



THE TOUCHSTONE

A quarterly publication of the Unitarian Church of Hinsdale

Spring 2018

Dwell in Possibility: Time for Reflection

by Rev. Pam Rumancik

I'm writing as I return from the UUMA ministers' conference in Florida at the end of January. It was a beautiful, challenging, and transforming (small "t") event. Unitarian Universalist ministers gather at Center Institute every three years for collegiality, professional development, rest, and inspiration. I showed up to Tampa expecting to see dear colleagues, attend some good worship, and find a place to rest my weary soul and was blessed to find at least a bit of that – despite darned chilly temperatures!



After a couple of difficult years, I was looking to feed my soul and find sustenance. Surrounded by a space of collegial support, engaged in worship led by amazing ministers, and filled with music in my Building a Vocal Community® led by Dr. Ysaÿe M. Barnwell, I found spaces to heal and breathe. In the next few months, I will be continuing this journey of healing: traveling to Oregon to preach at the installation of a dear colleague and spending time with my daughter who lives in Portland.

Beyond that, I've been accepted into a retreat program called "Warriors for the Human Spirit" led by writer and educator Margaret Wheatley. The initial retreat will be in Crestone, Colorado in March. I am looking forward to spending time in the mountains, allowing the expanse of wilderness to cradle my spirit and strengthen my connection to the Holy.

Each one of us faces our personal season of grief – losses that pull us away and create boundaries of sadness and pain. Bone weary – too tired to reach out and tired of telling our own stories and feeling like we should be over it already. When my wife lost her first partner to cancer, she said she wished that people had worn black armbands for a year to signal the deep grief work that was going on underneath ordinary lives. Wouldn't it be a blessing to be reminded of the challenges and trials that each of us carries?

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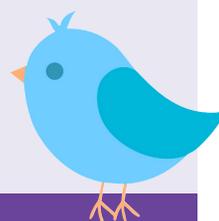
When we encounter these places of pain, we need to take care of ourselves first: apply our own oxygen mask before attempting to help anyone else.

Inside This Issue of The Touchstone

| | | | |
|---|---|---|---|
| Together Everyone Achieves More | 2 | A UU Justice Event | 5 |
| Spring is Coming! | 3 | Worldwide Vegan Bake Sale | 6 |
| Liz Reyes Reports on Café Conversations | 4 | Caring Circle Captains | 6 |
| Consider a Green Energy Provider | 5 | Black Lives of Unitarian Universalism | 7 |



MAY 19
SPRING THING 2018
 SAVE THE DATE



Unitarian Church of Hinsdale

Contact information
 17 W. Maple
 Hinsdale, IL 60521
 www.hinsdaleunitarian.org
 630-323-2885
 Sunday Services begin at 10:30 a.m.
 Childcare and education services are available.

Minister
 Pam Rumancik
 minister@hinsdaleunitarian.org
Director of Programs
 Pam Fodor
 re@hinsdaleunitarian.org
Director of Operations
 Linda Liberacki
 office@hinsdaleunitarian.org

Board of Trustees
 Liz Reyes, President
 Emily Crement, Vice-President
 Deidre Waltz, Treasurer
 Mike Pabian, Secretary
Trustees at Large
 Susan Mooney
 Patrick Provenzale
 Frank Murphy

Submissions Editor
 Linda Karlen
 uchtouchstone@gmail.com
Editor/Layout
 Nancy Kranz
 nancy.kranz@comcast.net

Spring is Coming!

*Pam Fodor
Director of Religious Education*

Spring is coming! It has always been one of my favorite seasons. I feel like I have been cooped up all winter, and it feels so good to get outside! And I think that is especially true for our children. Time to reconnect with nature!



allowing a container of water for his use. And don't worry about germs; recent studies have found that dirt contains beneficial microbes that help our brains and bodies stay healthy.

