



NEWS & NOTES

a whole-hearted community, feeding body, mind, and spirit

October 22, 2021

Theme: Reverence



Photo by [Tim Marshall](#) on [Unsplash](#)

UCH COMMUNITY CALENDAR

October 23rd - October 31st, 2021

Saturday, October 23
11:00 am [George Mrazek Memorial](#)

Monday, October 25
7:00 pm Buddhist Meditation

Thursday, October 28
8:30 am Breakfast Group
7:00 pm Spirit in Practice

Sunday, October 24
10:30 am Sunday Service
11:45 am New UU Workshop

Tuesday, October 26
3:00 pm Wise Elders Gathering
7:30 pm Nature's Best Hope
book discussion.

Sunday, October 31
10:30 am Sunday Service

CARING CORNER

The ripples of our lives touch those around us. We keep in mind all of our members and friends including...

- Love and prayers for Darren Howard's mom who fell and has a compression fracture of the lumbar spine. Darren is doing a lot of traveling to Urbana to support her. Send him some love.
- Remember those folks who have lost loved ones this year. Keeping them in mind, inviting them to events, sending texts and cards all help to let them know we still care.



Please let us know of folks we should add to our list and share with our Caring Circle Coordinators by emailing [Pam Fodor](#) or [Rev Pam](#). Also email [Cherita](#) to be included in N&Ns.

GOOD NEWS & GRATITUDES



A big Thank You to Dennis Sejut who offers his gifts of plants, solar lights and music to our community on a regular basis. He also raises all the plants for the Senior High Youth Group plant sale in the spring. Thank you Dennis!!

UPCOMING WORSHIP SERVICE

Hybrid Worship Continues - Vaccinations & Masks Required

All attendees must wear a mask and be vaccinated. We will continue to share the service on Zoom for at-risk people and those who would rather wait and be safe for the time being.

Sunday, October 24th: We Can Do Hard Things

Rev Pam Rumancik (She/Theirs)

Comfort and convenience are a wonderful gift of modern life. We no longer have to creep out to an outhouse in the middle of the night. New mattresses are amazing. The temperature in our homes can be managed to keep us toasty or cool. But has all this created a society that doesn't know how to deal with hardship? How can we build our discomfort muscles in order to be the people we truly want to be.



Click [HERE](#) to Join on Zoom

You can view the Sunday service live and recordings of past services on our [YouTube channel](#).



Because we are now live to the world, we ask that when discussing Cares and Concerns live during the candle lighting time, you use only first names to protect the privacy of those you are concerned about, unless you are announcing public information such as a death or a memorial service.

Sunday, October 31st: Boo! What Mask Will You Wear?

Rev Pam Rumancik (She/Theirs)

Halloween - or All Hallows Eve - falls on a Sunday this year. Since we're wearing masks anyway, might as well make it a fun one! Let's dress up as our favorite characters and examine the masks that we may have to wear in our everyday lives. When is it okay to be yourself and when do you need to hide? This will be a fun service celebrating our individuality, creativity, and bravery in a sometimes scary world. All vaccinated folks are welcome to join us in person with a mask. The service will also be shared on Zoom.



A FEW KIND FOLKS NEEDED!!!

Are you comfortable with Zoom and like to chat?

Then we have the perfect thing for you!

We are looking for a few people to host the Zoom coffee hour one Sunday a month. You will be provided training (although it is really simple) and can do it from church or from home. For more information and to volunteer contact Pam Fodor

RELIGIOUS EDUCATION

THIS WEEK IN THE RELIGIOUS EDUCATION PROGRAM

PLAY GROUP

Supervised play for our children ages three and under.

SPIRIT PLAY

Our Spirit Play children will wonder about our first principle, respect the importance and value of every person, through the story Little Penguin's Story. I wonder if you think being honest is part of being a Unitarian Universalist?



CHAPEL SERVICE

Our young people in Chapel Service will explore Wonder and Awe as one of the sources of our UU faith. The story this week is A Lesson on Mystery. I wonder what I think about the Spirit of Love and Mystery that some people call God? I wonder if there are many beliefs about the Spirit of Love and Mystery that some people call God?

COMING OF AGE

Our Coming of Age youth will not be meeting this week.

SENIOR HIGH YOUTH GROUP

Our Senior High Youth will meet to share fun and fellowship at the regular meeting time of 10:30am.

For more information on RE programming, how to become involved, or on our Covid protocols please visit our website www.hinsdaleunitarian.org or contact Pam Fodor at re@hinsdaleunitarian.org

New to UU Workshop - This Sunday

The Membership Committee Invites you to learn about our faith & church.

