

# NOVEMBER 2017 Newsletter

Theme: Humility



## Minister's Article



This is the sermon that Reverend Tom preached on October 15, 2017.



On October 2, 2017, while my family and I were still in Houston celebrating my mother's 80th birthday, my wife Martha noticed a private message someone had sent the church Facebook Page and called my attention to it. The sender was not a member of our church; she had been doing some research about us and had stumbled on a Facebook event page that called for a demonstration against me—calling me a Nazi because of my support of Women's reproductive rights—and against our church—for our support of Planned Parenthood. (Here is a link to the true White Rose group which fought Nazism before World War II and who helped the disabled get out of Nazi Germany, keep in mind that Aurora's White Rose has twisted history to use the White Rose for their own ends: <https://www.youtube.com/watch?v=nnLvqEQxrsQ>)

So began a process. The church leadership and I have been working on several fronts to prepare our members and ourselves for the uncertainties of today (October 15, 2017). The church now has a plan to action that we can use whenever someone or some organization tries to protest us or disrupt our services. This plan has specific roles and procedures for greeters, stewards, the Religious Education program, our Audio-Visual team, our Board, and the staff if a disruption happens.

On September 9th of this year, Friends Who March, a local activist group, rented our church to hold an Activist Expo. Members of our church had a table at this Expo—marketing our SMILE project, an internship program for disadvantaged and discriminated against youth. There were 41 groups that had tables—some of which were Planned Parenthood, Handmaidens, PFLAG, Indivisible, Moms Demand Action, Environmental Defense Fund, and the Bisexual and Queer Alliance. The program started at 1 PM and was going very well, lots of people sharing information with each other. People from all around this area came, wanting to support the various organizations that were there. After an hour or so, the leader of Friends Who March came up to me and said there are people here who were disrupting the event and wouldn't leave. She told them to go, but they wouldn't listen to her.

I went down to Kreves Hall and was confronted by a man who said, "I am an activist; I shouldn't have to leave. I am advocating for life. I won't let babies be killed." By the last part of his statement he was shouting. And his wife had joined in the fray. In a calm, but assertive, tone I told him, "You need to leave. If you don't leave we will call the police." His wife started shouting that she didn't want anyone to kill the baby in her body, and he started yelling I was helping kill babies. I just repeated "You need to leave. If you don't leave we will call the police." I walked them out of our building.

*Continued on page 2...*

## Minister's Article continued...

### When I Find Myself in Times of Trouble



They sat in their car in our auxiliary parking lot for about 20 minutes, then they returned to our property with some of their supporters. You see the leader of this group in the picture on your left. I've blocked out the graphic image on his sign. The police were called. The police stayed with us for much of the rest of the afternoon, setting boundaries with the protesters. I have come to learn from the police that prosecuting these types of protesters for what they say is pretty much impossible. The right of free speech extends to us all. The rest of the afternoon, the protesters verbally harassed anyone who came to the Expo. We asked each of the groups if they felt safe as they were leaving, providing escort for those who did not.

While I had supported Planned Parenthood by standing in front of their Aurora clinic a couple of times, this was the first time I had to face these protesters within the walls of this church. I have to tell you despite all my experience as a

psychotherapist and my experience with dealing with protesters in other places, I was scared and angry, really scared and really angry. I know this because when my emotions rise to a level that threatens to overtake me, I feel spasms in my back, and boy was it spasming. Standing up for my values and our Unitarian Universalist Principles can be terrifying. I could have used some words of wisdom whispered in my ear by Mother Mary or actually anybody.

In my office, I have a printed copy of Martin Neimoller's famous quote:

First they came for the Jews  
and I did not speak out  
because I was not a Jew.  
Then they came for the Communists  
and I did not speak out  
because I was not a Communist.  
Then they came for the trade unionists  
and I did not speak out  
because I was not a trade unionist.  
Then they came for me  
and there was no one left  
to speak out for me.

Neimoller was a German anti-Nazi theologian and Lutheran pastor. He became famous for this quote. And I have it in my office for strength in times like these. His words of wisdom give me strength and courage to speak truth to power. Reading this quote helps me manage my anger and fear, knowing that if I don't speak out, one marginalized group after another, one person after another will be trampled on without repercussion, and I will not stand for that.