Just Sit

Find a quiet corner with your kids and cultivate the art of sitting and watching. After a few minutes, birds and other wildlife will become more comfortable with you, and may come close by. Even very young children are capable of pretending they are creatures hiding.

This activity works particularly well in view of a bird feeder, where kids can observe birds eating and flitting back and forth. In my work with kids, I've found that they will settle into watchfulness more easily if I participate with them, and use an exaggerated whisper. I teach them how to sneak with quiet footsteps, how to slowly creep up on a bird or a squirrel, and I am careful to model stillness and wonder. When you can be calm with a child, and point out what you observe as if it is incredibly special and magical, they will be more likely to imitate your attitude.

Match Nature's Colors

If you have leftover paint chips from a home improvement project, try to match the colors on them with something in nature. You can also make your own "color chips" using crayons or colored pencils on index cards.

Plan a Nature Scavenger Hunt

Kids love the idea of finding treasure, and a scavenger hunt is a fun way to help kids notice their surroundings in a new way.

You can make your own scavenger hunt using clip art from the web or photos from magazines. This allows you to tailor the hunt to your habitat and season.

Oh – and don't tell the kids – but reconnecting with nature is also good for parents and adults. Have fun! ●

It's after school, and you have a bit of time before you must start dinner. Or you're in between appointments and have some time to kill at a local park.

What can you and your kids do outside in half an hour to connect to nature, de-stress, and get some fresh air? Lots! Read on for fun activities that will help your kids explore and learn from the wildness that's just outside their back doors and down the street.

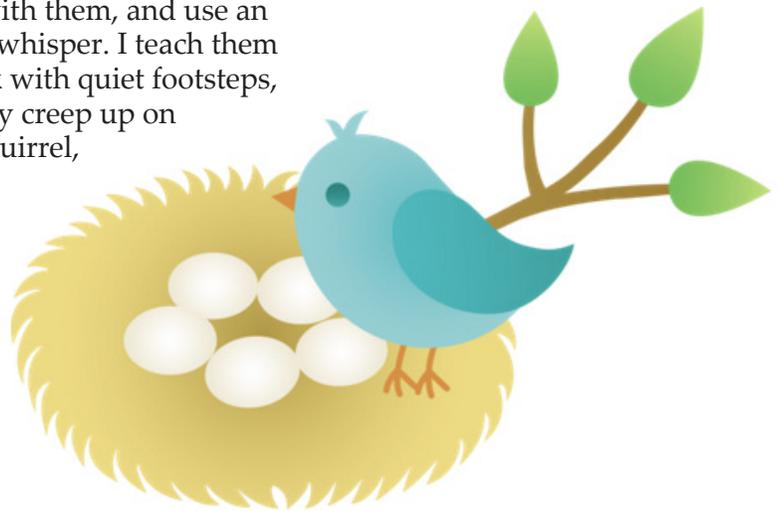
Focus In

You don't need to spend the day in an old-growth forest to get the benefits of time in nature. Don't overlook those imperfect corners of your backyard, a pocket park or nearby green belt, or the overgrown edges of city parks.

Dig a Hole

To keep your child from digging in your freshly prepared flower beds, designate a spot for digging. Give him his own shovel and bucket and watch him go to work.

Scraps of lumber, rocks, small cars, plastic dinosaurs, sticks, or even plant parts become accessories for his imaginary creations. You get bonus points for



