

THE FELLOWSHIP FOCUS

of the
Unitarian Universalist Fellowship of Elkhart

"A safe community nurturing individual spiritual and ethical growth"



February 2020

Spiritual Resilience

This month we are thinking about the theme of resilience. It implies that there will be tough times during which we need to be resilient. And we have those, to be sure. So then, resiliency means the combination of having the ability to bounce back from failure or crisis, and how quickly it happens, plus maybe the hope that a lesson or insight was gained for the next time resiliency will be needed. Because there will be a next time, a next crisis. Resilient people know that and are ready.

From the World Health Organization: “for many people, religion, personal beliefs and spirituality are a source of comfort, wellbeing, security, meaning, sense of belonging, purpose and strength.” Those of us involved with UUFE can affirm this.

We are resilient when we do not let stress and all of its manifestations (Oh, there are so many ways that stress hampers resiliency!) overwhelm us during a crisis.

Some of the ways to keep our spirits up and avoid becoming easily overwhelmed involves being in community, like those who find positivity at UUFE. Of course, introspection and maybe prayer or meditation is important, but so is being with fellow believers (in whatever we also believe.)

Interactions with others helps us discern how to have control over ourselves. Stress rises when we feel out of control—we strengthen ourselves by interacting and growing so that our own stress level is low. Through that self-knowledge we learn what we need so that we feel more safe, we assert ourselves compassionately and within relationship and covenant. Once we feel safe, we can accept changes more easily and be more resilient. Church involvement makes us more self-confident. Just look at how folks gain the confidence to take on helper and leadership roles!

Then when we handle our own resiliency so well that we help another person feel better or ease pain and suffering, we grow stronger along with them, and the community grows, too. Win-win!

Come to church—be resilient! Help someone else be resilient, too. See you around the fellowship!

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

[f /uufelkhart](https://www.facebook.com/uufelkhart) [@uufe](https://twitter.com/uufe) [✉ uuelkhart@gmail.com](mailto:uuelkhart@gmail.com)

News & Events at UUFE

Adult Forum - Sundays at 9 AM in the Learning Center

We've started a series of videos called "The Kindness Diaries" featuring our hero Leon who is traveling around the world relying on the kindness of strangers. Each episode he picks one person to give back to. Please join us.

Youth Group First Sunday from 3 - 5 PM

Youth Group is held the first Sunday of the month at UUFE from 3 to 5pm. 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 is suspended until further notice or better weather!

Meditation Group at 11:30 AM Sundays in the Learning Center

On three Sunday mornings in February (2nd, 9th and 23rd) at 11:30 am anyone interested in participating in meditation sessions may gather in the Learning Center. We generally meet for an hour and begin with a short guided meditation and then approximately 20 minutes to a half hour of silent meditation using either the Zen style (breath counting) or Vipassana style meditation. We then discuss our own private meditation practice and compare notes or share a reading. We do not meet on the third Sunday of the month since that conflicts with potlucks. In February we will be off on the 16th

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.

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. Contact Terry (574-361-6210) for event reservations or Dwight Fish (574-536-9973) for rentals.

We will print 2-3 months ahead and post in the church office. Please do NOT write on the printed calendar. If your event requires posting in the weekly email, please notify Ron at news@uufe.org



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 | January

Vern Thomas is our Volunteer of the Month for January. With the sound system in the Sanctuary in dire need of replacement, Vern Thomas stepped up and provided the financial boost UUFE needed to acquire the necessary equipment. It's with great excitement that we installed and started using the new system for worship services. Thanks to Vern's generosity, we can all enjoy a system that is modern, user-friendly and adaptable to support our current and future needs.



Celebration of Life for Don Hershberger - Sunday, February 16 at 1PM

Join us to remember the life of our great friend, Don Hershberger.

Building on the Dream: A UUFE Congregational Town Hall February 23 during Potluck

Everyone is invited for Building on the Dream: A UUFE Congregational Town Hall meeting following the Feb. 23 worship service (also it will be during the potluck that had been rescheduled from the previous week).

Expect a lively discussion as the board provides updates on various initiatives and we'll talk about our potential next steps as we look to the future

Family Connections Night - 5-8 PM Feb 19 & 26

Bring a dish to share and share an activity for all the ages based on resilience!

