



THE TOUCHSTONE

A monthly publication of the Unitarian Church of Hinsdale

September 2021

Monthly Newsletter

DEEPENING CONNECTION

Dwell in Possibility: Remaining Fluid

Rev Pam Rumancik

We just passed one of my favorite rituals, our annual water communion ingathering service, which starts the church year. I love the smiles on children's faces as they tip the water into the bowl. I love the sweet descriptions of what each bit of water meant: grandma's house, a trip to a lake, taps from many homes, a cat bowl. Each description shares a bit about the person pouring the water. Each offers a gift of self to this community of beloveds.

This month's water communion service felt especially poignant as it had been 24 months since we had last shared this ritual. Eighteen of those months involved navigating murky waters, trying to both be safe and sane; trying to take care of ourselves and safeguard others; trying to be fully human in a time when simple humanity seems at risk.

Our ingathering highlighted this and more. Celebrating water is awesome. It is the base of our bodies and the major composition of our planet. It's liquid, solid, gas, and moves easily between those states. Water has a lot to teach us, like -- when running into a solid object, don't push back; simply swirl around. Or when you're getting hot and bothered, let off some steam and take yourself a little more lightly. Or there's a time to be solid and a time to be fluid, each in its preferred season.

While each of us might like some solid ground to stand upon, I believe we will need to remain fluid for some stretch of time. We've learned a lot about how Covid-19 works. We've learned a lot about our society and how people react during a pandemic. We've learned there are some historic events that it would have been okay to miss.

We've also learned that bodies can only remain in a state of high alert for a limited time before our psyches lose an ability to cope. Little things which used to seem endearing in our partners may become maddening. The patter of little feet now lands more like elephants, and we may just want it to stop. Your neighbor looked at you funny. How rude!

What can we do? What does it mean to be fluid when you want to hit someone over the head with a block of ice? I think it means taking a deep breath, crossing four things off the 'to do' list, walking the dog, or the cat or the ferret more often, breathing in trees. Breathing, counting to ten, taking a bubble bath... any of these will make space to be kind to others, and with a little luck and good cheer, those kindnesses will accumulate like a snowball down a mountain, and we will find ourselves once again in community committed to supporting one another.

The anxiety you're feeling is not your fault. You haven't done it wrong, or even if you have, it's going to be okay. Being kind to yourself will help make space to cope with all that's happening and help remind you to be more fluid. Start today - grab yourself a slushy during this last part of September and let the cares and anxieties flow right off you and down into the deep rich earth below. She can hold us as we breathe. Go with the flow.



The Proposed 8th Principle

By Marian Honel-Wilson, [Chair, Racial Equity Team](#)

BACKGROUND - Everyone who becomes a member of a Unitarian Universalist Congregation is likely introduced to the [UU seven principles](#). While our denomination does not have a creed, our principles articulate our values as UU's. These principles date from 1985, when the [original principles](#) created during the 1960 merger of Unitarians and Universalists were revised to use more inclusive, gender-neutral language. [That process](#) resulted in a separate list of "[sources of wisdom and spirituality](#)" that our faith draws from. In 1995, the sources were amended to add an acknowledgment of Earth-centered religions and spirituality as another source of inspiration.

WHAT IS IT? There is currently a movement within our denomination to consider adding an 8th principle. The proposed text is as follows:

"We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

This effort was started in 2013 and has since been gathering momentum. [The Black Lives of UU Organizing Collective endorsed the adoption of the 8th Principle](#) by all Unitarian Universalist congregations in order to move the UUA's stated intention to eliminate racism in its institutions and congregations to a more central focus of the denomination. As of June 2021, the 8th Principle has been adopted by 54 congregations and UU groups, and a number of UU congregations are currently considering its adoption. An Article II Study Commission, which includes 8th Principle Co-Author Paula Cole Jones, is currently reviewing all of the Principles, Sources, and Purposes as part of a by-laws review process that is required every 15 years. The Commission's recommendations will be presented in early 2023 and be considered at the General Assembly in June 2023.

WHY NOW? At the 1997 General Assembly, the UUA voted to become "anti-racist, anti-oppressive and multi-cultural." [Some progress was initially made, but funding for training and antiracism programs fell off in the early 2000s](#). In 2017, the UUA underwent a crisis with a [hiring controversy](#) that resulted in the [UUA president resigning](#). This crisis re-ignited calls for the 8th Principle to be considered and adopted by congregations and the UUA.

DO WE NEED TO SINGLE OUT RACISM? Even though UUs articulate in our first principle that we affirm and promote the inherent worth and dignity of every person, as well as the importance of justice, equity, and compassion in all human relations in our second principle, it is possible for us to consider ourselves "good UUs" while still ignoring racism and its effects because we may feel it's not an issue in the immediate area where we live. Admittedly, during the past year and a half, it has been harder *not* to see racism since numerous events have brought racism and white supremacy into the news on a regular basis. Perhaps this is why the 8th Principle Project has gotten such a groundswell of movement behind it now.

WHAT WOULD IT MEAN TO UCH? You'll notice that this principle is written differently from the other seven. Rather than being stated as a value, it calls for action and accountability. If a congregation chooses to adopt the 8th principle, the idea is to commit to taking action, with accountability. What that would mean for UCH would be determined by our congregation.

As the chair of the Racial Equity Team, I am asking for volunteers to participate in a task force to help us consider whether we should adopt the 8th Principle. I suggest that we hold listening sessions, small group sessions, and more, following the model of other area churches who have undertaken this work. Let me know if you're interested in joining this effort. You can read more about the 8th Principle Project [here](#).

SEPTEMBER WORSHIP SCHEDULE

Sunday, September 19th: Some Good News
Rev. Pam Rumancik (She/Theirs)

Sunday, October 3rd: Is Anyone Really Woke?
Rev Pam Rumancik (She/Theirs)

It feels like all we hear is the bad stuff. Income inequality, Fires, Floods, Disease - so much so that anyone might be forgiven for climbing under the bed and not coming out. Those things are happening, but they are not the whole story. There are also amazing and good things happening in the world that we need to hold up and celebrate. Bring your own good news to share!

Sunday, September 26th: What Can You See?

Rev. Pam Rumancik (She/Theirs)

John Mellencamp's song "Jack & Diane" features the line "Life goes on, long after the thrill of living is done." In exploring why it might feel that way, we pause and examine how we see the world. What expectations get in the way of being able to see the fullness of a person, place or thing? Babies help us see the world with fresh eyes - can we retrain ourselves to see that way even as we get older - refusing to be jaded and instead finding joy?

Wokeness is a thing these days, sometimes used as a compliment, sometimes a judgment. Often it's a term used to criticize folks who claim to be on the same side of an issue. Woke has become a word with negative connotations because it is absolutely all in the eye of the beholder. We'll examine the woke phenomenon and see if there's something else we might be looking for instead.

Sunday Oct 10: Perfectionism, Punctuality & Purity

Rev. Chip Roush (he/they)

Video service

Why do some people say that perfectionism is an aspect of white supremacy culture? Why isn't it racist to say such a thing? How does any of this help anybody? Beyoncé, grammatrices, and our Unitarian ancestor, Rev. Joseph Tuckerman, help us explore the differences between excellence and perfectionism.

Rev Chip Roush serves the First Unitarian Church of South Bend, Indiana and will join us virtually in the service.



Join us for Worship via [Zoom](#)



Past services are available to watch on the church's Youtube Channel.

FALL 2021 RE-OPENING AT UCH

Message from UCH Board President, Bob Daniel-Wayman

As we enter our second year of church in a pandemic, the Board of Trustees has reassessed the opportunities for fellowship and worship at the Unitarian Church of Hinsdale. Many things have changed since last year's move to remote-only services. Most importantly, we have access to safe and effective vaccines, and the scientific and medical communities understand much more about the virus. There are also evolving challenges like the rise of the delta variant, which is driving rising levels of infection in the larger community. As the situation continues to change, we will have to change as well, and we know this will not be the last time we evaluate and adjust the ways we maintain our fellowship.



The board and staff will be working to provide a variety of options for engaging with our church. For now, all of those options that are on-site and in-person will require vaccination and masking. The only unmasked activity we are planning for is coffee hour and its food, which will only be provided outside with physical separation. We will also continue to stream services.

We recognize that our members face a variety of risks and challenges in dealing with this pandemic, and by offering choices we hope to help individuals balance their own concerns and needs. We believe that this is

also the best way to follow the guidance of public health authorities and to protect our community and communities around us. Our shared principles call upon us to remember the inherent worth and dignity of every person and to seek justice, equity, and compassion in human relations. We want to honor these principles with every decision we make.

While these are trying times, not every one of these choices is as heavy as the others. The most impactful choice we can make is to get vaccinated, and we encourage everyone to do so. Wearing a mask wasn't something we dreamed of, but we now have the opportunity to attend church in our pajamas, without a commute, and with friends who might not have been able to make it to church in person even without a pandemic. These are valuable connections, and not just because I love my pajamas. Streaming services are something we intend to continue.

