

# February 2018 Newsletter

Theme: *Belonging*



## From Reverend Tom Capo

*This is the second half of Reverend Tom's sermon on 1/7/2018:*

This is a chart of what is known as the Comfort Zone Theory. Notice the three zones: Comfort, Learning, and Panic. We all have "zones of comfort" about different topics. When we are inside our zone of comfort, we are not challenged mentally, emotionally, or spiritually. We do not learn new things when we are in our Comfort Zone. In a church, when we are participating in worship, or having a discussion, or involved in an activity focused on new information, new awareness, or that which pushes against what we have decided is right/wrong, true/false, real/illusory we may be operating outside our comfort zone. Our comfort zone feels good, we prefer to stay there, comfy and safe and in control.



However, in a Unitarian Universalist congregation, because we are here to grow, mentally, emotionally, spirituality, what happens is we are pushed outside of our Comfort Zone in worship, interactions, and activities. We can discover ourselves in the Learning Zone. This zone is at the edge of our Comfort Zone. It is the best place to expand understanding, to take in new perspectives and stretch our awareness. The Learning Zone requires focused effort and attention. You might be able to tell you are on a learning edge when you start feeling annoyance, anger, anxiety, surprise, confusion, or defensiveness. The challenge is to be able to recognize, "I'm in the Learning Zone" and live into the discomfort while discovering what can be learned. Easier said than done. Also from my perspective easier to talk about than to provide during a service. Why is that? You might wonder.

When I skirt around the Learning Zone with you, I might trigger you. A "trigger" is a word or phrase that stimulates an emotional response that taps into anger, pain, or fear. Any time you have a strong feeling there is an opportunity to learn, but there can also be the possibility of panic, rage, despair, feeling paralyzed, or being defensive or reactive. If a trigger makes you so anxious that it is difficult to be open, to think, to process, to learn, then you are probably in the Panic Zone. Like in the Comfort Zone, we can't make progress in the Panic Zone. If we get in Panic Zone, we want to quickly return to the Comfort Zone and sometimes build walls up around it so that we never have to leave it again.

*Continued on page 4...*

## Sunday Services

**February 4, 2018 @ 9:30 and 11:15 AM**

**Being a Unitarian Universalist by Reverend Tom Capo and members of DUUC**

We will celebrate member anniversaries during the service and hear from some of these individuals about what it has been like to be a Unitarian Universalist and part of this church community. Two of those members who will speak are Edna and Tom Groves. Edna and Tom will be leaving DUUC after 50 years as they move their household to a new state. We will have a celebration after each of the services for them and for all who are having DUUC anniversaries. Please note there will not be Joys and Concerns during this service. **Please note there will not be Joys and Concerns during this service.**

**February 11, 2018 @ 9:30 and 11:15 AM**

**by Reverend Tom Capo and the Committee on Ministry**

Reverend Tom and COM will explore what it means to belong to a church community and consider why people participate in the many ministries of this church, including Sunday morning worship. They will also discuss what the Committee on the Ministry is and how you can help COM keep a finger on the pulse of this community. The DUUC Choir will perform during this service. **Please note that there will be a time in the service to share Joys and Concerns.**

Our **Special Collection** will benefit **Animal Rescue Foundation - Illinois**. ARF is a non-profit, no-kill humane society. They conscientiously rescue, foster, and care for homeless dogs and cats while they find them their forever homes. They promote spay/neuter programs to help reduce pet overpopulation and work within communities throughout Illinois to assist and educate the public about responsible pet ownership. If donating by check, please make payable to DUUC, with Animal Rescue Foundation –IL noted on the memo line. Thank you for giving generously!

**February 18, 2018 @ 9:30 and 11:15 AM**

**The Arc of Belonging by Reverend Tom Capo and members of DUUC**

The amount of time someone has been at a church affects what they need from the church and their participation in its life. Some new members might focus on having just found a new spiritual home and are enjoying it. Some longer term members are deeply engaged in the work of the church. Some really long term members have been in a number of positions of leadership and may be looking for a new way to participate in the life of the church. Let's explore this arc of belonging. **There will also be a time in the service to share Joys and Concerns.**

**February 25, 2018 @ 9:30 and 11:15 AM**

**Employing the "Moral Imagination" as an Everyday Spiritual Practice to Cultivate Empathy by the Participants of the Fall DUUC Retreat**

For approximately 40 years, DUUC has held a retreat in the fall. Twenty to 26 participants spend the weekend discussing a certain theme while journaling, sharing life stories, and engaging in self-reflection as well as singing, drumming, walking in the woods and meditating. This year, the group studied the concept of using the "moral imagination" to develop empathy. Participants from the retreat will conduct this Sunday Service and share a snapshot of what was learned over the weekend. If the term "moral imagination" is a mystery to you, come learn how you already use it or could improve its use in your interactions.

