



DuPage  
Unitarian  
Universalist  
Church

# Newsletter

November 2019



## November's Theme: Attention



### The Wayside Pulpit: *Autumnal Reflections*

Rev. Michael Walker

Dear friends,

In this month of Thanksgiving, **I am grateful for this community.** I am grateful for the stalwart and dedicated members who have worked tirelessly to hold this community together. I am grateful for the teachers who have helped me see truths that were hidden or outside my field of vision. And, most of all, I am grateful for each of you. It has been a joy to be here – I'm still new enough that I can say that. At the same time, I believe I will still be saying that, by the time I depart in the summer of 2021.

I am grateful for a **Board of Trustees** that has had a difficult time in the last year, in which they were responsible for making hard decisions, and also responsible for respecting the confidentiality of certain information about people. Theirs has been a thankless job, so I hope you will join me in thanking them, including members who rolled off the Board. It is hard work that they do, and have done.

I am grateful for a myriad of strong and able **church leaders**, who I work with in their roles as committee chairs and team leaders for various projects, or toil in quiet

obscurity while doing jobs that are critical. They have all kept programs going during uncertain times, and did so due to a strong feeling of responsibility and a need to provide service to this congregation. Please join me in thanking all of our lay leaders, too.

I am grateful for the church staff, all very competent and committed to the church. I've learned so much congregational history from our staff members, and have enjoyed getting to know each. With a deep sense of gratitude, I'd like to recognize our staff members (in no particular order), for all they have done: **Patty Christiansen** and **Kaitlyn Mainz** care for our children and **Steve Cooper** oversees our educational programming; **Sheri Regalado** manages our office and **Mary Law** has been overseeing our membership activities; **Vickie Hellyer** leads our choir, and brings music to our sanctuary, along with our pianist, **Vera Pelin**. To one and all, thank you!

And, yes, once again: I am grateful for **you!** Thank you for welcoming me, and my partner Glenn, into this community.

**May your Thanksgiving be full of joy!**

– Rev. Mike

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*Rev. Michael Walker is the Interim Minister for the DuPage Unitarian Universalist Church. He is interested in connecting with you! You may email him with questions and concerns at [revmike@dupageuuchurch.org](mailto:revmike@dupageuuchurch.org). If you need an appointment with our minister, you may schedule one by calling the office at (630) 505-9408 or emailing [office@dupageuuchurch.org](mailto:office@dupageuuchurch.org).*



What does it mean to be a people of ATTENTION? Click [HERE](#) to find out!

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**Sunday Services @ 10:30 a.m.**  
Nursery Care available from 9:15 a.m. to 11:30 a.m.

**Sunday, November 3, 2019**

***The Power of Attention***

**Steve Cooper, DRE, and Rev. Mike Walker**

Through story and experience, we learn that by paying *attention*, we can make a difference to those around us and in the world. Attention is a tool we use, share, give and receive, hopefully with increasing grace, wisdom, and growing power. We each have the potential to be world-shapers and life-changers, and in doing so need to focus, get to the heart of the matter, and do good work together. This is a multi-generational service, and the Children's Choir will be singing.

**Sunday, November 10, 2019**

***Taking Courage to Build Brave Spaces***

**Reverend Karen Mooney**

Courage comes in many shapes and sizes, forms recognizable and subtle. Each of us approaches the world with a different set of lenses and experiences. What may be extraordinary bravery for one person might not even register for another. But one thing is true. We can all strengthen our heart muscles in brave space so that we can increasingly live courageous and trust filled lives. There will be Joys and Concerns during this service.

Karen works with the Unitarian Universalist Prison Ministries of IL as they seek to bringing UU faith and worship to people who are incarcerated. She is honored to offer circles of care for those living in prisons and jails and supporting all those affected by incarceration. Karen is a life-long Unitarian Universalist who learned the art of church from her very involved parents. She has been educated far and wide working and playing, listening and walking with people. She loves that UU communities are places where you find people who are seeking throughout their lives. She has worked as a chaplain, a congregational minister and a web platform manager. Each one was a joy and difficult for different reasons.

