

THE FELLOWSHIP FOCUS

of the
Unitarian Universalist Fellowship of Elkhart

"A safe community nurturing individual spiritual and ethical growth"



November 2019

Attention

A favorite author of my youth, Tom Robbins, wrote, "Once one pays some attention to something, then you begin to see evidence of it everywhere."

To put it another way, from the Music Man, "There were bells on a hill but I never heard them ringing...Till there was you"

Both the book and the song call us to pay attention to that which is grabbing our attention. It could be because of a new friend or love, or awakening to a social justice problem, or any experience we have that changes or shifts our focus.

My family adapted this principle to real life, calling it "Blue Car Syndrome" recalling the year we got a blue car and we started to notice other blue cars. We had never noticed them particularly before, so why now? We asked ourselves, have there always been this many blue cars, or did we only start to notice, making it seem like there is some kind of trend? That was a long time ago but we still call it blue car syndrome when we pay attention to whether a trend is real, or whether it is simply that our attention shifted.

So in November, as the weather gets colder and we tend to have more of an inward focus, pay attention to what is getting your attention. Whatever that is also gets your energy and becomes your reality-- your focus. We can feel isolated in our homes and read about how terrible and fearsome the world is, or we can pay attention to our blessings. Share the blessings in your life—but first remember to look for them. We can keep discipline logs or gratitude journals—which would you rather author?

Decide to pay attention to the good things in life and then when a problem does happen, it will be so out of place that you might decide to pay it attention just long enough to enact the needed change. Attention will be paid somewhere; decide well where to spend it.

In peace with love,
Rev. Amy



Sunday Mornings

9am Adult Forum (Children's House)

10am Service (Sanctuary)

2nd Hour Enrichment (varies, see schedule)

Find us at:

1732 Garden Street, Elkhart, IN 46514

www.uufe.org

 /UUFElkhart  @UUFE

News & Events at UUFE

Transgender Day of Remembrance - November 20 at 7:30 PM

After Family Connections night, join us in the Sanctuary for a vigil honoring the memories of the transgender people around the world whose lives were lost in acts of anti-transgender violence in this last year.

Youth Group First Sunday from 5 - 7 PM

Youth Group is held the first Sunday of the month at UUFE from 5 to 7pm. Also on potluck Sunday of the month, they gather for a mid-month check in from about noon to 1. Leaders are Oxana and Zanzer, with Rev. Amy dropping in on some of the meetings. Anyone in school or home school equivalent of 7-12th grade is welcome, roughly 12-18 years.

Women's Poetry Group at 10 AM - 12 PM Nov 2 & 16

Saturdays November 2nd and 9th at 10a.m. at UUFE. Bring 2 poems written by a woman (could be you!) to read aloud, then we discuss each one. All genders welcome to attend.

Meditation Group at 11:30 AM Sundays in the Children's House

In November we will meet on three Sundays: on November 3rd, 10th and 24th. We practice Breathing Meditation, guided meditation and Vipassana Meditation. Other techniques such as the body scan may also be used. We discuss our respective meditation practices and may provide a short reading which would apply to the specific session. The sessions are free and may last a few minutes longer than one hour depending on the discussion on a given day.

UUFE Calendar

Terry Mark is managing the UUFE Calendar. We have transitioned to include more events on the uufe.org website calendar, which is found by clicking [Upcoming Events](#) or other page links. We will rely on uufe.org to track events, building rentals, etc.

To reserve for a UUFE event, contact Terry (574-361-6210).
To rent our space, contact Dwight Fish (574-536-9973).

Terry will periodically print 2-3 months ahead and post in the church office. Please do NOT write anything on the printed calendar. Additionally, if your event requires posting in the weekly email sent by Ron Gill, please notify Ron separately via email at uufeupdate@gmail.com



UUFE is a
Welcoming Congregation
member of the Unitarian
Universalist Association.

*Love is the spirit of this church
and service is its law.
To dwell together in peace,
to seek the truth in love,
and to help one another,
This is our covenant.*

The Fellowship Focus is published monthly. Members and friends are invited to submit news and photos. Send text or attachments via email to editor Jess Galicia monthly by the 15th (news@uufe.org).

Send address changes and subscription requests (email or print edition) to Katrina Wilson (katskirx@gmail.com).