## SUNDAY MORNING FORUMS—9:30AM in the Learning Center.

**February 4, 2018: SCIENCE SUNDAY**

**February 11, 2018: SOCIAL JUSTICE**

Please join us as Dr. Vincent Gaddis, History Professor at Benedictine University continues his talk on the origins of racism in America, racial stereotypes, and the institutions dedicated to continuing racist lies. Those who attended his visit to our forum last month know that he is an impressive speaker and welcomes your questions. I hope you will share some of your Sunday morning with us by attending this forum. Sunday February 11<sup>th</sup> in the Learning Center at 9:30 am.

**February 18, 2018: SCIENCE SUNDAY—Thinking Critically – Part 4**

In part 3, Dr. Joanne Reid discussed various forms of argument, including syllogisms, conditional arguments and logical arguments. Without further discussion, it would seem that once an argument is made, then everything is settled. However, we have all heard the adage, 'Figures can lie, but liars can figure.' In a similar manner, arguments can be biased in many ways. It is important that we understand these false forms of argument and prepare for them. In part 4, Dr. Reid will discuss some of the problems and foibles of Arguments. Topics will include: *Confirmation Bias, Framing, Word Games, Fallacious Arguments*

**February 25, 2018: Welcoming Congregation Rectification Kick-Off**

Being a Welcoming Congregation means that this church has worked hard to make sure lesbian, gay, bisexual, transgender, and queer people are full members of our faith community. Being a Welcoming Congregation means that this church strives for radical inclusion, creating spaces that honor every part of our identities, backgrounds, and experiences. Being a Welcoming Congregation means that this church has gone through a process of classes and internal exploration to become certified by the Unitarian Universalist Association as a Welcoming Congregation. We will hear from members of our church as they reflect on DUUC being a Welcoming Congregation and what the process for recertification as a Welcoming Congregation entails. Please come, learn about this church-wide initiative and then you can decide how you can be part of it.



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## From the Director of Youth Religious Education, Steve Cooper

On February 11th during coffee hour we will have Valentine Day treats and crafts in the lower classrooms. Kids and parents are invited join us from 10:30 to 11:00 and 12:15 to 12:45.

On March 10th we will be hosting high school youth from Wisconsin and northern Illinois for a conference. Our youth are planning this event and are looking for volunteers to help feed 150 to 200 starving kids. They are looking for a food coordinator and people to help prepare or organize the food for three meals. The food costs are covered but we just need help making it happen. If you are interested please contact Steve Cooper or Wendy Cortes.

See you next Sunday!

*Those who have a strong sense of love and belonging have the courage to be imperfect.*  
~ Brené Brown, Researcher. Storyteller. Texan



## From Congregational Life Coordinator, Mary Law

There are plenty of ways that we will be observing our theme of Belonging this month.

On Sunday, Feb 4<sup>th</sup>, we will be celebrating Member Anniversaries. This year, we will be honoring a number of people that will celebrate their anniversaries of 50 years or more! Those people are:

Elliot Politser 60 Year  
Bettye Brubaker 55 year  
Lorraine Keener 50 years  
Tom Groves 50 years  
Edna Groves 50 years

Here are all the other activities we have going this month.

**Feb 4<sup>th</sup> and Feb 11<sup>th</sup>** we will *Pathway to Membership* classes. Those visitors who are interested in learning more about Unitarian Universalism as well as what being a member of DUUC are invited to attend these classes.

**Feb 18<sup>th</sup>** is *Face2Face* which is a great activity where you get to know other people in our community by asking them thought provoking questions. Like coffee hour, but more intimate and less social anxiety inducing ☺. All are welcome to attend Face2Face.

**Feb 25<sup>th</sup>** there will be a forum about how and what DUUC needs to do to become re-certified as a *Welcoming Congregation*.

**Feb 25<sup>th</sup>** is also the Solar Panel Celebration and Potluck. What's more fun than celebrating the installation of our solar panels with food??? Note: the food will not be cooked or served on the solar panels. Although, that would be an interesting party. . .