Our **Special Collection** will benefit the **Chicago UU Prison Ministry of Illinois (UUPMI)**. The UUPMI fosters connections between UU congregations and those that are incarcerated in Illinois prisons. This group offers liberal religious ministry inside prisons to those individuals who may find themselves in one of the hardest times of their lives. This ministry is carried out through in-prison worship services, covenant groups, pen pal groups and other programs. This work affirms the inherent worth and dignity of these individuals as well as fostering their own free and responsible search for truth and meaning. Today, 700 people are served by their outreach. Additionally, UUPMI advocates for policy changes that seek to improve the quality of life for those incarcerated both during and after their time in prison. If donating by check, please make payable to DUUC, with UUPMI noted in the memo line. Thank you for giving generously! <http://www.uupmi.org>

**Sunday, November 17, 2019**

***Paying Attention, While Rome Burns***

**Rev. Michael Walker**

It won't be long that we fall into the annual traditions of the holidays, which are purportedly full of good cheer and blessings abound. I find it difficult to get into this spirit, wholeheartedly, as the world seems to be going haywire. "While Rome Burns" is a reference to the story of the Roman Emperor, Nero, playing his violin while a conflagration in the city burned around him. It has become a metaphor for us, and whether or not we are paying attention to what is happening in our towns, in Washington, and around the world. And, if we do pay attention, and we notice what is happening, what then are we doing about it? Today, we look at our world's issues through a moral/ethical/spiritual lens; it is about how to do the right thing, not the political thing.

**Sunday, November 24, 2019**

***Arriving with a Grateful Spirit: Thanksgiving***

**Rev. Michael Walker**

As we prepare to celebrate Thanksgiving, we have an opportunity to cultivate gratitude for what grace we have received. Holidays can sometimes bring up mixed feelings, but today, we hope to find the silver lining. The intention of this service is to consider what we have to be grateful for, so that when we go to family or other Thanksgiving gatherings, we arrive with a grateful spirit.

**Sunday Morning Forums @ 9:15 a.m.**

# in the Learning Center

Sunday, November 3, 2019

## **Science Sunday**

Mike Albrow will talk to us about Women in Science. Mike previously gave this presentation at Femilab, and he'd like to share it with us. He will talk about many prominent women in science, and tell us about the uncomfortable history that has caused them to be overlooked. Heroes include Rosiland Franklin's discovery of DNA and Vera Rubin who discovered the effects of dark matter.

Sunday, November 10, 2019

## **Know Thyself - Getting to know each other on a deeper level**

Although parents are the primary religious educators of their children, they often do not know what they believe. The first step in teaching children about moral, ethical and spiritual values is knowing what you hold sacred and determining what is of ultimate value to you.

On the second Sunday of every month, the Youth Religious Education Committee invites everyone but especially parents, grandparents and caretakers to take advantage of time to interact and get support from others in the community. There will be themes each month to foster conversation, and we encourage parents of children of any age to come draw from the well of parental and caretaker support. Younger and older children alike will have facilitated, fun activities while the adults meet. Nursery care will be available for ages 5 and under.

Sunday, November 17, 2019

## **Science Sunday**

Due to a scheduling issue, the discussion about Plant Based Nutrition and Heart Health has been moved to November. Dr. Steven Lome, a cardiologist from Rush Copley will discuss the importance of nutrition, and talk about some of the scientific evidence in favor of a healthy plant-based diet.

Sunday, November 24, 2019

## **What is this PADS I read about?**

Are you curious what the short messages about PADS you read in the church communications is all about? If you would like to know more about this social justice event our church participates in most months, please attend the forum on November 24th at 9:15am. We will discuss the umbrella organization called PADS (Public Action to Deliver Shelter) and what we do to support the homeless people at the church site where we work.