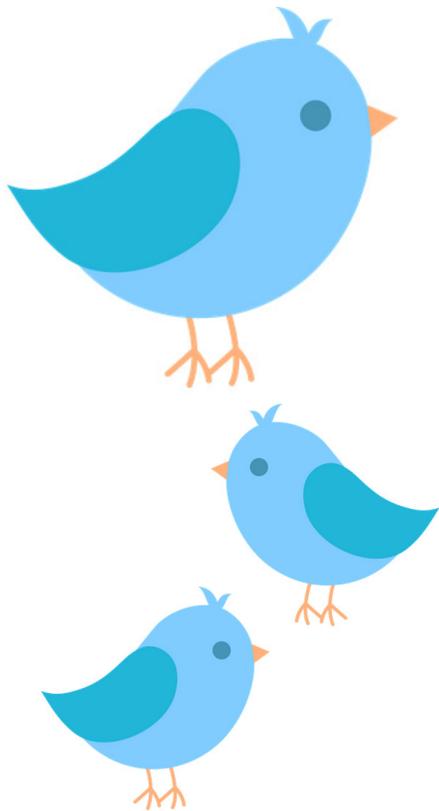
Report on Café Conversations

Liz Reyes, President, Board of Trustees

I'm happy to report that forty people attended a café conversation and nineteen people completed the online survey. Thank you to everyone who participated and to those of you who talked to a board member directly. I want to share some of the highlights, so I've included the questions and a selection of the responses.

What does your heart want for the church?

Improved adult religious education; engaged and excited members; growth; financial stability; an opportunity to share our message with more people; more social action; less social action; to have a beautiful and comfortable church home.



What keeps you coming to church?

Community was mentioned again and again! Also: collaboration and interconnectedness with fellow members; positive, meaningful messages, usually from Rev Pam, that keep me centered on what's important in life and how to be my best self; a commitment to raising children as Unitarians Universalists; the music; being around like-minded people.

What are some things that make you proud of our church?

Children's religious education and great director; youth group; OWL; Black Lives Matter, being welcoming; including children in service; living our values; social action; minister; great pianist; wonderful choir; involved people; Caring Committee; Green Home Campaign.

Is there anything that disappoints you at church?

After new UU class hard to get involved; not paying dues; not enough social justice; at times too political; slow growth; not enough focus on humanism; wish we were better funded.

What prevents you from being more involved?

Not a clear path to getting involved and not knowing what you're getting into; energy and time, time, time, time! One member stated: "I don't know that I could be any more involved as I am currently a member of several committees and regularly participate actively in Sunday morning programs and not just as an attendee."

How do you determine your pledge?

Guess; try to increase a bit each year; what I can afford.

What holds you back from increasing your pledge?

Being asked to pledge more; more information on how the church is funded; suggestion on what to pledge; lack of income.

What information would be useful to you as you consider your 2018-2019 pledge?

Think about pledge as a monthly amount; suggested per person amount; chart with giving categories; how much the budget is and where the money is going; provide monthly, or at least quarterly, budget reports; record of past pledges and donations; frame of reference - what does the average person give?

What inspires your giving?

Youth programs; tolerance; welcoming atmosphere; opportunity to give back; money is used to make our church a special place; imagining what we could do with more money and it's apparent we are not wasting money; "I like to do my part!"

The board has already shared some of the results with some of the circle coordinators, and we are discussing how we can use this information to make UCH the church home we all want.

Thanks for reading! ●

Consider a Green Energy Provider

Green Sanctuary

Consider Switching to a Green Electricity Provider

With President Trump's declaration of a 30% tariff on imported (likely from China) solar panels, it is more important than ever that individuals do what they can to support the development of alternative, sustainable energy. Green Sanctuary recommends considering a switch to a green supplier, which will help fund renewable energy growth and put our Unitarian Universalist and Green Sanctuary principles into action.

To help you in the somewhat daunting task of sifting through the many choices, Green Sanctuary has provided some Q & A and pared down many of the companies into a pdf on our church website.

Follow these four steps to navigate to the link:

- www.hinsdaleunitarian.org
- At the top menu, 4th line, choose "Green Sanctuary"
- At the left, choose "Consider Switching to a Green Electricity Provider"
- Read the Q & A and scroll down and click on the link

Your church home is proud to have done its part with the timely installation of solar panels. Now it is time for individual home owners to get on board and get a green energy supplier. ●

Tearing Down Walls - Building Up Connections, Community and Solidarity: A UU Justice Event

Friday, March 23, 6:00 - 9:00 p.m. and Saturday, March 24, 9:00 a.m. - 4:00 p.m.