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Volunteer of the Month | November

We all value the volunteer efforts of our members; especially when they are enthusiastic and helpful. Our Volunteer of The Month for November fits that that description perfectly. During late July and all of August a committee met regularly to prepare for Kevin DeBeck's Ordination. Believe it or not it does take a lot of coordination to put an Ordination together and the "ad hoc" group was enthusiastic and worked very well together.



During the process one of the members of the group really stood out as an energetic force. Patty French helped organize the meetings but also went the extra mile using her documentation skills to make sure that the written "Ordination Program" was professionally done. In addition, Patty worked with Kevin to organize the music for the Ordination.

Speaking of music, Patty also deserves mention for helping us with our music on the 4th Sunday of each month during the Sunday Morning Services. She always takes the time to review the hymns that we may be unfamiliar with and, when appropriate, she helps us to sing the songs in a "round" format. That's always a treat!

Thank you Patty, for all the hard work!

Family Connections Night & Potluck - 5-7 PM November 20

Family Connections Night on Nov 20 will end one hour early to use the time for our Transgender Day of Remembrance Service. We will keep doing this on the 3rd, 4th, and 5th (if there is one) Wednesdays in through December (4th December is Christmas Day so the meeting is earlier than 5-8pm) so that we get to know our community.

Thankful for Neighbors Meal - 5-8 PM November 28

May we share a meal with anybody from UUFE who would like to attend, and we are inviting our Woodlawn Neighborhood families to join us, too. Sign up sheets are being created for menus and amounts and such.

Thanksgiving Buddies

If you have a place at your Thanksgiving Table or if you would like to go to somebody's house for a Thanksgiving Day meal, tell the pastor! Rev. Amy will collect names of potential hosts and guests and place them with each other. This is for anybody looking to share a meal together on Thursday, November 28, at the home of a host. Details of menus or times will be worked out when the guests and hosts talk with each other after receiving the match! Phone or text 574 304 1282 or email amy.debeck@gmail.com or FB Messenger by November 22.

LEGO Robotics - Sundays at 11:30 AM in the Children's House

Know a kid between 9 and 14 who loves LEGO and/or Robotics? The UUFE team is prepping for a November tournament. We will post the tournament date when it becomes available. Super fun program, learn to work together on this year's theme, City Shaper. Look for a blurb from the coach, Kevin DeBeck and ask him any questions you have, or the leaders, Carl Rust and Laura Snow.

Close the Camps - Sundays at 2 PM

Join Rev. Amy and others as they hold signs with sentiments like "Close the Camps" and "Families Belong Together" on Elkhart's Main Street. Look for us on the Civic Plaza and join our witness against the inhumane concentration camps along our nation's southern border.

Spirit Seekers - Thursdays in the Children's House from 3-5 PM

Spirit Seekers is a weekly facilitated discussion group exploring a variety of spiritually related topics, often with videos. Open to all. Further information available at uuelkhart@gmail.com.

November 7 - A Double Feature - InPresence Trancendentalism and New Thought & What Hallucination reveals about our minds (Oliver Sacks)

November 14 - Song of The New Earth with Tom Kinyon (singing bowls)

November 21 - Sadhguru at Harvard University - modern Eastern spiritualism for youth

November 28 - THANKSGIVING!! No class, but treat a friend or acquaintance to Pumpkin Pie.

Science & Society Nov 5 & 19 at 3 PM in the Children's House

During November we will continue our departure from the lecture series format and will visit the documentary series called "One Strange Rock". It is hosted by Will Smith.

The series presents the wonderous story of Earth and why it is so special; uniquely brimming with life. Astronauts tell the story of Earth through their unique perspective after spending long stretches of time orbiting the earth in the International Space Station.

These programs are almost an hour each so we will only be viewing one each session.

Tuesday November 5, 2019 at 3:00 PM in the Children's House: Science and Society

Episode 1 is called "Gasp." This is an astronaut's view of the incredible Earth systems that allow life to breathe.

Tuesday November 19, 2019 at 3:00 PM in the Children's House: Science and Society

Episode 2 is called "Storm." A portrayal of how Earth was born in a cosmic storm and shaped by violence.

For details contact Ken Clayborn at kclayborn52@gmail.com

UUA Webinar Series, "Small Numbers, Infinite Possibilities" - November 13 at 7 PM

Everyone at Uufe is invited to a viewing party of a five-part webinar series brought to us by the Unitarian Universalist Association's regional congregational life staff.

