

JANUARY 2018 Newsletter

Theme: Contemplation



From Reverend Tom Capo

“...follow your breath and relax your muscles. Concentrate on keeping your spinal column straight and on following your breathing. If you want to relax the worry-tightened muscles of your face, let a half-smile come to your face...place your left hand, palm side up, in your right palm...hold on to nothing but your breath and half smile... Image yourself as a pebble which has been thrown into the river. The pebble sinks through the water effortlessly. Detached from everything, it falls by the shortest distance possible, finally reaching the bottom, the place of perfect rest. You are like the pebble which

has let itself fall into the river, letting go of everything. At the center of your being is your breath. You don't need to know the length of time it takes before reaching the point of complete rest on the bed of fine sand beneath the water. When you feel yourself resting like a pebble which has reached the riverbed that is the point when you begin to find your own rest. You are no long pushed or pulled by anything.” ~Thich Nhat Hanh, Buddhist

Contemplative practices are about growing your heart and spirit, about learning more about yourself and others, and about connecting with something greater than yourself--humanity, creation, mystery, the divine. I meditate. I focus on my breathing. Sometimes I count my breaths from one to ten and then start over; the Buddha suggested counting your breaths as a starting place for those new to meditation. When I say I focus on my breathing, I mean I sit up straight, let me eyes rest, put my feet on the ground, and attend to all the sensations of my breathing. Often, my breathing is from my abdomen, slow and steady. That is it. I sit there and breathe mindfully. I don't expect anything, but I am grateful for what I receive. My meditation helps me be mindful and live in the moment, not just while I am meditating. Through regular meditation, I have come to learn what many teachers of meditation have always said—that meditation needs to be looked upon “as a teacher rather than a servant,” “a process rather than a goal.” So I just breathe without expectations, without goals; I just practice breathing.

There are many ways that one might meditate. They all require focus: focusing your breathing, on a candle, a picture, music, a mandala, drumming, chanting, sitting or walking. Even focusing on a transcript like the meditation written by Thich Nat Hanh (above) the Pebble, which encourages us to be mindful and to live in the moment as part of our meditative discipline. Even a formulaic prayer, like saying the rosary, can be used for used for meditation.

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Sunday Services

January 7, 2018 @ 9:30 and 11:15 AM

Behind the Curtain: My Ministry at DuPage UU Church by Reverend Tom Capo.

Ever wondered what, how, or why Reverend Tom does what he does? Reverend Tom will talk about his approach to preaching, pastoring, outreach, and mentoring. He will also share some of his reflections on the freedom of the pulpit and the freedom of the pew, inspiration, and collaborative ministry. And Reverend Tom will meet with anyone who is interested between services and after the second service to answer questions and listen to people's reflections.

January 14, 2018 @ 9:30 and 11:15 AM

Martin Luther King, Jr. and the Disability Rights Movement

Director of Religious Education Steve Cooper and the Accessibility and Inclusion Ministry (AIM) task force

The legacy of Martin Luther King Jr. is well known and extends from the struggle to end racism and segregation in America to the ending of wars between nations. It seems only fitting on the occasion of celebrating his birthday that we pay tribute to the full extent of his contributions.

As King learned from Gandhi's effort to free India, those in the disability rights movement learned from King how to go about righting wrongs and addressing social injustice. His words, actions and tactics serve as a role model for the broader civil rights movement which includes, but certainly is not limited to, disability rights. This is a service for all ages, no religious education classes will be held this morning.

There will be a Special Collection for the **Tom Galloway Scholarship Fund**. This fund supports African American students attending College of DuPage who have financial need. The scholarship was founded by Tom Galloway before he passed in 2000. Tom was DUUC's first African American Board president. He contributed his time and his many talents to the congregation and the greater community. Thank you in advance for giving as you are able to this wonderful scholarship! Checks can be made payable to DUUC, with Tom Galloway Scholarship on the memo line.

January 21, 2018 @ 9:30 and 11:15 AM

Restorative Ritual by Reverend Tom Capo

Reverend Tom will lead the congregation through a ritual of restoration and healing for experiences of personal trauma and pain. Whether those experiences have been recent or some time ago, but are still on your heart, the ritual will give each person a time for reflection, healing, and support. There will also be a time in the service to share Joys and Concerns.