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news & events



**The Social Justice committee** invites all to read the book "White Fragility." White Fragility might take you out of your comfort zone, it may help you recognize how our social environment protects us from race based stress. None of us like the label of racist, white supremacist, and most consider ourselves not racist, not bigoted, but is that really true? How do we respond to being thought of as privileged? racist? Does it make us angry or do we accept that as a possibility? Over coming year, we will be offering a bi-monthly review of the book and a discussion of **Robin DiAngelo's - "White Fragility" (why it's so hard for white people to talk about racism)**. This book is a call to

white folk everywhere to see their whiteness for what it is and to seize the opportunity to make things better now. This is a must read for everyone interested in how to respond (or not respond) when confronted and challenged racially.

The facilitators for this review will Karen Hutt and Ken Koresch. Review will be held in the Whitney

Young Room.

The next review will be held on Sunday, November 10<sup>th</sup>, at noon, following the Sunday service. Each review will discuss 2 or 3 chapters of the book. Sunday November 10<sup>th</sup>, the discussion will be on chapters 5, 6, 7. Although the chapters will be reviewed in sequence, it is a book that can be discussed by chapters, so feel welcome to join the discussions when your schedule allows. January 12<sup>th</sup> will be the next review.

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**POSTPONED**

#### **Ask Me Anything (AMA) with the DuPage UU Church Board**

Reverend Mike will be out of town this weekend and has requested that this session be **postponed** until the following Sunday, November 17<sup>th</sup>. Because Rev. Mike is not only our minister, but also an ex-officio member of the board, we feel it is important to hold this event on a day when he can be present. So please grab a cup of coffee

and join us during Coffee Hour on **Sunday, November 17<sup>th</sup>** in the Sanctuary. Chat informally with Board Members, learn more about exciting projects going on in the church, get your questions answered or just connect with the Board and other church members. This is a drop-in event, so there's no commitment to stay for the whole time period and no RSVPs are necessary. We hope to see you there! Questions? Email Church President, Jenny Hobbs at [president@dupageuuchurch.org](mailto:president@dupageuuchurch.org).

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### **A Day of Mindfulness AWAKE & AWARE: A Path to Truth, Peace & Happiness**

Saturday, November 9, 2019, 9:00 a.m. – 4:00 p.m.

DuPage Unitarian Universalist Church 1828 Old Naperville Rd. Naperville, IL

This is an opportunity to learn, understand and experience Mindfulness Meditation and the many benefits that it can bring into your day-to-day life. Both new and seasoned meditators are welcome.

**Details:** The day begins promptly at 9:00 a.m. on Saturday, November 9. Please arrive no later than 8:45. The day ends at 4:00 p.m. Wear comfortable clothing. If you use a meditation cushion or bench, please bring it. Chairs are provided. Note that much of the day will be conducted in *Noble Silence*. Bring a healthy lunch to enjoy over the lunch hour, as we will be engaging in mindful eating. Tea and water will be provided.

**Facilitator:** Mary Kullman, Certified Meditation Teacher, has practiced meditation since 1996 and is co-founder and co-facilitator for the past nine years of **Present Moment Sangha** in Naperville. She has completed a two-year Mindfulness Meditation Teacher Certification Program with nationally recognized teachers, Tara Brach and Jack Kornfield.

**Registration:** While this event is free-of-charge, a free-will collection in the Buddhist *Dana* tradition will be taken. Sign up at the church on the posted sign-up sheet or contact Mary Kullman by email/phone at [spiritmk7@gmail.com](mailto:spiritmk7@gmail.com) /630-388-9409

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# Winter Clothing Drive

New or gently used:

Winter Coats, Hats, Scarves, Gloves, and Sweaters

All donations benefit

Midwest Shelter  
for Homeless Veterans



November 10<sup>th</sup> to December 8<sup>th</sup>



DUUGooders. & Rotary Club of Naperville Sunrise

## Winter Clothing Drive

DUUGooders with Naperville Sunrise Rotary are collecting new or gently-used coats, scarves, gloves, and woolly hats, to benefit local charities: Hessed House, Sharing Connections and the Midwest Shelter for Homeless Veterans. Please bring to our collection box from November 10<sup>th</sup> to and including Sunday December 8<sup>th</sup>. Thank you for helping!