Over the coming year, we will have more observations and choices to make. We are still finalizing plans for our religious education and will update you about them when we can. Public health guidance and infection rates will continue to change, and we will work to change with them. If you have questions, concerns, or other input as we go, please reach out to me, to other board members, or to Pam Rumancik. We are going through this together and talking together is an important part of that journey.

Bob Daniel-Wayman

SOCIAL JUSTICE MONTHLY COLLECTIONS

Is there an organization you would like to see receive a Social Justice Monthly Collection? We want to hear your ideas.

The Social Justice Collection connects us with the larger community outside of church. In the past few years, the social justice team leaders have met to decide on the organizations who will receive the monthly donations from our congregation. Each church team makes a specific recommendation that represents their social justice work. For instance, the Green Sanctuary team suggested Faith in Place, an organization working for environmental justice, to be a recipient last year.



After our church team recommendations, we fill in the year with other organizations that UCH has a relationship with, or ones who need resources to make their work happen because of an immediate need. Last year, we donated to the Pop up Food Pantry sponsored by Third Unitarian Church, for example. That was a special project because of all the people needing food due to the impact of Covid-19.

Last church year, our congregation donated a total of \$7275 to these organizations: Austin Scholarship (sponsored by Third UU); Night Ministry; DuPage Pads; Third Unitarian Pop Up Food Pantry; The Food Empowerment Project; Faith in Place; BLUU (Black Lives UU) and UUPMI (Unitarian Universalist Prison Ministry of Illinois); and UUANI (Unitarian Universalist Advocacy Network of Illinois). There are other organizations we've donated to in the past and which we may rotate in periodically.

Since we were on Zoom last church year, we accepted collections weekly for the recipient designated for the whole month. This church year, we will return to giving our collection on the second Sunday to a social justice organization, and we will continue the monthly collection if we are meeting in person.

If you have a suggestion, send it to socialjustice@hinsdaleunitarian.org by October 1st. The social justice team leaders will research the organization and consider it for the Social Justice Monthly Collection.

Thank you!
Social Justice Circle Team Leaders

COVID PROTOCOLS FOR RELIGIOUS EDUCATION

We are excited to get back to our RE classes and can't wait to see how much our kiddos have grown! Although we wish our program could return to normal, we must be respectful of the situation surrounding the Covid-19 virus. Here are accommodations we think will help keep our families, children, and volunteers safe:



- We ask that our adult volunteers be vaccinated, and we require all adults, children, and youth that are in our buildings to wear masks at all times.
- Our children WILL NOT be starting out in the adult service. Please bring your children directly to their classes any time after 10:15 a.m.
- Children will have a shortened story/lesson in the classrooms with the windows open. The exploration time following the lesson will take place outside. We will be encouraging social distancing.
- Following each Sunday gathering, the classrooms will be cleaned and sanitized so that we can safely meet again.
- If you, your child, or anyone in your family is feeling sick in any way, please stay home and take care. Watch for the following symptoms: Fever (100.4°F or higher), new onset of moderate to severe headache, shortness of breath, new cough, sore throat, runny nose, vomiting, diarrhea, new loss of sense of taste or smell, fatigue from unknown cause, muscle or body aches from unknown cause.
- If you, your child, or anyone in your family tests positive for Covid-19, we kindly ask that you notify Pam Fodor. She will keep your diagnosis confidential but will need to notify other children and families that were exposed.

Thank you in advance for your cooperation in following these protocols. We are blessed to be able to be together again. We love your family and want everyone to remain safe and healthy. Please let Pam Fodor know if you have any questions or concerns. Together we will get through this!

NEIGHBOR NIGHTS

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.

If you would like to host an event please contact Mary Getty kikget@gmail.com The host picks a date and time in the fall, invites members in their area (list will be provided), asks for people to bring food and beverage to share, and VOILA! -- it's a party! Our church community loves these small group get-togethers!

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
- 2) Willowbrook, Darien, Westmont – Sandy Buboltz to host
- 4) Elmhurst, Villa Park, Bensenville, Des Plaines, Roselle
- 5 & 6) Westchester, Brookfield, River Forest, Chicago, Berwyn, LaGrange, LaGrange Park, Countryside, Hodgkins
- 7 & 8) Downers Grove, Lombard, Oakbrook, Oakbrook Terrace, Woodridge, Plainfield, Romeoville, Shorewood, St. Charles, Glen Ellyn

ANIMAL MINISTRY RECIPE OF THE MONTH and BLESSING OF THE ANIMALS

Animal Ministry would like to share a new recipe every month for you to try! Gene S. submitted this delicious recipe for Oatmeal cookies:

If you've got a great veggie-friendly recipe to share, please email it to UCHAnimalMinistry@gmail.com



Animal Blessing

Sunday, September 26th at 2:00 pm in the conversation circle on the east lawn.

All non-aggressive animal companions are welcome to join us for a brief ritual and blessing. We are grateful for the wonderful gifts we receive from our four, six, and many-legged friends!

Please note: Animal Ministry will be moving its meetings to the 3rd Sunday of the month at 11:30 am beginning in September.

GREEN SANCTUARY

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." 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.

The Elmhurst Public Library is running a similar program, "One Book, One Community" also featuring Doug Tallamy's "Nature's Best Hope." The library program includes an in-person discussion Thursday, Sept 16, 1-2:15 p.m. in the Gathering Room and a Live on Zoom Sept 16, 7-8:15p.m. You do not need an EPL card. You may register for these events at elmlib.org/events.

RESPONDING TO THE UN CODE RED FOR HUMANITY

We can see the climate changing all around us and wonder what we can do. UCH is looking for those actions, small and large, which help move us into right relationship with the earth.

One such action is a decision to go digital with the order of service instead of passing out paper copies in the church. This will reduce our usage of paper, ink, and energy. Instead, ushers will be sharing this QR code as you enter the church, and you can take a picture with your smartphone that will open the day's order of service. Like many restaurants, UCH is moving into the 21st century.

In addition, you can find the order of service on our [website](#) each week. We'll also be sharing the order of service on slides between the PowerPoint presentation slides so that you will be able to find the name of that special reading or the beautiful piece of music that Jamie just played.

UCH has done a lot toward lowering our carbon footprint, but there is always room to narrow it even further. If you have other ideas of how we can live in harmony with our earth mother, please share them – or better yet – join our [Green Sanctuary Team](#) as they continue to find more ways to do less!

CHOIR NEWS

CELEBRATION SINGERS BACK IN ACTION!

Many of our Singers gathered on a recent Sunday afternoon, masked and socially distanced, to record four hymns to add to the UCH musical library. We were so happy to be together and making music! Since no singing is currently allowed in church due to COVID, recordings are the next best thing. Thanks to Karen Mooney and Rev. Pam, who skillfully recorded the session. Two of the recordings were heard and seen at last Sunday's water communion service. On September 26th, we'll do another session right after the service in church, with windows open and fans blowing. Once again, here are the



rules: everyone must be vaccinated and masked. The church will provide singers' masks. We will again be socially distanced. The session will be no more than an hour. Anyone interested in joining us is welcome. Just be able to carry a tune! Contact:

Julia Beckman, Director
Beckman110@comcast.net
Home/Office: 630-985-4688

UPDATE: Scam Alert



They are still at it... Each month a new wave of emails go out asking folks to contact Rev Pam for an urgent matter.

Do Not Respond!

Your minister will never ask you to buy gift cards or make purchases of any kind. If in doubt of any communication, contact Rev Pam at minister@hinsdaleunitarian.org.

All others are fake email addresses. Delete them.

A LITTLE HELP FROM YOUR FRIENDS ...



If you are facing challenges, know that your church is here to help. An emergency relief fund exists at all times for church members experiencing financial difficulties.

Help with groceries, utilities or other unexpected events is available by contacting **Rev Pam**. You are loved and cared for. If you are in trouble, let us know so we can help. That's what community is for!

STAFF INFO & ON-SITE DAYS:

Director of Programs	Pam Fodor - RE@hinsdaleunitarian.org	Mon - Thursday
Minister	Rev Pam Rumancik - Minister@hinsdaleunitarian.org	
Facilities Manager	John Cooperrider - Grounds@hinsdaleunitarian.org	Tuesday & Friday - & by appt
Choir Director	Julia Beckman - ChoirDirector@hinsdaleunitarian.org	Friday - as needed
Music Facilitator	Jamie Pastman - Music@hinsdaleunitarian.org	
Social Media Manager	Cherita Axel - Socialmedia@hinsdaleunitarian.org	
News & Notes	Communication@hinsdaleunitarian.org	
Touchstone	uchtouchstone@gmail.com	
Board President	Bookkeeper - Finance@hinsdaleunitarian.org	
	Bob Daniel-Wayman - President@hinsdaleunitarian.org	

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