Sunday Oct 24th
After church



This workshop provides the opportunity for visitors and friends of the church to learn more about Unitarian Universalism, discover the history of our church, meet other interesting people, learn how to get involved in our congregation, and will guide you on the path to becoming a member. Please join us in Joshi Chapel on the upper level of the RE Building this Sunday.

Sunday, October 24 from 11:45 am to 1:30 pm

To learn more about the Unitarian Church of Hinsdale and our church programs as well as the rights and responsibilities of membership

Childcare is available please let Pam know if needed! • Come meet other new UCH friends and families!
Enjoy light refreshments! • Find out what is required to sign the membership book! • Ask Questions!

HOPE TO SEE YOU THERE!

Please RSVP to Pam Fodor

re@hinsdaleunitarian.org 630-323-2885

SUNDAY HOSPITALITY

We are grateful for this upcoming Sunday's Hospitality Team!
Thank you for helping to make our church home a caring, welcoming community

Team #7

Team Leader- Steve Trout

Julia Beckman
Mike Ferrando
Susan Hebble
Karin Janowski
Nancy Kranz
Rich Lomasney
Suzanne Lomasney
Susan Mooney
Linda Rio
Lynn Rotunno
Athena Trout



CHICAGO AREA UU COUNCIL FALL CONFERENCE

CAUUC Fall 2021 Video Conference

**Gathering and Strengthening
Our UU Communities**

Keynote presentation on navigating grief by
Elizabeth Harding followed by a panel discussion

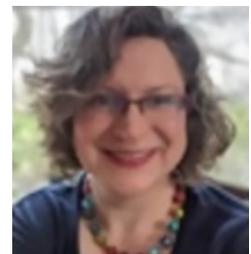
Saturday, Nov 13, 2021 9:30am-NOON



Keynote Presenter: Elizabeth Harding

Affiliated Community Minister, Second Unitarian Church of Chicago

Elizabeth will offer a framework for understanding the first year of grief and some reflections on collective grief during this pandemic time. The presentation will highlight coping strategies, including ritual.



Panelists:



Elizabeth Harding
Affiliated Community
Minister
Second Unitarian



Dr. Mary Lamb Shelden
Director of Lifespan
Religious Education
Countryside Church UU



Suzanne Williams
Communications
Consultant
Member of Unitarian
Church of Hinsdale



Leah Mikkelson
Board President
Tree of Life Congregation



Shelby Daniel-Wayman
Epidemiologist
Member of Unitarian
Church of Hinsdale

Our panel will discuss the challenges faced in gathering our UU communities, creative solutions we've found, and opportunities discovered along the way.

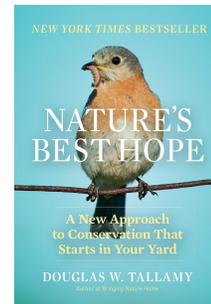
REGISTRATION LINK

NON-FICTION BOOK GROUP

All Congregation Book Read: "Nature's Best Hope" by Doug Tallamy

Tuesday, October 26 at 7:30 p.m.

The UCH Green Sanctuary Committee and the Non-Fiction Book Group invite you to join in an "All Congregation Book Read" to read and discuss Douglas Tallamy's book, "Nature's Best Hope, A New Approach to Conservation that Starts in Your Yard." The book is available through your library's Hoopla account as an audiobook or ebook.



Don't have time to read or listen to the book? Check out this 2020 [YouTube presentation by Doug Tallamy to the National Wildlife Federation](#).

Everyone is invited to participate in the Zoom discussion on Tuesday, October 26 at 7:30 p.m. The **Zoom link for this meeting will be in the October 22 News and Notes** under the Non-Fiction Book Group listing or else you may contact Ron Solberg, solbergeasycom@aol.com to join this live Zoom event.

REMEMBERING GEORGE MRAZEK

George Mrazek Celebration of Life Service Saturday, October 23 @ 11:00 am - On-site and via [Zoom](#)

Join family and friends in celebrating the life of **George Mrazek**, a longtime member of our community.

George Mrazek embraced life with both extreme reason and soul. He told his children that they could hold any opinion they liked, but they'd better be able to back it up... [Read more](#)



NEIGHBOR NIGHTS COMING THIS FALL TO AN AREA NEAR YOU!!

The Membership Committee is organizing the popular Neighbor Nights this fall for VACCINATED members and friends. Our congregation is spread across several

communities and Neighbor Nights gives us an opportunity to get to know the members and friends who live close by.

We have hosts for a few areas but still need hosts for other areas. The host chooses the date, time, and type of event – brunch, lunch, coffee, dinner -- and invites members in their area (list will be provided). The events should be potlucks so the guests bring food and beverage to share. If you would like to host an event please contact Mary Getty (kikget@gmail.com)

Because some of the areas are small, this year we are combining some of them. These are the host areas:

1 & 3) Hinsdale, Clarendon Hills, Burr Ridge, Indian Head Park, Western Springs, Willow Springs – Steve and Athena Trout plan to host.

2) Willowbrook, Darien, Westmont – Sandy Buboltz and Karen McDowell to host

4) Elmhurst, Bensenville, Des Plaines, Roselle, Itasca, Schaumburg

5 & 6) Westchester, Brookfield, River Forest, Riverside, Chicago, Berwyn, LaGrange, LaGrange Park, Countryside, Hodgkins – Liz Reyes and Benjamin Van Horne hosted this event.

7 & 8) Downers Grove, Lombard, Oakbrook, Oakbrook Terrace, Villa Park, Woodridge, Plainfield, Romeoville, Shorewood, St. Charles, Glen Ellyn

GREEN SANCTUARY NEWS



Styrofoam recycling at Theater of Western Springs will be **Saturday, Nov. 6, from 9:00-noon**, but if you prefer to bring yours to the church, please wait to do so on Sunday, Oct. 31 (Halloween!).

Join Homegrown National Park Project

The Green Sanctuary Committee and the Non-Fiction Book Club invite you to the Tues. Oct. 26 discussion of our All Congregation Book Read, *Nature's Best Hope*, a new approach to conservation that starts in your yard, by Doug Tallamy. The link for this 7:30 Zoom discussion is in this week's News and Notes.

As a follow-up to our All Congregation Book Read of *Nature's Best Hope* by Doug Tallamy, the Green Sanctuary Committee invites everyone to "Get on the Map" for the author's "Homegrown National Park". By planting more native plants in your yard and setting up your account on his website you will be participating in this "new approach to conservation that starts in your yard." A map and sign up sheet have been set up in church where you can write your name and place a sticker to show that you are "On The Map."



Jane Foulser will describe the program after church on Sunday.

Recycling Beyond Your “Blue Box”

There are many items that can't go into your Blue Box municipal recycling bins, but that doesn't mean they need to end up in a landfill. Our friends at SCARCE will take many items that you might not think to recycle.



They will recycle or reuse books, holiday lights, plastic bread tags, crayons, bicycle parts, keys, inkjet cartridges, cords, cosmetic containers, cables, office/school supplies and SO MUCH MORE!

For a full list of what items SCARCE will take and the procedures for donating, please check out the link below:

<https://www.scarce.org/accepted-items/>

Addressing the climate crisis can seem overwhelming. Sometimes we feel like whatever we do just won't be enough. Remember, seemingly small actions repeated over time can have a dramatic effect. For example, eating a plant-based Impossible burger instead of a cowburger requires eighty-seven percent less water, ninety-six percent less land, and production generates eighty-nine percent less greenhouse gas emissions. [Visit here](#) and check out the Green Sanctuary Downloadable Resources section to read some top actions you can take to address the climate crisis. Another important action you can take this week is to send a note to Congress asking them to accelerate our transition to clean energy, reduce emissions and nature loss, and help keep our communities safer from extreme weather disasters. [Here is an easy way to do that.](#)

PLASTIC-FREE LAUNDRY TIPS

by Karen McDowell

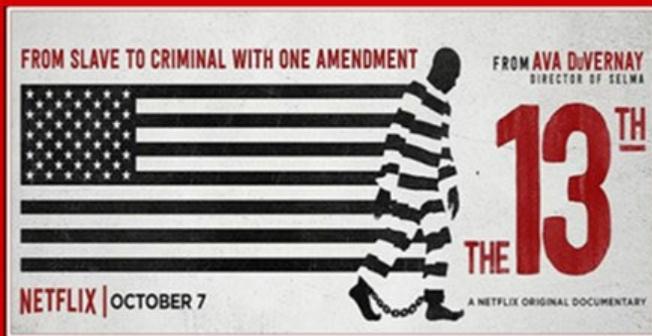
Stop lugging heavy jugs of water-based laundry detergent home and then recycling them. The innovation is SHEETS of cleanser! They do an amazing job and save millions of jugs from landfills. They are sent to you in recyclable, compostable cardboard envelopes. You just place one notecard-size sheet into your machine's dispenser and get clean laundry with no soap residue. Although Green Sanctuary can't officially endorse a particular product, here are some you can explore: **dropps**. **Earthbreeze** (ask me for a sample). **Earthwash**. **etee**. **Sheets Laundry Club**. **TruEarth**. There are probably others. While on their sites, you might find other plastic-free products such as soaps and shampoos. You might also like **Woolies** dryer balls. And remember to wash with cold water and hang some of your stuff to dry!