## SMILE Project Monthly Meal Fundraisers!

The DUUC SMILE Project (Students, Mentors, Internship with Local Employers) is planning Monthly Meal fundraisers at local eateries. This fundraiser is easy and can be a great source of funds for the SMILE Project if all will participate every month. The SMILE Project will team up with a popular, delicious restaurant/drive thru once a month. The restaurant will donate a portion of every order that mentions the DUUC SMILE Project when placing an order. It's simple, just mention the DUUC SMILE Project fundraiser, order, and enjoy your meal. We will let you know when and where this fundraiser will happen in the weekly updates and/or the Order of Service for the location of the Monthly Meal fundraiser.



## Film & Discussion

**JUST VIEWS: Free & Open Film & Discussion Program: Friday, November 8, 2019 at 7:20 pm: The Future of Energy:** This blockbuster documentary

provides a fact-based overview of how the dire consequences of global warming compel the need for rapid transition from fossil fuels to renewable

power. *The Future of Energy* demonstrates what groups, businesses, and communities across the USA already are doing with solar, wind, and water power to generate, store, distribute, and share electricity. This film shows that renewable energy is feasible and economical, avoids toxic impacts and nurtures healthy well-being for current and future generations of sapiens and other living things. According to technical experts interviewed in this film, clean, renewable energies can replace harmful fossil fuels and fully power the planet by 2050. What's needed is the social and political will to make changes on a large scale – to rescue us from disastrous human-caused global warming.

Invited to be with us for our post-film audience discussion this night will be Greg Hubert, Mark Ailes and others closely involved with organizations such as Green Sanctuary, Citizens' Climate Lobby, Sierra Club, and the Naperville Environmental and Sustainability Taskforce (NEST) advising the Naperville City Council. We'll examine together the challenges facing Naperville and other municipal electric utilities and cooperatives saddled with long-term coal-fired electricity contracts – as is our Illinois Municipal Electric Agency (IMEA) through 2035. Details are at <https://tinyurl.com/NapervilleIMEA>. People of all minds – skeptics and advocates, go-fast and step-carefully – are cordially invited to join us. Just Views Director is Stephanie Hughes 630-420-4233; Associate Director is Carol Tritschler 630-961-0106.



### YUuth Ensemble is starting!

Our DUUC YUuth Ensemble will again be performing at the Holiday Music services on Sunday, December 15. We will be playing "You're a Mean One, Mr. Grinch."

Participation is open to all youth who have one or more years of experience playing their instrument. We will practice in the Learning Center after the service from 11:30-12:00 on the following Sundays: Nov. 3, Nov. 10, Nov. 17, Nov. 24, Dec. 1, Dec. 8, and Dec. 15 (a 9:00 warm-up before the performances).

Please contact Karen Campbell at [rkcampb37@gmail.com](mailto:rkcampb37@gmail.com) or 630-759-1803 to let me know if you would like to join us!

### Mark your Calendars for our Winter Solstice Services: Friday, 12/20 and Saturday, 12/21 at 7pm.

Please plan on joining us for one or both nights to celebrate the darkness and the return of the light! Please bring a plate of cookies to share for the celebration following the service. Questions? - Contact Holly Harris ([Hollyahj@yahoo.com](mailto:Hollyahj@yahoo.com)) or Kelley Trombly-Freytag ([kellytf@gmail.com](mailto:kellytf@gmail.com))



### DUUC Library November Featured Book of the Month

*Walking Toward Morning* by Rev. Victoria Safford.

Rev. Safford's collection of meditations can be used as a month-long collection of morning meditations as well as a tool to learn how we can learn to see and be more attentive to that which is most important.