In the political climate we live in today, more and more of these hate groups are rising up and feeling emboldened to act out. We each need some words of wisdom to ground us in the work that lies before us. For me it is Neimoller's. For me it is also the teachings of the Buddha.

Each of us needs a centeredness that will guide our work in the world, to help us cope with the anger and fear that we will feel as we take the risks necessary to hold the line on justice, equity, and peace.

I end with this Pueblo blessing:

Hold on to what is good  
even if it is  
a handful of earth.  
Hold on to what you believe  
even if it is  
a tree which stands by itself.  
Hold on to what you must do  
even if it is  
a long way from here.  
Hold on to life even when  
it is easier letting go.  
Hold on to my hand even when  
I have gone away from you.

Today our members and our friends from the larger community have come together to take a stand against hatred and fear-mongering. They stand, hand in hand, across creeds and beliefs, across economic lines and racial lines. I will remember the feel of their hands in mine even when I have gone far away from them, from you. I hope you remember the feel of their supportive hands in yours, too. Together, we will make a positive difference in this world. Namaste.

## Sunday Services

### November 5, 2017 @ 9:30 and 11:15 AM

#### **Ecocentrism: The Way Home for the Prodigal Species by Michael Dowd**

"Unsustainable is a bland and deceptive word for evil. It is not just immoral, it is evil to irreparably harm the future for short-term personal or institutional gain. Yet we have a global economic system, supported by governments on every continent and accepted by adherents of every faith, ensuring that it is not only legal to betray posterity, it's profitable. A deep sustainability interpretation of the gospel reveals both how this sorry state of affairs came about and the way home for our prodigal species." ~ Rev. Michael Dowd. Rev. Michael Dowd is a bestselling UU evolutionary eco-theologian and pro-science 'evangelist' whose work has been featured in The New York Times, LA Times, Wall Street Journal, Washington Post, Newsweek, Discover, and on television nationally. His book, *Thank God for Evolution*, was endorsed by 6 Nobel Prize-winning scientists, noted skeptics and atheists, and by religious leaders across the spectrum. Michael has delivered two TEDx talks and a program at the United Nations. He has also conducted an online conversation series: "The Future Is Calling Us to Greatness." As of 2016, his focus is on "Standing for the Future". There will also be a time in the service to share Joys and Concerns. Joanne Allen will sing *Evo/ve* with Josh Falk on guitar.

### November 12, 2017 @ 9:30 and 11:15 AM

#### **Being Humble in a Chaotic World by Reverend Tom Capo with Sadia Covert**

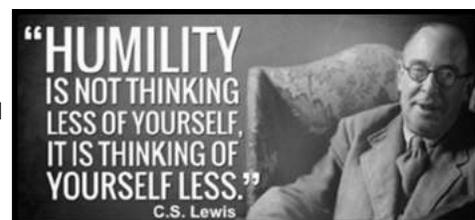
During this service we will explore how we balance humility and activism. Sadia Covert will share the process she went through to get a hate crime bill through the Illinois legislature as part of the service. The DUUC Choir will be performing *Would You Harbor Me* by Cantus and *Thankfully* by Josh Graham.

**Sadia Covert** is the Executive Director and Founder of UCARE, a non-profit that unites communities together through mutual respect and understanding. UCARE's mission is to unite communities together by increasing cultural awareness. She is also an attorney and managing partner at Covert & Covert, LLP and a state-certified law enforcement instructor. Ms. Covert co-authored House Bill 2390, hate crime legislation and was signed into law. She has been featured in multiple media outlets such as NPR, Daily Herald, NCTV, and soon to be featured on the cover of Naperville Magazine. She is married and a mother of three beautiful children and lives in Naperville. Currently, Sadia Covert is running for DuPage County Board, District 5.

### November 19, 2017 @ 9:30 and 11:15 AM

#### **Bread Sharing Service By Reverend Tom Capo and Steve Cooper**

During this Sunday before Thanksgiving, we will explore the meaning of sharing meals. We will consider how sharing meals can be a way of building community and sharing values. There will be a time in the service to share Joys and Concerns. DUUC musicians and an adult and children's choir ensemble with Becky Trombly-Freytag as lead vocal will perform *Children of the World* by Amy Grant. There will be a Special Collection for Ecumenical Adult Day Care during the service. This is a service for all ages.