January 28, 2018 @ 9:30 and 11:15 AM

"Lean on Me" by Reverend Tom Capo and members of the DUUC Pastoral Ministry Associates

How do we stand beside one another in times of pain, sickness, or change? Come learn what it means to be ministered unto and to minister to one another.

Sunday Morning Forums - 9:30am in the Learning Center

January 7, 2018: SCIENCE SUNDAY. Continuation of the **Evolution and Life** series.

January 14, 2018: SOCIAL JUSTICE. The Historical Origins of Racism in America

Where and how did racism, in the American context develop? Why are racial stereotypes so pernicious and persistent? How did the United States build institutions dedicated to a lie? Please come and share with Dr. Vincent Gaddis, Professor of History at Benedictine University as he explores these questions.

January 21, 2018: SCIENCE SUNDAY. A make-up program for Dr. Joanne Reid's 3rd part of her **Critical Thinking** program: *"There's so much about 'Fake News,' I decided to change my talk slightly. Today, I will discuss **arguments**. However, it will be in the context of determining that which is true, that which is false, and that which is not known. We will look at language. We will look at the responsibilities of the person making statements and the responsibilities of those who hear the statement. We will consider opinions, reasoned statements, and facts. We will consider logical arguments. We will consider syllogisms and conditional arguments. We will consider the four impossibles."*

January 28, 2018: SPIRITUAL FORMATION. "A Common Word" and "The Marrakesh Declaration" -- The Unknown Muslim Contributions to Interfaith Dialogue and Why They Matter by Jason Renken

Two relatively important Muslim documents passed under the radar of many in 2007 and 2016, respectively. They open many avenues for interfaith dialogue in a constructive, compassionate manner, yet remain largely unknown. Why are they important and what are the next steps for religious communities like DuPage U.U. Church to bring their impact to the larger community? How can their messages be both a topic for theological study and a rally for interfaith action and solidarity in an age when Islam appears to be more under attack than ever?

Jason Renken is a Ph.D. Candidate in Theology at Loyola University Chicago, with research focusing on Christian-Muslim dialogue in an age of globalization. He is an adjunct professor of theology at Lewis University and adjunct professor of philosophy at Joliet Junior College. He is a consultant in Islam for the (Catholic) Archdiocese of Chicago (previously working in their Office for Ecumenical and Interreligious Affairs from 2002-2010) and a member of the Catholic-Muslim Scholars' Dialogue between the Archdiocese and the Council of Islamic Organizations of Greater Chicago. He has traveled to Italy, Turkey, and Washington, DC to present at conferences promoting interfaith dialogue. He is also a member of the Faiths in the World Committee of the Catholic Association of Diocesan Ecumenical and Interreligious Officers and previously co-hosted a monthly radio program called "Catholics in Dialogue."

Minister's Article continued...

There are some elements that are consistent from one technique or another in meditation: be relaxed, be comfortable, have a passive attitude, and focus on a “concentration point.” While I have shared some concentration points, I haven’t talked a lot about passive attitude, other than to say don’t have expectations or goals. Let me flesh this out. The idea of a passive attitude does not mean that we just breathe or focus on something and let whatever happens, happen. You have to be conscious of what is happening: consciously allow distractions to pass through you and away without a struggle, while observing what is going on inside one’s body, mind, and emotions. The metaphor I use is that I am watching a movie or TV inside self, while focusing on some concentration point; I am detached, not emotionally involved with or reacting to what is going on inside myself in an active way. To be a little clearer, if you focus on your breathing, and if you are distracted by a thought like “this sure is silly sitting here observing my navel,” you observe this thought, then without reacting, embracing or pushing it away, you gently bring yourself back to your concentration on your breathing or whatever you are concentrating on. Even if you have a revelation that will change your life “like global warming is really harming everyone, and I need to do my part to stop it”. You observe the thought, remember it, then without reacting, gently bring yourself back to concentration on your breathing or whatever your concentration point is.

Also there is not right or wrong way to this practice. Alright there might be a few wrong ways: if you hold an expectation of the outcome while you practice, if you have negative intent in your heart while you practice, or if you practice till it hurts—there is no need to sit in Zazen meditation until you pinch a disc in our backs. This contemplative process is for health, healing, peace, not achievement, negativity, or harm.