### DUUC Book Store Winter Season Sale

The DUUC Book Store will be holding a Winter Season Sale during Sunday Coffee Hour on November 24<sup>th</sup>, December 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>. Items for sale will include UU car magnets and decals, rally signs, jewelry, apparel and other UU related items. Since the very popular Chalice Socks <https://www.uuabookstore.org/Chalice-Socks-P17972.aspx> will sell out quickly, we suggest that you pre-order them. A flyer in the Library/Book Store area in Kreves Hall has pre-order information.



### Special Collection

On Sunday, October 27, 2019, **\$2,781.00** was collected for the *Unitarian Universalist Service Committee (UUSC)*. Thank you for your generosity! In an effort to foster collaboration, please send an email to [communityoutreach@dupageuuchurch.org](mailto:communityoutreach@dupageuuchurch.org) if there is something the Community Outreach Committee can do to help in the work of your committee.

### Sacred Origins: Egypt And the First Time Sunday, November 17 @ 3PM

Ancient Egypt has long been a source of fascination for many. While the Egyptians were focused on death and surviving it, they had several stories of how the world came to be. Join us as we discuss Egypt's origin. Please note that all forums are self-contained and you need not have attended before to appreciate.



Questions? Please email Michael Martin at [SeraphMichael@hotmail.com](mailto:SeraphMichael@hotmail.com).



**The Comparative Religion Discussion Club** focuses on the examination and discussion of historical and contemporary religious texts and essays to understand their meaning and value. For the month of November, **we are meeting on the third Sunday or November 17 from 1:00 pm to 3:30 pm at the church.** This month we will begin our discussion with the Pagan religion of

Rome during the 1st into the 4th century CE. The attached paper "Gods and Their Cities in the Roman Empire" is based on sources from Kenneth Harl, Professor at Tulane University and frequent contributor to "The Great Courses". The details of this Pagan religion are interesting as it captures the

same period as the beginnings of Christianity. The second topic we will cover is "Religion and Its Physiological Sources" by Keven Alcock of York University in Toronto. Professor Alcock wrote this paper for The Skeptical Inquirer magazine. He examines a number of physiological and social bases for religious beliefs. This group is open to all and attendance at prior sessions is not necessary. Drinks will be provided. For further information please contact: Bob Wunderlich at [rcwunderlich@comcast.net](mailto:rcwunderlich@comcast.net) or Michael Martin at [seraphmichael@hotmail.com](mailto:seraphmichael@hotmail.com).



**The Wider Circle** is a support group for parents, family members, and caregivers of those with special needs. Join us as we support one another by sharing our joys, challenges and, when possible, information and resources. We meet the first Friday of the month at 7:30 in Whitney Young. Contact Kristen Tang at [fivetangs@sbcglobal.net](mailto:fivetangs@sbcglobal.net) for more information.

**ELDER CIRCLE.** Our church sponsors an Elder Circle, which meets each month on the fourth Wednesday from 10am—Noon in the Founders Room. This informal group exists to explore all aspects of aging, and to offer mutual support to its members. As each person is comfortable, we share what is going on in our lives, followed by a discussion of a short film, lecture or something we have all read. It's a great way not only to learn and get support about aging, but also to get to know each other in a friendly, relaxed, and more personal way. Some people bring lunch to eat after it concludes at noon. All people are welcome, including non-church members, so whether you consider yourself an elder or not come join us! Contact Bob Harris at [oofyprosser@outlook.com](mailto:oofyprosser@outlook.com) to be put on the email list for notifications.



The deadline for the **December** newsletter is **MONDAY, NOVEMBER 11, 2019 @ 9:00am**. Please email your submissions to [office@dupageuuchurch.org](mailto:office@dupageuuchurch.org).



The church office will be **closed** Friday, November 22nd thru Friday, November 29th. Regular hours resume Monday, December 2nd.

DuPage UU Church  
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630-505-9408  
<http://dupageuuchurch.org/>

See what's happening on our social sites:

