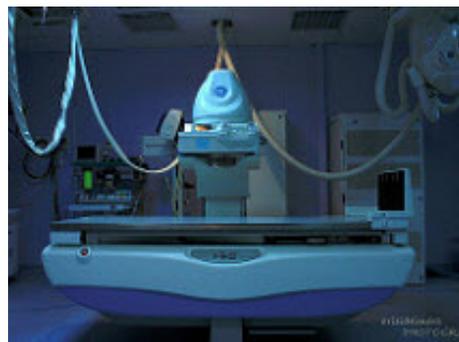


**Feb. 5 – Showing Up – For Self.**

**Feb. 12 – Showing Up – For Our Community.** This is also a New Member

Sunday. If you are interested in joining UUFd and haven't spoken with the minister yet, please let Rev. Michelle know. Questions are always welcome!

**Our service will be followed by a Valentine's potluck.**



**Feb. 19 – Technology: Help or Hinder End of Life Decisions? Dr. Betsy Hopkins**

Today, patients and their families have so much information available to them via the Internet and face more end-of-life options

and procedures than previous generations. Dr. Hopkins, from Memorial Hospital's Clinical Ethics Center in Springfield, offers insight into palliative care in today's world.

**Feb. 26 – Showing Up – For the Earth, Rev. Cindy Shepherd.** This Sunday, we will welcome back Rev. Shepherd of *Faith in Place* to help us explore some of the real ways we can serve the cause of environmental justice.



# REal Cool Sunday School



This month in REligious Exploration, we will be moving right along in the Toolbox of Faith program. We have really enjoyed seeing the size of our RE groups get a little bit larger in recent weeks. We always appreciate seeing regulars, but also love to welcome any visitors to our group!

On Feb. 5, we will be doing session 6 of Toolbox of Faith. We will talk about the paintbrush representing the expression of our inner thoughts and lives. One of the activities will be painting on trays. We will have paint shirts available for the children to wear. But you might also want to remember that we will be painting when children are choosing what to wear that week!

On Feb. 12, Kathy S. will be teaching RE and will have some fun Valentine-related activities ready for the children.

Feb. 19 will bring us to session 8 of Toolbox of Faith for the discussion of Power and the tool of the Hammer! We will talk about how UUism is a faith that values using our power to work for good. We will go into the seventh principle of Unitarian Universalism, that affirms that we are part of an interdependent web of all life. When one part of that web suffers injustice, the entire web suffers injustice. We will talk about why that is another reason we believe that we should use our power for good.

On the last Sunday of the month, Feb. 26, we will do session 9 of Toolbox of Faith and discuss the Spirit of Life. A canteen filled with water will be the "tool" of the day. We will do some water play and have our very own Water Communion.



## Potluck



Sunday, Feb. 12, after the service

*Bring a dish to share. UUFD will furnish the drinks and all table service.*



Enjoy great food and nourishing fellowship!



**Humanist Discussion Group, 6:30 p.m., Wednesday, Feb. 1.** The discussion topic is major selected Humanist /Humanitarian issues we face in this new year. Wine and snacks provided. Please join us and bring a friend! For information contact Dave Snoeyenbos, 865-2409.

**Mindfulness & Spirituality, 7 p.m. Thursday, Feb. 2 and 16.** This UUFD group meets on the first

and third Thursday of each month in the Sanctuary to have a session of silent meditation and to discuss a topic of spirituality related to meditation practices. We start promptly at 7 p.m. with the meditation, so please arrive early and enter the Sanctuary in silence. The group is open to any member or friend of the Fellowship or anyone in the community who is interested in these topics. Contact Mel Weinstein for information: mel.weinstein.domehome@gmail.com

**Committee on Ministry, 3 p.m., Wednesday, Feb. 8.**

**Women's Book Group, 5 p.m., Wednesday, Feb. 8** at the home of Kathy Kline. The book is "What She Knew" by Gilly McMillan.

Bring a dish to share for dinner. Please RSVP to kathysorensen1@comcast.net.

**Gay and Lesbian Association of Decatur, 6:30 p.m. Saturday, Feb. 11.** This group meets the second Saturday of month for a potluck dinner and program. We are a welcoming group, open to adults who identify as gay, lesbian, bisexual, transsexual, queer-identity, and straight. If you have any questions, please contact one of our co-chairs: Jerry Bowman at bufnjer@live.com or UUFD member Rene Verry.

Our **Environmental Film Series** begins Saturday, March 4. (A flyer had the incorrect date.) Watch for sign-ups to help out.