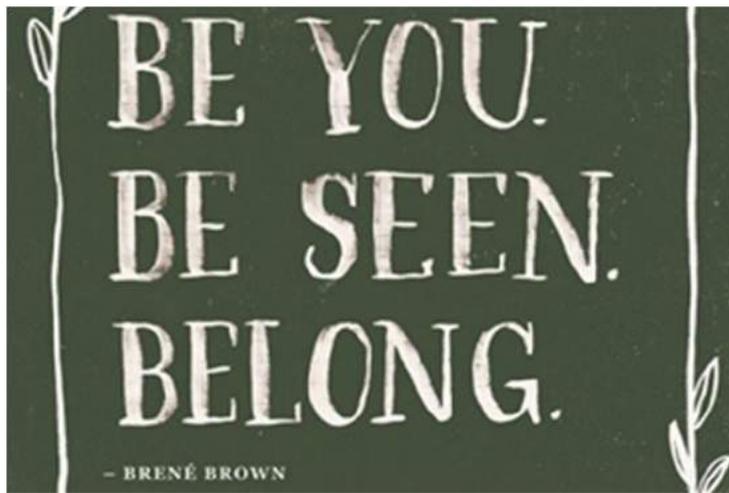
See you Sunday!

## Minister's Article *continued...*

The first Sunday in December Gemma Guenther, our ministerial intern, preached on Mystical Christianity. She spoke about her experiences and thoughts on Catholic Saints, on supernatural experiences, mysticism and offered a meditation based on Mary, mother of Jesus. Some members of our congregation were deeply and positively touched by this service; many people came to me saying how much they appreciated Gemma's presentation. One person said it brought her to tears it was so meaningful. Other members found this service deeply troubling. These members experienced the service as divisive, painful, and marginalizing.

So, why did I encourage Gemma to speak her truth that Sunday? I am her supervisor and mentor. Gemma has been growing a lot in her time with us, but had yet to risk speaking on certain truths that she holds. I felt it was an important step in her journey toward ordained ministry for her to take the risk here in her teaching church. As a teaching church, we support our interns in taking risks and then give them honest feedback. Multiple people in this church and in Gemma's seminary helped her craft the service over a period of weeks. And after the service at least two people shared with Gemma honestly and respectfully about how difficult the service was for them. This was important for Gemma's development as a minister. And I believe Gemma's service has also given us, this congregation, an opportunity to explore how we, both individually and as a community, can make shared meaning from the polarizing reactions to her service. Our third Principle states that we accept one another and encourage each other to spiritual growth in our congregations. Easy to say, harder to live out in our daily interactions. It would be easy to ignore Gemma's service as an anomaly or downplay the strong negative reactions of some members of this congregation. It'd be great to ease on back into our Comfort Zones. Or, as Unitarian Universalists, we could embrace the discomfort of the Learning Zone and consider what we individually and collectively learned from the experience, what new insights this experience might offer.

I have to share my prejudice here; I believe it is better for people to talk openly honestly, and respectfully about their differences and diversity. Some people have talked to me about our differences and diversity here, and I encourage all of you to talk to me about your thoughts on our differences and diversity. I also want to encourage you to talk to one another about your differences and diversity, openly, honestly, respectfully, using "I-statements", that is also part of building community. And don't just talk to the same people you normally talk to, talk to people who you don't know well and people who think differently than you do. We need to share both what inspires and what troubles; both are important for this community. I know this is challenging, but I have experienced many of you doing this already. As we work together, through difference and diversity, we will continue to build this beloved community. ~Reverend Tom





## From Community Minister, Myriam Renaud

Every New Year brings with it a reminder that we may yet begin again. We cannot undo the past—2017 has come and gone, but 2018 brings with it fresh opportunities. The sometimes dangerously cold weather conspires to keep us at home and, as we try to stay warm, gives us time to reflect while mother-nature also blesses us with sunshine, offering us cheer and hope.

What opportunities will this new year offer you? For me, it brings the opportunity to play a significant role in putting a spotlight on an interfaith, ethical document that has become near and dear to my heart. My dissertation research focused on the

Parliament of the World's Religions' signature document, *Towards a Global Ethic: An Initial Declaration*, also known as the *Global Ethic*. And now I work at the Parliament where my job is to help give the *Global Ethic* the central role it deserves. Little did I know, as I researched this document, that it would eventually be placed in my care.

The Parliament, an international organization, oversaw the writing of the *Global Ethic* in 1993. This document sets forth four "directives" or moral imperatives. Parliament identified these directives—after a months-long process of consultations between over one hundred scholars and religious leaders—as held in common by the religious and secular traditions.

I serve DUUC as its affiliated Community Minister through my work at the Parliaments. In a sense, then, DUUC is now contributing to the future of this document as well.