### November 26, 2017 @ 10 AM ONLY

#### **Expecting the Unexpected by Karen Lindebrekke**

Life is full of surprises, both big and small, and these can upset the equilibrium of your sense of stability and well-being. In this service we will explore the attitude of the "good sport," the resilient optimist, and the risk-takers. Personal stories and revelations from author and UU minister Robert Fulghum and from the service presenters will be shared on life, love, and learning. The uh-oh attitude is more than just a reaction to small problems; it is a perspective on the universe, our places in it, and how to refuse to let relatively minor "catastrophes" disturb our well-being. It is an attitude that can help us to handle the ever-present, unexpected challenges in life.

#### **Also on November 26<sup>th</sup>**

**11:30 Memorial for Robin Spriestma**

**1 PM UU viewing of "Q Bros" A Christmas Carol at Chicago Shakespeare Theatre at Navy Pier, Bus leave DUUC at 1 PM**

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

### November 5, 2017

**SCIENCE SUNDAY** will look into Residential Solar Energy. Jeff Gahris, a volunteer solar energy ambassador, will introduce an overview of the changing energy scene in Illinois, explain the basics of solar energy, dispel myths about solar energy while presenting its benefits, cover the process of installing solar in a residence, and tell his personal story of how he went solar.

### November 12, 2017

**SOCIAL JUSTICE FORUM: Joon Kang, Community Organizer from the Changing Minds Campaign.** Joon Kang and the Changing Minds Campaign has as its core purpose to reduce the stigma imposed on persons released from prison and those serving their sentences with dignity. As a result of this stigma, persons released from prison face overwhelming obstacles to successful and meaningful reentry. Persons in prison are deprived of the opportunity to learn new skills to use on release. And legislators are afraid to do anything positive for prisoners and former prisoners, fearful of being labeled soft on crime. Come listen to Joon Kang as he speaks to us about solitary confinement and other changes needed in our prison system.

### November 19, 2017

**SCIENCE SUNDAY: Critical Thinking by Dr. Joanne Reid.** Critical Thinking is defined as the conjunction of knowledge, skills and strategies that promotes improved problem solving, rational decision making and enhanced creativity. This is the second of three lectures.

**November 26, 2017—A forum will not be held this day.**

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

**Sleep Out Saturday** will take place on November 4<sup>th</sup>. Youth (and adults) from our church will sleep out in cardboard boxes in our back yard to raise awareness of homelessness in our community and raise money for Bridge Communities

Transitional Housing. Money collected will go towards the family that our church is sponsoring. Pledge donations can be made to particular youth or to the group. There are two ways to donate to the group; on Sundays through November 5th there will be a collection table in Kreves Hall or you can go online anytime to [www.SleepOutSaturday.org/dupageuu](http://www.SleepOutSaturday.org/dupageuu) and press Pledge Now. The website will accept Visa and Master Card. Be sure to select our church or we won't get credit for the donation.

We allow youth of any age to sleep out. However, youth that are in fifth grade or younger must have a parent sleep out also. Please see me to pick up a pledge form and Sleep Out information.

See you next Sunday!  
Steve Cooper

**Please Note**

**November 26<sup>th</sup>**

**10 AM**  
Single Sunday Service

**11:30 AM**  
Memorial Service for Robin Priestma

**1 PM**  
Leave for UU viewing of "Q Bros" A Christmas Carol at Chicago Shakespeare Theatre at Navy Pier



### UU History Class is coming!

Winter isn't the only exciting thing to happen soon around here! We will be having a UU History class in January. Join us as we explore how Unitarianism and Universalism became the UU faith that we practice today. Look for the sign up sheet at the kiosk in Kreves hall.

**Jesus Seminar Book Club** will meet on **November 19 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

Conscious Aging will meet **Thursday, November 16, 7 PM**. We continue to explore the psychological, emotional, and spiritual aspects of aging. At this meeting, we will listen to a special presentation on spirituality and aging by the Unitarian Universalists Mystics in Community.

### 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. We are reading *Understanding the Bible* by John Buehrens. Ask Reverend Tom for details. We will meet on **Sunday, November 12 at 3 PM**. Bring your preferred Bible.

### Corruption of Our Democracy Study/Action Group

The November meeting will be Sunday, **November 5 at 12:30** in the Learning Center. We will quickly review the revised presentation and finalize plans to share it with the DUUC leadership and congregation. We will share positive progress with recruiting members from the political center and right to join our efforts. Last, we will review the detailed action plan sent to us from our Represent.us Illinois contact, Rachel Brewer. Study materials will be sent via e-mail prior to our meeting.