Everybody's Birthday Party at UUFE - February 29 from 3 - 5 PM

Leap Day only comes once every four years—let's spend it together! Rev. Amy and co-host, Oxana Werbiansky, offer up music from Carl Rust, cakes from many sources, board games, co-operative and team games, and a celebration of all of us who have birthdays.

Learning Center Classes for February

To register, contact Mary Adams at uuelkhart@gmail.com with name of class, your name, and your best contact info. Class sizes are limited and already starting to fill.

- **Feb. 3, 10, 17, 24, 7 PM - Beginning Crochet**
Class Full!
- **Feb. 3, 10, 17, 24, 6:30 PM - Starter kit for Spanish**
Get a crash course on Spanish with some conversational phrases and a little culture mixed in..

You can also register online through our Facebook page.

Spirit Seekers - Thursdays in the Learning Center from 3-5 PM

Respecting the Unitarian Universalist tradition of value for all spiritual paths, Spirit Seekers will be focused on the Bahai Faith and Judaism during the month of February. All are welcome! Namaste!

Tai Chi Classes, Fridays from 10-11 AM

Beginners Welcome. \$10 per class, focusing on Serenity, Balance & Coordination. All levels welcomed. Instructor Alyse Knepple (269-476-9509) has 25 years of experience studying/teaching Tai Chi. Contact Emily Morrison at esmorison@icloud.com for more information.

UUA Webinar Series, “Small Numbers, Infinite Possibilities” - February 12 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 at uufe.org/small-numbers](http://uufe.org/small-numbers).
- Nov. 13, Right Sizing Your Congregation’s Operations | [View Webinar at uufe.org/small-numbers](http://uufe.org/small-numbers)
- Jan. 15, Stewardship and Sustainability for the Long Haul | [View Webinar at uufe.org/small-numbers](http://uufe.org/small-numbers)
- Feb. 12, Being Beloved Community

Bring snacks and gather in the Learning Center (formerly the Children’s House). 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.

Science & Society - February 4th & 18th at 3 PM in the Learning Center

Dr. Neil Shubin reveals the 3.5 billion-year history of human physique and the ancient characters that made it what it is today in this three-part scientific adventure series. Based on Shubin’s book of the same name, the series tackles such questions as why the human body is so complicated, why it looks the way it does, and why humans walk on two legs instead of four.

- On Tuesday February 4th at 3:00 pm, in the Learning Center at UUFE, we will view the first episode of this series called “Your Inner Fish”. Our arms, legs, necks and lungs were bequeathed to us by a fish that lumbered onto land some 375 million years ago. The genetic legacy of this creature can be seen today in our own DNA, including the genes used to build our hands and limbs.
- On Tuesday February 18th at 3:00 pm in the learning center we will view episode 2 on this series called “Your Inner Reptile”. Some parts of the human body such as the skin, teeth and even our ears have been inherited from reptilian ancestors. The journey takes Dr. Shubin from his dentist in Chicago, to the Karoo desert in South Africa, where he uncovers a key moment in our evolutionary past-the transition from reptile to mammal.

UUFeasters - February 12 at 11:30 AM

Bent Oak Restaurant, 3610 Bent Oak Trail, Elkhart

This lovely group of UU friends continues to meet the second Wednesday of each month at 11:30 a.m. Please contact Mary Adams, createnjoy@yahoo.com, to make reservations by Monday, Feb. 10..

Here are the proposed Feasters luncheon destinations for March & April, 2020.

- Mar. 11 - Tradewinds Elkhart, 3147 Northview Drive, Elkhart
- Apr. 8 - Chubby Trout, 3421 Plaza Ct., Elkhart

Music Listening Group - February 9 at 4:00 PM

The weather limited our music Listeners to six on Sunday, January 19. We listened to some serious music and some lighter sounds ranging from classical through jazz and pop to folk. Since there were fewer of us we each got more of the snacks provided by Mary Adams and Jim Todd. Our next outing will be on February 9 at 4 PM at UUFE hosted by Doris and Dave Stickel Stokely. The March meeting will be on March 22 at 4 PM hosted by Mike Darnell at UUFE.