The series is titled, "Small Numbers, Infinite Possibilities," and is specifically geared for smaller congregations. Viewings will be at 7 p.m. ET on the following dates (archived video will also be available):

Oct. 16, Smalls Making a Big Difference | [View Webinar and PDF at uufe.org/small-numbers](http://uufe.org/small-numbers).

Nov. 13, Right Sizing Your Congregation's Operations

Jan. 15, Stewardship and Sustainability for the Long Haul

Feb. 12, Being Beloved Community

Viewings will be on the Uufe campus, with the specific room to be determined.

The series will culminate March 14 (Pi Day) with special in-person events across our region for us to meet UUs from other fellowships and to eat pie, of course. More details on Pi Day festivities will be announced as they are available.

Ooey-Gooley Fundraiser & Service Auction | November 9 at 4PM

We hope you are able to donate items for this year's Ooey Gooley Fundraiser and Service auction. We have changed the timing to the Autumn this year. The auction is Saturday, November 9th. The doors open at 4:00 PM and the live auction begins at 5:00 PM. We will have raffles for door prizes, cash and carry tables, good food and drink (for a voluntary donation). Please fill out your donation forms, and submit them, either on line on the Uufe web site, or using the pre-printed forms on the Ivy island in the foyer. Once you submit the form your item will be entered for you into the system so that it can be included in the Catalog.



Bring your items to the fellowship and contact Ken Clayborn (kclayborn52@gmail.com), Ron Gill (rlg17212@gmail.com), Terry Mark (klagmorn@gmail.com) or Kevin DeBeck (debeck1@aol.com). These members of the Brotherhood of UU Men (BUUM's) will help you store the item until the auction.

Media Tables

As part of the annual Ooey-Gooley Auction & Fundraiser tradition we have media and book sale tables set up in the foyer during the week before and the week after the auction itself. This gives everyone the opportunity to bring your used books, DVD's, music CD's, vinyl recordings and other media to Uufe as your donation to the fundraising effort. You will also get to see what else might be available on the tables for a modest donation.

Make sure that your donations are clean and in working condition (no broken CD's or vinyl please). Bring your items to the fellowship and contact Ken Clayborn (kclayborn52@gmail.com), Ron Gill (rlg17212@gmail.com), Terry Mark (klagmorn@gmail.com) or Kevin DeBeck (debeck1@aol.com). These members of the Brotherhood of UU Men (BUUM's) will help you store the items until the tables are set up for the sale. We will set the tables up on Saturday, November 2nd and will take them down on Sunday, November 17th after potluck. This will bracket the Ooey-Gooley Auction and Fundraiser, which is on the 9th of November this year. Thanks to everyone in advance.

UUFesters - November 13 at Bangkok Place at 11:30 AM

We will be dining at 11:30 a.m at Bangkok Place 705 C.R. 6, Elkhart. Please join us and let Mary Adams know, createnjoy@yahoo.com or 619-921-0613, so reservations can be made by the Monday before the lunch.

- December 11 - DaVinci's Italian Family Restaurant, 5102, 2720 Cassopolis St., Elkhart



September Board Update

Summary of Board Meeting on October 9, 2019

In attendance: Terry Mark (President), Katrina Wilson (President-Elect), Ken Clayborn (Treasurer), Susie Meeks-Wade, Mary Adams, Lorna Lane, Carl Rust, Ron Gill (Secretary), Amy DeBeck (Minister)

- Gordon Hostetler has been appointed to complete the term of Don Hershberger on the Endowment Committee that became open when Don resigned from the committee.
- The Sound System Task force is continuing work on a new hearing assist system as well as on a Sound System upgrade for the sanctuary.
- The results are in from the voting for the location of the library box and the pantry box. First choice was in the tree lawn in front of the Gathering Place Entrance. Susie Meeks-Wade and the Social Justice Committee is checking with the 811 system to ensure we don't cut utility lines during installation. Hopefully, both will be in place by October 20th.
- Rev. Amy will be hosting the first meeting of the "Small Numbers, Infinite Possibilities" Webinar on Wednesday, October 16th.
- Mary Adams has set the target date for the opening of the UUFE Learning Center with the first classes - probably on Mondays to start - is in January.