*'Thank you' is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding.*  
~Alice Walker, American novelist, short story writer, poet, and activist



### UUWA Annual Holiday Cookie Sale

DUUC's cookie elves are preparing their shopping lists for ingredients for delicious homemade cookies for the UUWA Annual Holiday Cookie Sale on **Dec. 10, 2017** after each service in Kreves Hall. The regular group of cookie elves is diminished this year, so we need new elves this time. If we don't have enough signed up ahead of time, we'll have a regular cookie sale on Dec.10. Rather than selling bags of cookies.

Call Jean McCollum, 630 420 7022, by December 1st, or sign up on the bulletin board if you can contribute cookies. Cookie Elves should make large batches of cookies, not brownies, and deliver them to the Church before 9:25 AM on Sunday December 10th.

### The Wider Circle

Please join us on the **first Friday** of the month from **7:30 to 9:00pm** for a support group for parents and caregivers of those with special needs. We are a small meeting of parents available to hear your stories and give you a safe place to share. There are no age or diagnosis requirements. There is room at our table for everyone. Cookies provided depending on how our days went, train delays and random life events. Questions? Please contact Karen ([karen@karenworks.com](mailto:karen@karenworks.com)) or Lori ([lmelhart@yahoo.com](mailto:lmelhart@yahoo.com))

## THEATER OUTING TO Q BROS CHRISTMAS CAROL AT CHICAGO SHAKESPEARE NOV. 26; LEAVING CHURCH RIGHT AFTER ROBIN SPRIETSMA'S MEMORIAL SERVICE

Chicago's Q Brothers tell the Dickens story of Scrooge and his transformation like you've never heard it before. One critic said this about the Jeff-nominated play (for Outstanding New Musical and Outstanding Ensemble): "Clever, funny, satirical, and full of heart, the Q Brothers' take captures the essence of what has made *A Christmas Carol* such a long-lasting crowd favorite, while updating its presentation, ... but still connects with Dickens's tale of redemption." Dickens, a Unitarian, is OUR DUDE. Let's turn out big, with other area UU churches (yes, we've invited them, and Chicago Shakespeare is offering them a discount promo code for the Nov. 26 matinee) and start the holiday season with love and generosity in our hearts just like (spoiler alert) Scrooge at the end of the story.

### Schedule for Sun. Nov. 26:

10-11:00am single Sunday service (Thanksgiving weekend)  
11:30am-1:00pm Memorial Service for Robin Sprietsma  
1:00pm bus departs from church for Chicago Shakespeare Theater, Navy Pier, Chicago  
6:00pm arrive back at church

*True humility is contentment.*  
~Henri Frederic Amiel, Swiss moral philosopher, poet, and critic

## Youth Mental Health First Aid Class to be held at DUUC Saturday Dec 2, 2017.

Youth Mental Health First Aid USA is an 8 hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent or young adult in crisis or experiencing a mental health challenge. Mental Health First Aid uses role-playing and simulations to demonstrate how to assess a mental health crisis; select interventions and provide initial help; and connect young people to professional, peer, social, and self-help care.

This course will be hosted at DuPage Unitarian Universalist Church, Learning Center from 8:30 am to 5:30 pm. Coffee and bagels, and box lunches will be provided. Cost is \$30 per person for books, food, and beverages. Send your name, address, phone, email to Sheri Regalado along with a \$30 check payable to DUUC with "Dec 2 YMHFA" in the memo line to hold a place in the class. If you have any questions, contact: Robert Skrocki at [bpskrocki@comcast.net](mailto:bpskrocki@comcast.net) or 630.802.0769. Scholarships are available in case of financial need.



## CELEBRATION OF THE BEAVER MOON FRIDAY 11/03, 6:30pm (set-up); 7pm (Ritual)

### Lead: Martha Capo

Martha leads a fairly traditional Full Moon Celebration. We'll meet in the Sanctuary, by the windows overlooking the Labyrinth. Bring a snack to share during Tarot and Kindred-ship afterwards!

## SAMHAIN/ALL SOULS/WINTER'S NIGHT CELEBRATION

WEDNESDAY 11/01, 6:30pm

### Lead: Karen Lindebrekke

The third and final of the Harvest Festivals, Samhain/All Souls offers us an opportunity to reflect upon the cycles of death and rebirth. Ancestors are typically honored at this time. Karen will also include Winter's Night activities and readings as part of the evening.