## **Unitarian Universalists for a Just Economic Community**

The rising tide of inequality, intolerance and racism makes it more important for UUs to stand up for their values. UUJEC and UUs for Social Justice are organizing a spring conference April 3 through April 5 in Washington D.C. to give UUs an opportunity to advocate for a vision of a fair and compassionate society directly to decision makers on Capitol Hill.

We will be joined by several of our justice allies, including Sister Simone Campbell and Chuck Collins, build advocacy skills and spend time on Capitol Hill talking with decisions makers.

Contact: Rachel Bennett Steury  
uujec@uujec.com, 260-837-8938. For registration information, visit:  
<http://uujec.com/ReversingInequality>.

## A free and responsible search for truth and meaning



If you weren't interested in learning about and discussing religions, you wouldn't be in a UU church, right?! Well now we're all invited to take an online course – World Religions Through Their Scriptures – from Harvard University and then meet for discussion. The archived lessons can be found by googling Religious Literacy Harvard EdX.

The benefit of the archived course is that you can truly work at your own pace at no financial cost. However, we'll structure these to assume two modules per week, and meet at the end for casual discussion on what we found interesting.

If you would like to host one the discussions at your home, please let Rev. Michelle or Melissa Hendrian know.

### **Religious Literacy: Traditions and Scriptures**

Learn how to better understand the rich and complex ways that religions function in historic and contemporary contexts.

4 weeks, 2 modules per week

Discussion: Thursday, Feb. 23

### **Christianity Through Its Scriptures**

Learn about Christianity through a study of its sacred scriptures. We will explore how diverse Christians have interpreted these writings and practiced their teachings over a 2,000-year, global history.

4 weeks, 2 modules per week

Discussion: Thursday, March 23

### **Buddhism Through Its Scriptures**

Learn about the rich and diverse beliefs and practices of Buddhists across time and place. Experience Buddhism through its scriptures, both relationally as well as academically.

4 weeks, 2 modules per week

Discussion: Thursday, April 20

### **Islam Through Its Scriptures**

Learn about the Quran, the central sacred text of Islam, through an exploration of the rich diversity of roles and interpretations in Muslim societies.

4 weeks, 2 modules per week

Discussion: Thursday, May 18

### **Hinduism Through Its Scriptures**

Learn about the rich diversity of Hindu sacred texts – hymns, narratives, philosophical thought – and their interpretations

4 weeks, 2 modules per week

Discussion: Thursday, June 15

### **Judaism Through Its Scriptures**

Learn about the key beliefs and practices of Judaism through an examination of its sacred texts and their interpretation.

4 weeks, 2 modules per week

Discussion: Thursday, July 13

## In Michelle's words

### *Dearest Ones,*

This month in ministry, I'll be exploring the themes of "love", "identity", and "showing up". Though it may not seem so at first glance, these themes are closely related. Who are we as individuals? Who are we as a community of faith? Who are we as UUFD? All of these questions speak to our identity. Are we a



people who "show up"? I'd like to think so. If that's true,

then what does it mean to be a people who show up? What are the ways in which we show up? Are there ways in which we could get better or smarter at showing up? All of these questions will be explored in a 3-part sermon series. The first Sunday, will be

about self-care; something that for many of us is much harder to do than caring for other people. The next will be about community and the ways in which we show up for each other. This will also be a New Member Sunday and we'll follow the service with a potluck. What better way to celebrate our new members and our community than to share a meal together! The third Sunday in this series, Feb. 26, will be about care of the Earth and also the ways in which how we care for the Earth impacts the lives of our fellow humans. I'll be leading that service with Rev. Cindy Shepherd of "Faith in Place" joining me as the featured speaker.

Why do we show up? I believe the answer, or at least one of the major answers, is Love. We are a people who love. I have seen that over and over again – in the ways you

care for each other, in the ways you care for the buildings and grounds, in the ways you pour your energy into making UUFD the best community it can be.

In faith, love, and compassion,

*Rev. Michelle*

**Rev. Michelle LaGrave  
Minister  
Unitarian Universalist  
Fellowship of Decatur, IL**

**michellelagrave@gmail.com  
or minister@uufd.org**

**860-539-3248 (cell)**

**Office Hours:**

**Tuesday: 3-5 p.m.**

**Wednesday: 1-5 p.m.**

**Thursday: 1-5 p.m.**

**Also by appointment**

**Mondays: Day Off**

**Fridays: Reading and  
Writing Day - phone calls for  
urgent matters welcome**

## Getting 'on Board'

On Jan. 8, the Board decided to join Faith in Place in an effort to improve outreach. This organization carries out several activities: it lobbies officials for causes of justice, it works with Community Supported Agriculture programs, and it holds "carbon reduction parties" among other efforts.