This weekend-long justice event is a collaboration between several Unitarian Universalist groups: the UU Prison Ministry of Illinois, the UU Action Network of Illinois, and the Youth and Young Adult Visioning Team.

Our goals are to build power through affirming our collective

story. We want to educate and agitate our faith community so that we can better contribute to movements working to abolish unjust systems.

We will weave a narrative that includes a drastic reduction in our prison population, a fossil fuel-free world, and a fair economic world.

We recognize that dreaming and sharing a larger vision can dramatically sustain us in this work. We affirm the value of multigenerational communities engaged in this work in our congregations and beyond.

Friday, March 23 – Dinner & Panel Discussion

Be inspired by advocates and organizers:

Ethos (Circles and Ciphers)

Monica Cosby (Mothers United Against Violence and Incarceration)

Marlon Chamberlain (Live Free Chicago).

Saturday, March 24 – Workshops

Rev. Jason Lydon (founder of Black and Pink)

Rev. Scott Aaseng (UUANI)

Monica Cosby, Ethos

Rev. Karen Mooney (UUPMI)

Rev. Booker Vance (Faith in Place)

Saeed Richardson (Poor People's Campaign)

Register today @ uupmi.org

Brought to you by UU Advocacy Network of IL, Youth and Young Adult Visioning Team and UU Prison Ministries of IL: Learn, Reflect, Act

Worldwide Vegan Bake Sale – Sunday, April 29

Animal Ministry

Animal Ministry needs YOU to help make this the biggest, best, tastiest bake sale yet!

Our annual bake sale will be Sunday, April 29 following the service, and we'd love to see everyone volunteer to bake one item!

Buyers are also needed and appreciated, with the price of \$7 for a plate or bag of plant-based treats!

Bakers can email UCH at AnimalMinistry@gmail.com to volunteer.

We're happy to help convert your favorite family recipes.

We are also open to suggestions for an animal-related charity to receive this year's proceeds. ●



Who Are Your Caring Circle Captains? (Save this to use later!)

In our efforts to provide support to our church community in times of need, transition and celebration, our Caring Circle is available for our congregation.

Our ability to provide support is made possible not only by

the many volunteers who offer their time, but also by the information that is provided to us so that we may reach out to those in need. The Caring Circle provides support and coordinates assistance such as phone calls,

cards, visits and emails and is able to provide assistance that may include simple errands, rides, meals and small chores.

Please refer to the area listing and contact information below. ●

AREA 1

(Hinsdale, Clarendon Hills, Burr Ridge)

Deborah Stillman –
630-908-7508

Pam Fodor – 630-795-0295

AREA 2

(Willowbrook, Darien, Westmont)

Catherine Goering 630-325-0310
Jen Hopkins – 630-488-9889

Sandy Buboltz – 630-613-7099

AREA 3

(Indian Head Park, Western Springs, Willow Springs)

Susan Hebble – 708-784-1688
Gail Stone – 708-354-7797

AREA 4

(Elmhurst, Villa Park, Bensenville, Des Plaines)

Lynn Brackett – 630-279-5851

Mary Getty – 630-833-3082

Karen Hays – 630-209-9340

AREA 5

(Westchester, Brookfield, River Forest, Riverside, Chicago, Berwyn)

Nancy Kranz – 708-870-1247

Nancy Keane – 708-352-0454

AREA 6

(LaGrange Park, LaGrange, Countryside, Hodgkins)

Nancy Weill – 708-352-9128

Megan Griffin – 708-314-0644

AREA 7

(Downers Grove, Lombard, Oak Brook)

Cathy Zimmerman –
630-810-0561

Jill Jackson – 312-231-9870

AREA 8

(Woodridge, Plainfield, Romeoville, Shorewood, St. Charles, Glen Ellyn)

Paula Sejut-Dvorak –
815-210-1909

Janice Sejut – 630-207-2856