### DRUM CIRCLE

THURSDAY 11/02, 7pm

Co-Hosted by Martha Capo and Andrea Gustafson

BYODrum, although several will be available to borrow. Dancing feet are always welcome! Bring a snack to share!

## Meditation

Reverend Tom offers this poem Each New Day by Unitarian Universalist minister, Reverend Peter Friedrichs.

Why is this blank page  
staring back at me,  
mocking, like an affliction,  
and fraught with dread?  
How can it hold such sway,  
this simple emptiness?

Might it instead be a gift  
left on my doorstep overnight,  
waiting to be broken open  
with the dawn?  
A present, eager to emerge  
if only I had the sense  
to hold the paper  
over a candle flame,  
its lemon juice message  
appearing, like magic,  
clear and true?

Each new day is like this,  
pure air, devoid of density,  
but for the weight of our own  
invention.

Birds do not worry the morning  
or fret the rising sun.  
They wait, expectant,  
until its rays kiss their downy necks.  
Then, stretching,  
they turn to face the day,  
And sing.

## Spiritual Practice

Eat at least one of your meals in silence or with very little talking, with full attention and appreciation, and with feelings of gratitude.



*There is something in humility which strangely exalts the heart.*

~Augustine of Hippo, Saint Augustine, North African Christian theologian and philosopher



### Newsletter Deadline—**DATE CHANGE**

The deadline for the **DECEMBER** newsletter is **Monday, November 13 @ 9AM**. Please email your submissions to Sheri Regalado at [office@dupageuuchurch.org](mailto:office@dupageuuchurch.org).

**CHURCH OFFICE CLOSED.** The church office will be closed the week of November 20th. Regular hours will resume on Monday, November 27th.



### Fall Back Reminder!

Clocks are turned backward one hour on **Sunday, November 5 at 2 AM**.

### 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](mailto:office@dupageuuchurch.org)



Join us for a Dr. Who themed, Goods and Services Auction!

Saturday, November 4, 2017

Schedule for the evening:

- 4:30 Doors open and Silent Auction begins
- 5:15 to 6:45 Dinner
- 6:15 to 6:45 Silent Auction closes by sections
- 7:00 to 9:00 pm Live Auction & Basket Raffle drawing

Questions? Email: [auction@dupageuuchurch.org](mailto:auction@dupageuuchurch.org)

### **JUST VIEWS: Friday, November 10, 2017 at 7:20 pm: Merchants of Doubt**

The Telluride, Toronto, and New York Film Festivals come to us this night on the coattails of this inspired documentary. It is all about the powers of propaganda propagated by powerful business interests. (Propaganda: Derogatory information, especially of a biased or misleading nature, used to promote or publicize a particular cause or point of view). Merchants of Doubt reveals how some industry executives, their experts-for hire, and politically passionate pundits cunningly distort facts and declare that conclusions can't be reached yet -- to spread confusion and protect lucrative turf. The film shows how such wiles have been worked against the public good in various contexts: the marketing of tobacco products, some agricultural chemicals and fossil fuels. Now is spin being applied to climate change? For more information and to view trailer, go to [www.merchantsofdoubtmovie.com](http://www.merchantsofdoubtmovie.com).

With us for discussion following the film will be media-savvy representatives of the Citizens' Climate Lobby (CCL). Among several key current issues, we will explore how hurricane media coverage rarely includes scientific assessments of ways global warming drive these unprecedented hurricanes. All points of view are welcome, particularly as we strive to know how to discriminate between fake and factual news and analysis and use solid science to build sound policies and plans. Join us and bring others!

### **NON-CHURCH SPONSORED EVENTS**

**The League of Women Voters of Wheaton and Cantigny Park** will be presenting a three part program, "Making Our Democracy Work through Civic Awareness," beginning in September. They will be held at 7 PM at the Cantigny Park Visitors Center. Program and parking are free. Register to reserve a place; seating is limited. DUUC's Corruption of Our Democracy group recommends attending at least the last session "Money in Politics: How Much is Too Much" on **November 17 at 7 p.m.** Check out the offerings at: <http://www.wheatonlwwil.org/civics-awareness.html> <http://www.wheatonlwwil.org/civics-awareness.html>

# “Inspiring Social Justice Collaboration”

Justice is at the core of our faith. Our congregations are called to make a positive difference in our wider communities. We work to serve, to raise awareness, and to support and partner with people who face injustice. We advocate, organize, and act for justice to live out the values of our faith.