We will be a pickup spot for a CSA based in Clinton. This program allows people or groups to buy a stake in the operations of an independent grower, often organic. Then, usually once a month, a basket of vegetables and fruits is delivered. More information will be coming about the CSA

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## Thoughts from the PreZ

I spent time in January preparing the service on Community Journalism with the new Herald & Review editor, Chris Coates. I couldn't have set up the whole program by myself. I'd like to talk about the cooperation I received.



Mel Weinstein collected all the recordings of music I wanted and operated the sound system. He also helped set up the projector so the PowerPoint

presentation could be done. Thanks, Mel.

I picked Mark Sorensen's brain on music and how to nudge it (the music) into playable shape. He also took care of lining up the pulpit and chairs and projector.

Joyce and Monte Throneburg were the hosts with the most at coffee time.

Emily Richard, Kathy Sorensen, Mary Lovell and Chloe Clark have the RE

program humming. On this particular Sunday, Rev. Michelle was there to look in on the children while fulfilling her role of being minister for all of us. Thank you.

Marge Evans was her gracious self as greeter. Marge, you have my gratitude.

My purpose here is to encourage you to help make future services happen. If you have a topic that moves you, mention it to Rev. Michelle, Joyce, Rene Verry or me. Consider being a service leader, too.

It's really a shame when we have to beg for coffee hosts. At base level, you turn on the coffee pot, heat some water and put out the tea bags. The scope of the food is up to you.

So, our Sunday services are the foundation on which we reconnect with one another. We all have our role to play as well. Please start playing.

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### Getting "On Board" continued

and other Faith in Place initiatives.

There also was talk about various information resource services to bolster our social media presence. Faith Rocket, Touchstones and Soul Matters are the main choices. A Board vote will be coming up on this.

Board members continued shaping a covenant that will guide the tone of our time spent together. Just some of the core principles of the covenant are respect,

openness to new ideas and preparation. The final wording is expected in February.

Last, but not least, Rev. Michelle outlined how she sees an agenda for a Board Retreat. Some of those topic areas are Education, Leadership, Fellowship, System Theory, Matching Budgets with our Principles, Direction, and the Three-Year Plan.

Scheduling difficulties led the Board to postpone the Retreat from Jan. 28, and a date in March may be the earliest opportunity to convene.

**Bill Harbeck** is right on target with his treatment for neck cancer. Bill had surgery to remove the "tumor" (lymph node) and surrounding lymph nodes on Jan. 13. He will begin radiation and chemo Feb. 13. The site of the initial cancer has not been found, so they are targeting the area where the cancerous lymph node was removed. Bill has also decided to go for a second opinion on Feb. 9 at Washington University/Barnes Hospital, St. Louis.



Bill is feeling good, going to practice with his Mount Zion track kids, recovering from the surgery, and walking Charley every day! Let's send positive thought Bill's way with get well cards and happy emails (bharbeck@gmail.com). We're rootin' for you, Bill!



Among the participants in the Women's March in Springfield on Jan. 21 were UUFD members **Linda Shroyer, Rita Schwake, Melissa Hendrian (and Owen), Emily Richard and Mary Jo Comerford.**

**Darwin Shroyer** has donated his Auxiliary State Police Uniform and Badge (#17) to the State Police Museum. These items will be on display at the Museum

and the State Fair in the exhibit under the grandstand. Darwin was with the State Police and was a Logan County Deputy Sheriff when he and Linda lived in Lincoln.

## Reaching out

President Dick Zaker: [president@uufd.org](mailto:president@uufd.org)

Vice President Rene Verry:

[vicepresident@uufd.org](mailto:vicepresident@uufd.org)

Treasurer Mark Sorensen: [treasurer@uufd.org](mailto:treasurer@uufd.org)

Secretary Melissa Hendrian:

[secretary@uufd.org](mailto:secretary@uufd.org)



Athena Pajer

Feb. 5

Nancy Hutchison

Feb. 24

*If YOU want to get some recognition, email [newsletter@uufd.org](mailto:newsletter@uufd.org)*

Lorelei Zaker is the editor of this Newsletter.

The deadline for the March edition is Feb. 23.

[Newsletter@uufd.org](mailto:Newsletter@uufd.org)

## Find us on the Internet

Facebook page: UUFD - Unitarian Universalist Fellowship of Decatur, IL

Twitter: UU Decatur

Thank you for helping us raise awareness of UUFD via social media.