Music Listeners Group - November 10 at 4 PM at UUFE

Seven Music Listeners met at 5 PM on Sunday, October 20 at UUFE. We listened to some scary music, classical, brass, band, folk, jazz and indigenous music. As usual there is no set pattern to what kind of music we are going to be listening to. Our next gathering will be on November 10 at 4 PM at UUFE hosted by Gordon and Phyllis Hostetler. Our December gathering will be hosted by Deb and Ken Inglefield at their house at 4 PM on December 22. All who read this are invited to attend and bring up to 10 minutes of recorded music to share. Attending for fellowship and listening is ok too. If you are new to Music Listening, please give the hosts a call so that adequate plans can be made for the light snack. Gordon and Phyllis Hostetler's phone is 293-2924 and Ken and Deb Inglefield's phone is 269-699-9160.

Tai Chi Classes, Fridays from 10-11 AM

\$10 per class, focusing on Serenity, Balance & Coordination. All levels welcomed. Instructor Alyse Knepple (269-42976-9509) has 25 years of experience studying/teaching Tai Chi. Contact Emily Morrison at esmorison@icloud.com for more information.

Yoga Class, Thursdays from 6-7 PM

Taught by Kristin Smith. The charge is \$10 per class - you do not have to come to all classes. Please bring a yoga mat. No prior experience needed. Yoga is an excellent program for increasing flexibility, strength and balance, as well as reducing stress. Contact TJ Shaum at 574-536-7057 for more information.

Local Connections: Events Outside UUFE

Humanist Forum November Events

November events include Dinner and Movie Screening of "American Heretics" featuring All Souls Unitarian Church in Tulsa, OK. Visit [meetup.com/Humanist-Forum](https://www.meetup.com/Humanist-Forum) for more information.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Cyril Cherniak 10a Tai Chi	2 Heidi Rupley 10a Women's Poetry Group
3 9a Forum 10a Service 11:30a LEGO Robotics 11:30a Meditation 2p Protest 5p Youth Group	4 Kevin DeBeck	5 3p Science & Society	6 11:30a UUFeasters 6p Board of Trustees Meeting	7 3p Spirit Seekers 6p Yoga	8 10a Tai Chi	9 4p Ooey-Goey Auction 10a Women's Poetry Group
10 9a Forum 10a Service 11:30a LEGO Robotics 11:30a Meditation 1p Social Justice 2p Protest 4p Music Listeners	11	12 Jessica Koscher	13 11:30a UUFeasters 7p Webinar Series	14 3p Spirit Seekers 6p Yoga	15 Krista Bailey Lorna Lane 10a Tai Chi	16 9a Grounds Cleanup
17 Devon Brugh 9a Forum 10a Service 11a Potluck 11:30a LEGO Robotics 2p Protest	18 Shari Mellin	19 3p Science & Society	20 Beverly Beutler 5p Family Connections night 7:30p Trans Day of Remembrance	21 3p Spirit Seekers 6p Yoga	22 10a Tai Chi	23
24 Rich Kindel 9a Forum 10a Service 11:30a LEGO Robotics 11:30a Meditation 2p Protest	25 Stan Larimer	26	27 5p Thankful for Neighbors Meal	28 Terry Mark	29	30 Larry Cherniak Annalene Lindzy Steve Cripe



Unitarian Universalist Fellowship of Elkhart

1732 Garden Street

Elkhart, IN 46514

with love to:



Our Month of “Attention” Sundays - November 2019

November 3 Jesus was Antifa

Anti-fascists follow the teachings of Jesus. Yet, modern Evangelical Christians do not support antifa values. Come prepared to talk about this.

November 10 Paying Attention

On the Sunday following Election Day we will lift up all of the things in life which get our attention and the things that should and see if they match. Let us gather to focus on where our own gaps might be and how to keep our spirits intact while doing this hard work.

November 17 A Local Leader

Our speaker today is Tom McArthur who serves our local food pantry, CCS, Church Community Services, as their Director. CCS and this congregation share a long and harmonious relationship of serving our neighbors together.

November 20 at 7:30PM Transgender Day of Remembrance

This vigil is for honoring the memories of the transgender people around the world whose lives were lost in acts of anti-transgender violence in this last year.

November 24 Bread Communion

Bring the bread of your tradition, family, ethnicity...the bread that means home to you. We will share stories and bless all of the breads to share at coffee hour.