Program organized by the  
Chicago Area UU Council

Join us for inspiration and to learn how you and your congregation can collaborate and leverage the organizing and directing activities of partner organizations in pursuit of social justice. Organizational leaders will speak to how they foster collaboration between UUs and with non-UUs and how you and your congregation can participate in making a difference in our greater Chicago area.

<b>WHEN</b>	Saturday, November 4, 2017, 9:30 a.m. to 2 p.m.
<b>WHERE</b>	Unity Temple Annex 1019 South Blvd, Oak Park, IL 60203

9:30-10:00am	<b>Registration and socializing with light refreshments.</b>
10:00-10:20am	<b>Opening worship service</b> led by Rev. Tom Capo of the DuPage UU Church
10:20-11:20am	<b>Panel presentations on social justice collaboration</b> , featuring: <ul style="list-style-type: none"> <li>• Rev. Scott Aaseng, Executive Director of UU Advocacy Network of Illinois (UUANI)</li> <li>• Allan Lindrup, co-founder and 27 year Board member of UUs for Social Justice (UUSJ)</li> <li>• Rev. Karen Mooney, prison minister for UU Prison Ministry Illinois</li> <li>• Rev. Charles Austin, west side congregational organizer for the Community Renewal Society (CRS)</li> <li>• Rev. Tom Capo, Senior Minister at DuPage UU Church</li> </ul>
11:20am – Noon	<b>Facilitator and audience generated Q &amp; A and discussion.</b>
Noon – 1:00 pm	<b>Lunch &amp; Break-out Session Rotations</b> 15 minutes to gather your lunch and start eating, followed by three 15 minute break-out sessions during which you may continue to eat. The morning panelists will facilitate the break-out groups, of which you may visit three.
1:00-2:00pm	<b>Closing Gathering</b> Panelists will provide highlights from their break-out sessions. Audience members will be asked to speak about what they found most useful or inspiring and what challenges they face in carrying out their social justice programs

**TO REGISTER:** go to [UUChicagoArea.org/workshop](http://UUChicagoArea.org/workshop)  
A \$7 contribution to help cover the day’s food costs is suggested.



**Spiritual Direction Kickoff**  
 Sunday November 5, 2017, 12:45 PM  
 In the Sanctuary

**Are you interested in joining a Spiritual Direction Group at DUUC?** If so, please join us for the kickoff, when we will describe the changes in the spiritual direction groups, ask people which groups they would like to be in, and answer any questions you have about Spiritual Direction.



**What is Spiritual Direction?** “Spiritual direction cultivates attentiveness, specifically the ability to notice [the stirring of the spirit] in one’s life and in the world. Spiritual direction, typically, is [relationship-based], comprised of a meeting...once a month. Begun and ended with [an inspirational/thoughtful/reflective] reading, these sessions include ...periods of listening and silence. A commitment to spiritual direction reflects a conscientious commitment to tend one’s relationship with [spirit], to listen deeply to one’s life, to explore gently the uncharted terrain of one’s spiritual landscape, and tenderly cultivate one’s vocation. Margaret Guenther, writer and spiritual director, describes spiritual direction as ‘holy listening,’ both for what might constrain us from responding more fully to [spirit] as well as for the events, images, relationships, and suffering that illuminate brightly [what it is to live life authentically]. Spiritual direction is a way to practice accountability for one’s spiritual development...spiritual direction is ‘an interpersonal situation in which one [or more persons] assists another person to develop and come to greater maturity in the life of the spirit, [focusing on] faith, hope, and love.’ [However] it is not like the exchange that happens among friends, nor is it instructional, nor primarily problem solving, nor answer giving, nor advise dispensing, though it is rooted in the dynamic of listening... Spiritual direction awakens the [person to] ‘the full range of the human heart, mind, soul, and strength.’ ... [orienting the person to live] more purposely and more fully into [their] vocation and to intentional shape their lives into a more generous response to [spirit and to life].” (Kay Northcutt, Spiritual Director)