I will say more about the *Global Ethic* in my next newsletter contribution, in a sermon on March 25, and in a workshop on April 29. Let me just say that, as I contemplate the whole of 2018 from my barely warm living room, looking out onto the frozen street, I see opportunities to leave my own mark on this twenty-five year old document. And what amazing opportunities they are! I am so grateful.

I cannot yet predict what other opportunities will come my way, whether I will notice them, whether I will seize them, and how I will act on them. But I am hopeful that, as I reflect on the year ahead, that more opportunities are forthcoming. My resolution is to try to be more attentive and so more likely to notice them, seize them, and act on them.

May the start of 2018 bring you similar opportunities and the ability to seize them. ~Yours in service, Myriam

*A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick.*  
~Brene Brown, Researcher. Storyteller. Texan

## Join the DUPAGE HUMAN RACE! And You Can Support DUUC's SMILE Project

When: **Saturday, April 28, 2018 at 9:00 am.**

What: This is a 5K run/fitness walk for the whole family.

Where: The Esplanade at Locust Point, 1901 W. Butterfield Road, Downers Grove

The SMILE Project is participating in the Giving DuPage 7<sup>TH</sup> annual DuPage Human Race, a community event and fundraiser that benefits non-profit organizations in DuPage County.

The SMILE Project (Students, Mentors, Internship, with Local Employers) an initiative of the Social Justice Committee of DuPage Unitarian Universalist Church, will participate in this event to help raise funds to support the SMILE Project.

Please join the DuPage Human Race by visiting the website, [www.DuPagehumanrace.org](http://www.DuPagehumanrace.org) and register to support the SMILE Project – DuPage Unitarian Universalist Church in one of 3 ways;

- Register to run or walk (choosing the SMILE Project as your charity; you are required as a runner to choose a charity—half of your race registration comes back to the church's SMILE Project)
- A one-time donation (to the SMILE Project), or
- Become a fundraiser (Creating a Team of friends and family to raise funds for the SMILE Project; here is one team from our church: <https://runsignup.com/MikeandCheryl>)

This promises to be a family fun event for those who run, walk, cheer others on, or become a donor or fundraiser.

Please join us in making this a huge success for the SMILE Project.

For questions contact, Maggie Kivisto, Chairperson SMILE Project, Cheryl Clayton or Ken Koresch, Co-chairs of the Social Justice Committee

## A CELEBRATION

Tom and Edna Groves are setting out on an adventure and will move to Boise Idaho, February 26<sup>th</sup>. To celebrate we will have a reception/coffee for them between services on **February 4<sup>th</sup>**! February 4<sup>th</sup> is also the day that they will receive their 50 year membership pins for being members at DuPage Unitarian Universalist Church! Come celebrate with them!

**Jesus Seminar Book Club** will meet on **February 18 at 3 PM**. We are starting to read *The Authentic Letters of Paul: A New Reading of Paul's Rhetoric and Meaning* By Arthur J. Dewey, Roy W. Hoover, Lane C. McGaughey, Daryl D. Schmidt. Contact Reverend Tom at [revcapo@gmail.com](mailto:revcapo@gmail.com) if you have any questions about the group.

**Conscious Aging** will meet **Thursday, February 15, 7 PM**. We will have a special presenter at this meeting. Dan Bailey will discuss Tai Chi and aging.

### Unitarian Universalist Bible Study

Reverend Tom is leading a UU Bible Study. If you are interested in joining him, please read the book of Genesis. And during our session we will watch a section of the PBS series *Bill Moyers Genesis: A Living Conversation*. Then we will discuss each section of the book of Genesis. Ask Reverend Tom if you have any questions. We meet on the fourth Sunday of the month and our next meeting is **Sunday, February 25 at 3 PM**. Bring your preferred Bible.

**The Tibetan Buddhism Study Group** will begin again soon, details to follow. If anyone is interested in participating and/or in joining a "field trip" to visit the **Buddhist Center in Cicero on February 3 or 4**, to participate in a teaching by a visiting lama, please contact Mary O'Brien Glatz for further details at email: [grandmomary@gmail.com](mailto:grandmomary@gmail.com) or telephone: 720-205-8944. There will be a carpool from DUUC the morning of the trip.

### Children's Choir Director

We are getting a Children's Choir program off the ground here at DUUC and are in need of musically inclined volunteer willing to help direct the children during performances. Currently, we do not have a set performance or rehearsal schedule as we are still in the planning phases of the program. You wouldn't need to be responsible for administrative tasks, only helping the kids prepare for performances and directing them on days they sing. If you are interested, please contact Jenny Hobbs at [jenny.hobbs8@gmail.com](mailto:jenny.hobbs8@gmail.com). Thank you!

### JUST VIEWS, a Free & Open Film & Discussion Program

**Friday, February 9, 2018 at 7:20 pm: The Business of Doing Good.** Providing disaster relief, fighting poverty and promoting development in "Third World" countries have been key roles played by the USA and other "First World" countries of the West. Tonight's film examines how the global aid system has become a wide-ranging, multi-billion dollar constellation of enterprises – spanning US agricultural inputs, clean water facilities / sales, dam and other huge corporate construction contracts, bulk shipments of used apparel, international adoptions. Following the viewing, the audience will critique and explore all of these issues with our invited experienced resource panelist, Paul LeFort. We'll also learn about some innovative domestic as well as international initiatives. Bring your inquiring mind and, if you choose, bring friends too. Questions? Please call Just Views Director sociologist Stephanie Hughes 630/ 420-4233 or Associate Director Carol Tritschler 630/961-0106.



## Pathways to Membership Classes in February

Interested in learning more about what Unitarian Universalism is? Want to know what being a member of DUUC entails? Pathways to Membership is a two part class that is required to take to become a member. Our Winter classes will be held on Sunday Feb 4th and 11th from 12:40pm-3:30pm. Lunch and child care is included. The green sign-up sheet is at the kiosk in Kreves Hall. If you have

any questions, contact Mary Law @ [membership@dupageuuchurch.org](mailto:membership@dupageuuchurch.org).

**Sunday Flowers.** Thank you to all of you who signed up to donate flowers for Sunday Services this winter. There are just a few dates left to fill in March and April. Please contact Kristen Tang at [flowers@dupageuuchurch.org](mailto:flowers@dupageuuchurch.org) for more information or to request a date.



**COVENANT GROUPS ARE OPEN FOR NEW MEMBERS AGAIN.** If you would like to join one of the five covenant groups, now is your opportunity. The purpose of covenant groups and chalice circles is to deepen your friendships with other church members. There are now covenant groups meeting once a month on the 2<sup>nd</sup> Monday of the month, on the 4<sup>th</sup> Tuesday of the month, on the 4<sup>th</sup> Wednesday of the month, and 2<sup>nd</sup> Saturday once a month. Please contact Tom Chockley to get more information and/or to join one of the covenant groups. Tom Chockley, [tom.chockley@gmail.com](mailto:tom.chockley@gmail.com)

## INTRODUCTION TO MINDFULNESS



February 13 to March 20, 2018

Are you interested increasing your sense of calmness and wellbeing? Neuroscience research has shown that developing a daily practice of Mindfulness Meditation can help cultivate these qualities in ourselves. Mindfulness can be viewed as a method of mental training in which we learn over time, to

abide more and more in the present moment by focusing on our body, heart, mind and milieu, supported by an open, curious and friendly attitude towards ourselves and others.

The six weekly 90 minute classes will teach participants basic principles of Mindfulness using guided meditation, explanatory lectures, practical tips and Q&A. Join Mary Kullman, co-leader of Present Moment Meditation Group, from February 13 through March 20, 2018, Tuesday evenings, from 7 to 8:30 PM.

A donation to DUUC of \$45 is asked for the 6 week course.

**To register**, please send a check for \$45, made out to DUUC, with 'mindfulness' in the memo line, to Mary Kullman, 1392 Mansfield Dr. Aurora, IL 60502. For questions, email Mary at: [spiritmk7@gmail.com](mailto:spiritmk7@gmail.com) or call or text 630-388-9409. **Also, there is a sign up sheet in Kreves Hall.**

**Join the DUUCKIES for Imbolc (Brigid's Day) Friday, February 2, 6:30pm**, as we celebrate the approximate midpoint between the winter solstice and the spring equinox. We'll start by making "Brigid Butter", with the Ritual beginning around 7:15pm. RSVP so that we can be sure to have enough butter-making materials on hand, [marthakirbycapo@gmail.com](mailto:marthakirbycapo@gmail.com).

**Bridge Communities Committee** is looking for a few good women and men! In the coming months, we will send our current family - Kirsten and Zylah - off into the world, financially independent and emotionally stable! In July/August, we'll interview potential new families and will need new mentors to assist in the journey to financial independence. Are you interested in learning more about becoming a mentor (training and support offered by Bridge and others on our committee) or a supporting player on the committee? Please contact [bridge@dupageuuchurch.org](mailto:bridge@dupageuuchurch.org) (subject line: Interested in Bridge) if you would like to help in this rewarding outreach opportunity. The committee will gather names and set up an informational meeting/Q&A at a date and time that works for all and with a guest speaker from Bridge Communities.