Keep in mind what Tibetan yogi Milarepa writes: “The affairs of the world will go on forever. Do not delay the practice of meditation.” There are always distractions, many things going on in the world—meditation is a contemplative practice that can help you discern your spiritual, ethical, or emotional path as the world moves on around you.

~Blessings, Rev. Tom



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From the Director of Youth Religious Education, Steve Cooper

Happy New Year! I hope everyone's holiday has gone well.

We will be beginning the winter/spring semester of religious education classes in a few weeks. There are some openings for teachers, especially at 9:30. If you would like to volunteer to teach please let us know (yre@duuc.org). Each member of a teaching team typically teaches two Sundays a month.

The remaining holiday RE class schedule is below:

December 31: No classes

January 7: Children's Chapel (pre-school – 6th grade), Coming of Age and High School Youth Group will meet

January 14: Martin Luther King, Jr Multi-Generational Service (no classes)

January 21: Winter/Spring Semester begins for all ages

See you next Sunday!



In order to improve the mind, we ought less to learn, than to contemplate.
 ~Rene Descartes, French philosopher, mathematician, and scientist



LOOKING FOR TALENT!

The eighth annual DUUC's Got Talent show is coming up Saturday, February 3, 2018 and we are looking for new talent! Members and friends (including kids over 8) are invited to show us what you've got! We're looking for acts of all kinds, from comedy and singing to juggling and magic. Last year's show included music of all types, mentalism, acroyoga, jokes, and entertaining skits. What can YOU do? Now's the time to dust off the instrument, juggling pins, belly-dancing costume or magic wand and share your talent with a warm, appreciative audience! Allan Morgan, our dedicated and funny emcee, has agreed to come back, and we will once again have delectable refreshments prepared by Nancy Murray and friends. Email or call Bonnie Brewster at bonniebrewster1954@gmail.com or **630.615.0413** if you'd like to be in the show. Deadline will be January 15th, but don't wait!

Conscious Aging will meet **Thursday, January 18, 7 PM**. We will continue to explore the psychological, emotional, and spiritual aspects of aging. We are exploring the book *The Spirituality of Age: A Seeker's Guide to Growing Older* by Robert L. Weber, PhD and Carol Orsborn, PhD.

Jesus Seminar Book Club will meet on **January 21 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. McGaughy, Daryl D. Schmitt. Contact Reverend Tom at revcapo@gmail.com if you have any questions about the group.

Unitarian Universalist Bible Study

Reverend Tom wants to gather with members of DUUC who are interested in a Bible Study. If you are interested in reading, studying, and reflecting on books and passages from the Christian Bible from a UU point of view, please join us. Ask Reverend Tom for details. We will meet on **Sunday, January 28 at 3 PM**. Bring your preferred Bible.

Contemplate the good things in your life and be grateful for them. ~Rebecca Pidgeon, British-American actress and singer-songwriter

UU History Class. A single session class surveying the history of the Unitarian Universalist church will be held Sunday, Jan 14, from 1pm to 3. Come and learn more about how our denomination came to be. Sign up at the kiosk. This class will be taught by Kelley Trombly-Freytag.



Next Styrofoam recycling is January 7, 2018

Thanks for your interest in Styrofoam recycling at DUUC. As you can imagine, over the years we've diverted countless¹ cubic meters of that packaging from landfills. Our next collection will be January 7th; we collect every 4th month on the 1st Sunday, except the rare special event at church that precludes collection. Leave your clean foam in the entrance foyer that day only; if you've ever seen the collection it's a bit of an eyesore and it blocks the foyer which can be an inconvenience for some of our less mobile members.