# November 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> <b>6:30pm</b> DUUCKIES Samhain/All Souls Celebration <b>7pm</b> Visitor Relations Committee	<b>2</b> <b>7pm</b> Congregational Life Committee <b>7pm</b> Drumming Circle <b>7pm</b> Sunday Services Committee <b>7pm</b> Tibetan Buddhism Study Group	<b>3</b> <b>6:30pm</b> AIM Task Force <b>6:30pm</b> DUUCKIES Full Beaver Moon Celebration <b>7:30pm</b> The Wider Circle	<b>4</b> <b>10am</b> Genealogy group <b>4:30pm Service Auction</b> <b>Sleep Out Saturday</b>
<b>5 Daylight Saving Time Ends</b> <b>9:30am</b> Science Sunday Forum <b>9:30am</b> Sunday Service <b>10:30am</b> Rehearsal <b>11:15am</b> Sunday Service <b>12:30pm</b> Corruption of our Democracy group <b>12:45pm</b> Companions <b>12:45pm</b> Spiritual Direction <b>7pm</b> Choir Rehearsal	<b>6</b> <b>12pm</b> UUWA Brown Bag Lunch <b>6:30pm</b> Covenant Group <b>7pm</b> Mindfulness Meditation <b>7pm</b> Nominating Committee	<b>7</b> <b>4:30pm</b> Tai Chi Chuan <b>7pm</b> COM	<b>8</b> <b>7pm</b> Youth RE Committee <b>7:30pm</b> Humanist Group	<b>9</b> <b>7pm</b> Tibetan Buddhism Study Group <b>7:30pm</b> Men's Growth Group	<b>10</b>	<b>11</b>
<b>12</b> <b>8:15am</b> Choir Rehearsal <b>9:30am</b> Social Justice Forum <b>9:30am</b> Sunday Service <b>10:30am</b> Rehearsal <b>11:15am</b> Sunday Service <b>12:15pm</b> Public Ministry Committee <b>12:30pm</b> Beloved Conversations (closed group) <b>12:30pm</b> Fellowship Committee <b>1pm</b> COA w/ Mentors <b>3pm</b> UU Bible Study	<b>13</b> <b>9AM December Newsletter Deadline</b>  <b>7pm</b> Mindfulness Meditation	<b>14</b> <b>4:30pm</b> Tai Chi Chuan	<b>15</b> <b>6pm</b> Covenant Group <b>6:30pm</b> Facilities Enhancement Committee	<b>16</b> <b>7pm</b> Conscious Aging <b>7pm</b> Tibetan Buddhism Study Group	<b>17</b> <b>7pm</b> FIRE/Spark	<b>18</b> <b>8am</b> Facilitators' Council <b>9am</b> Work Session
<b>19</b> <b>9:30am</b> Science Sunday Forum <b>9:30am</b> Sunday Service <b>11:15am</b> Sunday Service <b>12:45pm</b> Companions <b>3pm</b> Jesus Seminar Book Club <b>7pm</b> Choir Rehearsal	<b>20</b> <b>12pm</b> UUWA Brown Bag Lunch <b>7pm</b> Mindfulness Meditation <b>OFFICE CLOSED</b>	<b>21</b> <b>4:30pm</b> Tai Chi Chuan <b>6:30pm</b> Board Meeting - Executive Session <b>7pm</b> Board Meeting <b>7pm</b> Bridge Team <b>OFFICE CLOSED</b>	<b>22</b> <b>10am</b> Elder Circle  <b>OFFICE CLOSED</b>	<b>23</b>  <b>OFFICE CLOSED</b>	<b>24</b> <b>OFFICE CLOSED</b>	<b>25</b> <b>10am</b> Bookstore/Library Committee <b>10am</b> Humanist Board1
<b>26</b> <b>10 AM</b> Sunday Service <b>11:30 AM</b> Memorial Service for Robin Priestma <b>1 PM</b> Leave for UU viewing of "Q Bros" A Christmas Carol at Chicago Shakespeare Theatre at Navy Pier <b>7pm</b> Choir Rehearsal	<b>27</b> <b>7pm</b> Mindfulness Meditation	<b>28</b> <b>4:30pm</b> Tai Chi Chuan <b>7pm</b> Covenant group <b>7pm</b> Pastoral Ministry Associates	<b>29</b>	<b>30</b> <b>7pm</b> Tibetan Buddhism Study Group		

true humility is  
staying teachable,  
regardless of how  
much you  
already know



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