**LOOKING FOR AN AUDIENCE!** The eighth annual **DUUC's Got Talent** show is coming up **Saturday, February 3, 2018 at 7 pm** and we need **YOU** to come out and support the show! This year's show includes music, belly dancing, songs by kids and adults, and jokes, of course! Allan Morgan will be the emcee, and we will once again have delectable refreshments prepared by Nancy Murray and friends. Email or call Bonnie Brewster at [bonniebrewster1954@gmail.com](mailto:bonniebrewster1954@gmail.com) or 630.615.0413 for more information.

## Meditation

Reverend Tom offers this meditation adapted from a meditation written by Unitarian Universalist minister Rev. By Mary Edes.

If God is your strength and companion  
and prayer the means of centering your thoughts,  
There is room for you here.  
If the teachings of the Buddha give you  
clarity and calm in the midst of human striving,  
There is room for you here  
If Gaia's seasonal rhythms lead you best  
through the myriad steps of Life's great dance.  
There is room for you here.  
If the still mysterious capacity and power of the Mind,  
stirs your imagination and quickens your pulse,  
There is room for you here.  
[If you find grounding in crystals, in Tarot readings, or in  
things supernatural  
There is room for you here.  
If you find grounding in the beauty and wonder of this  
planet, the elegance of science, or things natural,  
There is room for you here.  
If you turn to the Bible, the Koran, the Rig Veda, the  
Dhammapada, Jesus, Mohammad,  
Loa Tzu, Abraham, Buddha, or Moses  
To find wisdom on your journey,  
There is room for you here.  
If you are seeking, unsure of where you are on the  
spiritual journey before you,  
There is room for you here]  
Rest now, beside that spring, wherever it is for you  
And let your attention go to the small places inside  
or out in the great wide world—  
places or people in need of healing  
or for which your heart is filled with thanksgiving.

## Spiritual Practice

Reach out to someone in this church and say, "I am glad you are part of this church community. You bring ...(fill in the blank) to this community."



*Appreciation is a wonderful thing: It makes what is excellent in others belong to us as well.*  
~Voltaire, French Enlightenment writer, historian and philosopher



### Newsletter Deadline

The deadline for the **MARCH** newsletter is **Monday, February 19, 2018 @ 9AM**. Please email your submissions to Sheri Regalado [office@duplicatechurch.org](mailto:office@duplicatechurch.org).

### What goes in the Newsletter? What goes in the Weekly Update?

Church related events will be included in the Newsletter and Weekly Updates. Any non-church sponsored community events will be included in the newsletter, if spacing permit. Please email your submissions to Sheri at [office@duplicatechurch.org](mailto:office@duplicatechurch.org).

## NON-CHURCH SPONSORED NEWS

**Ecumenical Adult Care of Naperville**, located in the Rubin Riverwalk Community Center at 305 West Jackson Ave in Naperville is accepting new participants in the adult day program. Participants enjoy socialization and life-enriching activities under the supervision of registered nurses and activity aides. Medical monitoring, administration of medications, nutritious noon meal and snacks are provided also. Adults over age 18 with mental and/or physical challenges can enjoy a day away from home with interesting activities while their caregiver has a break. Hours of Operation are Monday through Friday from 7:45 a.m. to 5:00 p.m. There is a fee for service. Ride service is available for an additional fee. An Intake Appointment and physical examination by the patient's own doctor is required prior to attendance. DuPage U. U. was one of the founding churches in 1983 and continues to support the program. Contact Laura Milligan, Executive Director at (630)357-8166 or email: [Ecumenicalads2@aol.com](mailto:Ecumenicalads2@aol.com)

## DUUC HAS STYROFOAM!

As you probably know, DUUC's Green Sanctuary Committee has a Styrofoam collection four times a year. We ask all of you to save your Styrofoam for these four special dates when you can bring it to church and we carry it out to DART Industries where it is recycled. For those of us whose waste haulers do not accept Styrofoam, it is a good service and keeps a lot of nasty stuff out of the landfill. Here's a tip to help you remember what those special dates are: **JAJO!** Don't you love alphabet soup? JAJO stands for January, April, July, October. Collections take place on the First Sunday of January, April, July and October. There are exceptions, such as this January when the first Sunday fell on New Year's Day, but it was just pushed forward to the second Sunday, so JAJO still applies. Now let's talk about how to get ready for the next special collection day, the first Sunday of April. DART Industries has separate bins for different kinds of Styrofoam – **packaging foam** and **food service foam** -- so items have to be bagged accordingly. If you keep two separate containers to collect your items in, then just bag them and bring them to church in separate bags, it **saves our volunteers so much time** because we don't have to go through the bags and sort things.

**Packaging foam** is the big, chunky styrofoam used to cushion big items you buy or have shipped. Coolers used to ship medications are also made of this material. It should be marked with **#6 and/or PS**, which stands for polystyrene. It does **not** include insulation foam, which goes in the trash. It does **not** include spongy foam or flat sheets of cushiony material sometimes used in packaging. These items can be bagged separately for donation to a UPS or Mailbox store for re-use. Same with styrofoam peanuts; bag them separately!

You can take them to your local UPS or Mailbox or bring them to us on that special Sunday.

**Food service foam** includes clamshell food containers, styrofoam plates and cups (without paper labels) meat trays, and egg cartons. Again, make sure these items are marked with **#6 and/or PS**. Items with food residue are not acceptable. Please rinse promptly after use, and if it does not come clean, put it in the trash. **Not included:** paper egg cartons or other types of plastic, such as #1, #2, #4, #5 – anything other than #6 -- which can go into your curb-side recycling.

**It will make our next collection even more of a success if you will keep these suggestions in mind as you save up your STYROFOAM until April. Thank you from the Green Sanctuary Committee.**



**The Public Ministry Committee** is delighted to share the amounts donated by our Congregation for the following Special Collections:

- ⇒ September: collected \$925 for Holiday Meals on Wheels
- ⇒ October: collected \$1,529 for PADS
- ⇒ November: collected \$1,253 for Ecumenical Adult Care
- ⇒ December: collected \$3,736 for Bridge Communities
- ⇒ January: collected \$1,641 for the Tom Galloway Scholarship

As a reminder, we will be opening up nominations for Special Collections for the 2018-2019 year in March.



**SMILE**  
Project

# SMILE Project

**Students, Mentors, Internship with Local Employers**  
DuPage Unitarian Universalist Church Social Justice Committee

## Coming Summer 2018

This project matches students with mentors in a work place environment where the student has the opportunity to learn from their mentors, and the mentors are given the opportunity to give back to the community.

## Our Mission

The DuPage Unitarian Universalist Church SMILE Project puts into action our mission of mentoring our youth who are struggling, or who have struggled due to discrimination, as well as poverty. To prepare and assist students in developing a good work ethic, and to inspire the youth to make good choices for their future. By working together we aim to transform those who participate toward a better understanding of how to make a positive change not only from within, but in their community.

## Contact

Maggie Kivisto, Chairperson

 [DUUCSMILEPROJECT@GMAIL.COM](mailto:DUUCSMILEPROJECT@GMAIL.COM)

If you are interested in partnering with us as a sponsor, or by becoming a mentoring/work site, or to request a student internship application. We appreciate the support!

## The 4x4x4 Plan

**4 weeks** work experience

**4 days** per week

**4 hours** a day.

The project is self funding with the support of local churches, business partners and the generosity of individuals and the community.

## How you can help:

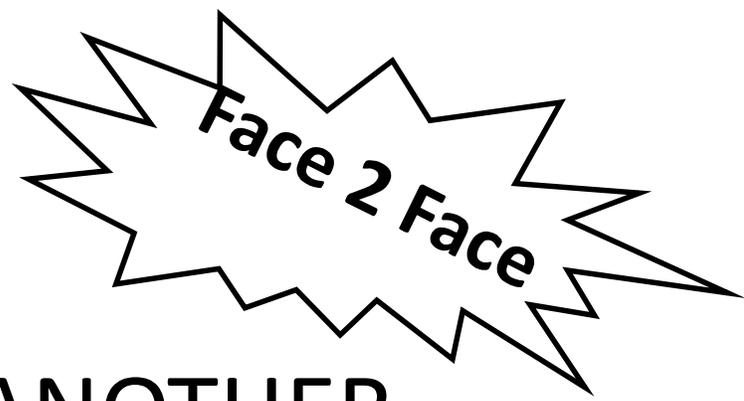
1. You can sponsor one student for 1 week with a donation of \$128.00, or 1 student for 4 weeks for \$512.00.
2. Speak with your local pastor or community group or organization about starting a SMILE Project Fund to help raise money to sponsor 1 or more students.
3. Submit your business as a mentoring/job site for 4 weeks.
4. Recommend a student who you think would benefit in participating in this project.
5. Attend fundraisers in support of the SMILE Project.