RACIAL EQUITY TEAM

The UCH Racial Equity Team is sponsoring a screening and discussion of the Emmy-award-winning documentary **13th** by Ava DuVernay. The film explains the connection between America's history of slavery and today's mass incarceration. The 13th Amendment abolished slavery but allowed an exception for incarcerated persons, thus providing an economic incentive for exploitation and mass incarceration of millions of Americans.

There are two opportunities to screen the film - IN-PERSON after the service on **Sunday, Nov. 7th starting at noon** (snacks provided), and VIRTUALLY on **Thursday, Nov. 18th starting at 6:30 p.m.** If you've already watched the film on Netflix, feel free to just come for the discussion. The link for the virtual screening is: <https://tinyurl.com/13thScreeningUCH>.



IN-PERSON SCREENING AND DISCUSSION

Sunday, Nov. 7, 2021 noon to 2:30 pm

Screening: Noon to 1:40 - Discussion: 1:40-2:30 p.m.

SNACKS PROVIDED – Bring a snack to share if you like.

VIRTUAL SCREENING AND DISCUSSION

Thursday, Nov. 18th at 6:30 p.m. Saturday, March 13,
2021, 10:00 a.m. to 12 noon

JOIN THE VIRTUAL SCREENING HERE:
<https://tinyurl.com/13thScreeningUCH>

Ava DuVernay's Emmy-award-winning documentary **13th** explains the connection between America's history of slavery and today's mass incarceration. The 13th amendment abolished slavery but allowed an exception for incarcerated persons, thus providing an economic incentive for exploitation and mass incarceration of millions of Americans.

Sponsored by the Unitarian Church of Hinsdale Racial Equity Team

QUESTIONS: mhonelwilson@gmail.com

For articles on Race Resources [please click this link.](#)

CALLING ALL JARS

Save your empty pickle, pasta sauce, salsa and other jars. No need to wash them out, just put the cap on and deposit them in the box available in the Alice Warren Room. They will be born again as solar jar lights.

Any questions or if you would like your jar back as a solar jar light, please contact Dennis Sejut at 630-917-1183. Texts welcome.



SOCIAL JUSTICE COLLECTION

Our October recipient is Planned Parenthood of Illinois. [Planned Parenthood of Illinois](#). Especially these days as women's reproductive rights are under attack, Planned Parenthood offers essential health services to low-income women and girls. This month's recipient is chosen in honor of Velaine Carnall who was a tireless supporter of women and their health options.

The collection in church is received on the second Sunday of the month but you can donate at any point. Hit the [donate button](#) on the website and choose the Social Action tab.

Thank you so much for your generosity in this work!

CURRENT COMMUNITY NEWS

Community Vaccination Clinic - Walk-Ins Welcome - [more info](#)

Small Group Ministry

Meet via Zoom on the first Saturday of each month from 9:30 to 11:00. The next meeting will be Saturday, November 6.

Buddhist Meditation

Mondays meetings will be held virtually for the immediate future. We're currently reading and discussing the book **No-Nonsense Buddhism for Beginners** by *Noah Rasheta* instead of listening to a dharma talk after we meditate.

Wise Elders' Weekly Conversation, Tuesdays at 3 p.m.

Join the wise elders of our UCH community for wide-ranging conversations about life, memories, stories, and a dash of politics for fun. Use this [link](#) to join by video or join by phone. Contact [Tracey Olson](#) for the phone number. - [more info](#)

NEWS & ARTICLE SUBMISSIONS



Monthly Touchstone Needs Submissions

In-depth communication about all the great things going on at church. Get your news and articles in by the **1st of the month** to for publication on the 15th to UCHTouchstone@gmail.com

News & Notes Submissions should be sent to

Communication@hinsdaleunitarian.org. All information for sharing with the wider communication can also go to socialmedia@hinsdaleunitarian.org. The old office email now mainly pertains to business scheduling concerns. Thanks!

Love Reading [Board Minutes](#)? You can find them on our website [here](#).

STAFF CONNECTIONS

You can reach us at our regular email addresses:

- Rev Pam, Onsite Tuesday & Fridays 10 - 2 pm, Virtual - Tuesday thru Saturday 9 - 5 pm. Other times by appt. Monday Sabbath. Minister@hinsdaleunitarian.org 440-570-9812
- Pam Fodor, Monday and Wednesday 9:30-11:30 am Tuesday and Thursday 9:30 am-3:30 pm,

Friday and Saturday off. Available on e-mail other days and times. - re@hinsdaleunitarian.org

- Cherita Axel, Social Media, working virtually - Socialmedia@hinsdaleunitarian.org
- John Cooperrider, Facility Manager, available Fridays - grounds@hinsdaleunitarian.org
- Julia Beckman, Music Director - beckman110@comcast.net
- Jamie Pastman, Music Coordinator - music@hinsdaleunitarian.org