To aid the Styrofoam Soldiers, who transport the stuff to Dart Industries in North Aurora, bag packaging foam, e.g., the packing that comes with a new computer monitor, separate from food use foam—egg cartons, meat tray, take-out containers, etc. Styrofoam peanuts must go in a separate bag because we bring them to different locations. Use clear plastic bags if you happen to have them—but don't buy them special—that's just so we can see what's in the bags. The plastic bags are recycled at Dart. Styrofoam is expanded polystyrene (#6 plastic) but not all polystyrene is Styrofoam. Please look carefully—some packing material can fool you. As has been publicized previously, eliminating the use of Styrofoam altogether is our goal, but if you are using it, at least recycle it. This message is from your friends in the Green Sanctuary committee. Questions to Susan at sfc1939@comcast.net

¹ we haven't counted it

Celebration of Life Events Partnerships – Something New from Endowment.

In a world of good and bad, growing our Endowment Fund is a good thing! In the course of a year all of us can look forward to life events that we'll celebrate: Birthdays, Weddings, Anniversaries, Graduations . . . , just to name a few. The Endowment Committee invites you to join us as Celebration of Life Events Partners by making a \$25 donation to the Endowment Fund on the occasion of each such event in your life during 2018. For more details visit the Endowment Committee's table between services and/or speak to a member of the committee: Lyndi Sprietsma, Steve Tiwald, Todd Harcharik or Tom Groves. Climb aboard and help the fund grow in 2018! (A reminder to those electronically inclined – Donations to the Endowment Fund may be made online utilizing the link: <https://smartpay.profitstars.com/express/DupageUU>. Be sure to select "Endowment Fund" in the first drop-down window.)

Meditation

Reverend Tom offers this meditation by Unitarian Universalist minister the Reverend Doctor Gordon B McKeeman.

How does one address a mystery?

Cautiously—let us go cautiously, then, to the end of our certainty, to the boundary of all we know, to the rim of uncertainty, to the perimeter of the unknown which surrounds us.

Reverently—let us go with a sense of awe, a feeling of approaching the powerful holy whose lightning slashes the sky, whose persistence splits concrete with green sprouts, whose miracles are present in every place and moment.

Hopefully—out of our need for wholeness in our own lives, the reconciliation of mind and heart, the conjunction of reason and passion, the intersection of the timeless with time.

Quietly—for no words will explain the inarticulate or summon the presence that is always present even in our absence.

But what shall I say?

Anything—any anger, any hope, any fear, any joy, any request, any word that comes from the depth of being addressed to Being itself—or, perhaps, nothing, no complaint, no request, no entreaty, no thanksgiving, no praise, no blame, no pretense of knowing or of not knowing.

Simply be in the intimate presence of mystery, unashamed—unadorned—unafraid.

And at the end say—Amen.



Spiritual Practice

Reflect on the meditation above. Rewrite it so it speaks to how you address mystery. Then find a quiet space, perhaps in nature, and read what you have written. Then be still for a while, open to the mystery that you have addressed.

Have you considered getting involved with leadership at DuPage UU Church?

Elected positions opening in the 2018-2019 church year are: Board Trustee (Community portfolio), Board Clerk, Nominating Committee member, Committee on Ministries, Endowment Committee, Public Ministry Committee. If you would like to learn more or suggest someone, email nominating@dupageuuchurch.org or speak with any Nominating Committee member. We are Ann Arellano, Beth Kueny Johnson, Sarah Lensink, Rob Miroballi, George Peck, and Phil Lambert.

It takes an extraordinary intelligence to contemplate the obvious. ~Alfred North Whitehead, Unitarian, English mathematician and philosopher, best known for Process Theology

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.

Christian Tradition Spirituality Group January 14 at 3 PM

Interested in exploring your spirituality through the lens of the Bible or various traditions/rituals from the Christian religion, come join this new group on January 14th at 3 PM. Contact Reverend Tom at revcapo@gmail.com if you have any questions.



Interfaith Peace Service Sunday, January 7, 2018 at 2:00 PM

Galvanize for Respect, Dignity, and Faith

Wentz Hall on the campus of North Central College **DUUC will be one of the many sponsors for this yearly event**

Speakers are: Civil Rights advocate Ms. Sadia Covert; Ms. Kathy McBane of Mom's Building Bridges; Mr. Cristobal Cavazos of Immigrant Solidarity; and Ms. Tabassum Haleem of Naperville Education Foundation



DuPage Unitarian Universalist Church members attending Shakespeare Theater together in November.

Newsletter Deadline

The deadline for the **February** newsletter is **Tuesday, January 16, 2018 @ 9AM**. Please email your submissions to Sheri Regalado office@dupageuuchurch.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@dupageuuchurch.org

In order to improve the mind, we ought less to learn, than to contemplate.
 ~Rene Descartes, French philosopher, mathematician, and scientist

JUST VIEWS, a Free & Open Film & Discussion Program
Friday, January 12, 2018 @ 7:20pm
Topic to be determined.

Our timely issues programs are nonpartisan, open to the public, and free -- no reservations required. Parking is free, too. Just Views shows great films about matters vital to social and economic justice on the second Friday of each month throughout the year. View and then share views from different vantages with citizens attending and invited resource persons. Each night is a stimulating, informal, stand-alone program. Join the multilogue! Questions? Please call Just Views Director sociologist Stephanie Hughes 630/ 420-4233 or Associate Director Carol Tritschler 630/961-0106.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|---|--|--|
| <p style="text-align: center;">January 2018</p> | <p>1 New Year's Day Office Closed</p> | <p>2 4:30pm Tai Chi 7pm COM 6:30pm DUUCKIES Full Moon Celebration Regular Office Hours Resume</p> | <p>3 7pm Visitor Relations Committee</p> | <p>4 6pm Auction item (Wallbruch) 7pm Tibetan Buddhism 7pm Sunday Services Cmte</p> | <p>5 6:30pm AIM Task Force 7:30pm Wider Circle</p> | <p>6 10am Genealogy</p> |
| | <p>7 9:30am & 11:15am Sunday Services 9:30am Science Sunday Forum 12:30pm Corruption of our Democracy 12:30pm Beloved Conversations (closed group) 7pm Choir Rehearsal</p> | <p>8 6:30pm Covenant Group 7pm Meditation</p> | <p>9 4:30pm Tai Chi 7pm Spiritual Direction (closed group)</p> | <p>10 7pm Congregational Life Committee 7pm Youth RE Committee 7:30pm Humanist Group</p> | <p>11 7pm Tibetan Buddhism 7pm Drum Circle 7:30pm Men's Group</p> | <p>12 7:20pm Just Views, Film & Discussion</p> |
| <p>14 9:30am & 11:15am Sunday Services 9:30am Social Justice Forum 12:15pm Public Ministry Committee 12:30pm Fellowship Committee 1pm UU History Class 1pm Coming of Age w/ Mentors 3pm Christian Spirituality Group 7pm Choir Rehearsal</p> | <p>15 Martin Luther King, Jr. Day Office Closed Noon UUWA Brown Bag Lunch 7pm Meditation</p> | <p>16 4:30pm Tai Chi 6:30pm Executive Board Meeting 7pm Board Meeting 7pm Bridge Team</p> | <p>17 6:30pm Facilities Enhancement Committee</p> | <p>18 7pm Tibetan Buddhism 7pm Conscious Aging</p> | <p>19 7pm FIRE/Spark 7pm Pagan Movie Night</p> | <p>20 8am Facilitators Council 9am Work Session</p> |
| <p>21 8:15am Choir Rehearsal 9:30am & 11:15am Sunday Services 9:30am Science Sunday Forum 12:30pm Beloved Conversations (closed group) 12:30pm Music Committee 12:30pm Endowment Committee 3pm Jesus Seminar Book Club</p> | <p>22 7pm Meditation</p> | <p>23 4:30pm Tai Chi 7pm Pastoral Ministry Associates 7pm Covenant Group</p> | <p>24 10am Elder Circle 6pm Covenant group</p> | <p>25 7pm Tibetan Buddhism 7:30pm Men's Group</p> | <p>26</p> | <p>27 10am Bookstore Committee</p> |
| <p>28 9:30am & 11:15am Sunday Services 9:30am Spiritual Formation Forum 12:30pm Social Justice Committee 3pm UU Bible Study 7pm Choir Rehearsal</p> | <p>29 7pm Meditation</p> | <p>30 4:30pm Tai Chi</p> | <p>31</p> | | | |

WHAT WE PLANT
IN THE SOIL OF
CONTEMPLATION,
WE SHALL REAP
IN THE HARVEST
OF ACTION.

Meister Eckhart



DuPage Unitarian Universalist Church

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