**SMILE**  
Project

**SMILE PROJECT**

Rev Tom Capo Minister, Cheryl Clayton Co-Chair,  
Ken Koresch Co-Chair, DUUC Social Justice Committee.



# MAKE ANOTHER DUUC CONNECTION!

- WHO: All members, visitors, and friends of DUUC  
WHEN: Sunday, February 18th from 12:30 to 2:00 pm  
WHERE: DUUC Learning Center

Face 2 Face is an opportunity to get to know friends in our ever-changing community. Pair with an individual in the group and, using your own or provided conversation prompts, take time to talk. Email Laura Wilmarth Tyna at [laura.wilmarth@gmail.com](mailto:laura.wilmarth@gmail.com) or use the sheet posted in Kreves Hall to sign up. **Pizza lunch and childcare will be provided.** Hosted by the Visitor Relations Committee.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <b>7pm</b> Sunday Services Committee	2 <b>6:30pm</b> AIM Task Force <b>6:30pm</b> DUUCKIES Imbolc (Candlemas) & Full Wolf/Snow Moon Celebration <b>7:30pm</b> The Wider Circle	3 <b>10am</b> Genealogy <b>7pm</b> Talent Show
4 <b>9:30am</b> Science Sunday Forum <b>9:30am &amp; 11:15am</b> Sunday Service <b>10:30am &amp; 12:30pm</b> Celebration for Tom & Edna Groves <b>12:30pm</b> Pathway to Membership <b>2pm</b> Choir Rehearsal	5 <b>12pm</b> UUWA Brown Bag Lunch <b>6:30pm</b> Welcoming Congregation <b>7pm</b> Mindfulness Meditation <b>7pm</b> Nominating Committee	6 <b>7pm</b> COM	7 <b>7pm</b> Visitor Relations Committee	8 <b>7pm</b> Drum Circle <b>7:30pm</b> Men's Group	9 <b>7:20pm</b> Just Views	10 <b>8am</b> Men's Chalice Circle
11 <b>8:15am</b> Choir Rehearsal <b>9:30am</b> Social Justice Forum <b>9:30am &amp; 11:15am</b> Sunday Service <b>12:15pm</b> Public Ministry Committee <b>12:30pm</b> Fellowship Committee <b>12:30pm</b> Pathway to Membership <b>1pm</b> COA w/ Mentors	12 <b>6:30pm</b> Covenant Group <b>7pm</b> Mindfulness Meditation	13 <b>4:30pm</b> Tai Chi <b>7pm</b> Meditation <b>7pm</b> Spiritual Direction (closed group)	14 <b>6pm</b> Humanist Group Potluck <b>7pm</b> Congregational Life Committee <b>7pm</b> Youth RE Committee <b>7:30pm</b> Humanist Group	15 <b>7pm</b> Conscious Aging	16 <b>7pm</b> FIRE/Spark	17 <b>9am</b> Work Session
18 <b>9:30am</b> Science Sunday Forum <b>9:30am &amp; 11:15am</b> Sunday Service <b>12:30pm</b> Face2Face <b>3pm</b> Jesus Seminar Book Club <b>7pm</b> Choir Rehearsal	19 <b>12pm</b> UUWA Brown Bag Lunch <b>7pm</b> Mindfulness Meditation	20 <b>4:30pm</b> Tai Chi <b>6:30pm</b> Board Meeting, Executive Session to follow <b>7pm</b> Bridge Team <b>7pm</b> Meditation	21 <b>6:30pm</b> Facilities Enhancement Committee	22 <b>7:30pm</b> Men's Growth Group	23	24 <b>10am</b> Bookstore/Library Committee
25 <b>9:30am</b> Spiritual Formation Forum <b>9:30am &amp; 11:15am</b> Sunday Service <b>12:30pm</b> Potluck <b>12:30pm</b> Social Justice Committee <b>3pm</b> UU Bible Study <b>7pm</b> Choir Rehearsal	26 <b>7pm</b> Mindfulness Meditation	27 <b>4:30pm</b> Tai Chi <b>7pm</b> Covenant group <b>7pm</b> Meditation <b>7pm</b> Pastoral Ministry Associates	28 <b>10am</b> Elder Circle <b>6pm</b> Covenant group			

True belonging doesn't  
require us to change  
who we are. It requires  
us to be who we are.

Brené Brown



DuPage Unitarian Universalist Church

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