All who read this are welcome to attend and bring up to 10 minutes of recorded music to share. Attending just to listen is ok too. If you are new to music listening please give the host a call so adequate plans can be made for the light snack at the break. Dave and Doris are at 522-5430. Mike Darnell is at 574-277-1396.

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.

Support UUFE through your Kroger Plus card

If you ever shop at a Krogers, you could be donating a small percentage to UUFE simply by registering your Krogers Plus card with Kroger.com. Within 10 days after registering, your Kroger grocery purchases will provide a small donation to UUFE!

Local Connections:

Saturday, September 12, 2020, 7 – 9 PM, John Pavlovitz at UCC Elkhart

Steve Cripe on behalf of UUFE and Pastor Izzy at UCC of Elkhart have invited John Pavlovitz to come to Elkhart and share his wisdom and thoughts with us. John is an author, pastor, speaker and storyteller. He is touring the United States in 2020. In fact, his first gig in January was with the Raleigh, NC area UU congregations. He is very familiar with our fellowship.

Tickets will be sold at a later date, UCC of Elkhart will be hosting the event, and we will likely ask UUFE members to contribute cookies or refreshments for this event.

During the coming weeks and months we will share information about John and some of his writings.

We will be inviting UU congregations from Northern Indiana and Southern Michigan to join us as well as some sister UCC congregations. John has a great blog – johnpavlovitz.com

Chili Cook-off - February 8 at Kern Road Mennonite Church

You are invited to a special event to help raise funds for The Ripple Effect Vocal Visionary Project! On February 8, chili enthusiasts in the area will be bringing pots of their special homespun recipes to Kern Road Mennonite Church to be judged by the public. At the end of the evening, the Top Chili Dog will be awarded a prize! The \$15 suggested donation at the door includes limitless chili, cornbread, beverage, dessert, dinner music (provided by The Ripple Effect members and Art Gorman!), and the opportunity to participate in a silent auction. All proceeds will go to The Ripple Effect choir general operations, including their annual "If You Knew Me" tour! Kern Road Mennonite Church is located at 18211 Kern Rd, South Bend, IN, and the doors open 4:30-7:30. For more info, please contact Sherry K at 574-291-9044 or sherry@sherryk.com (preferred).

Humanist Forum February Events:

For any of the events listed below, RSVP to: [https://www.meetup.com/Humanist-Forum/Hungry Humanists](https://www.meetup.com/Humanist-Forum/Hungry-Humanists)

- Meet for Dinner@ Oliva's Bar & Restaurant Thursday, February 6 @ 6:30pm; 327 Union Street Mishawaka, 46544. Ask for Rita's table.
- Celebrating Charles Darwin and Evolution on Thursday, February 20 @ 6:30pm; River Park Branch Library, 2022 E. Mishawaka Avenue South Bend, 46615.



Sun

Mon

Tue

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Thu

Fri

Sat

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2 9a Forum 10a Service 11:30a Meditation 2p Protest 3p Youth Group	3 Lori Vlaeminck 6:30p Learning Center Class 7p Learning Center Class	4 3p Science & Society	5 Charles Lane	6 Rev. Amy DeBeck Gavin Yoder 3p Spirit Seekers 6p Yoga	7 10a Tai Chi	8
9 9a Forum 10a Service 11:30a Meditation 1p Social Justice 2p Protest 4p Music Listeners	10 Jenny Neer 6:30p Learning Center Class 7p Learning Center Class	11	12 11:30a UUFeasters 6p Board of Trustees Meeting 7p Webinar Series	13 Laura Snow 3p Spirit Seekers 6p Yoga	14 10a Tai Chi	15 Acobie Yoder
16 9a Forum 10a Service 1p Service for Don Hershberger 2p Protest	17 6:30p Learning Center Class 7p Learning Center Class	18 3p Science & Society	19 5p Family Connections day	20 3p Spirit Seekers 6p Yoga	21 10a Tai Chi	22
23 9a Forum 10a Service 11a Potluck 11:30a Meditation 2p Protest	24 6:30p Learning Center Class 7p Learning Center Class	25 Andi Lane	26 5p Family Connections night	27 3p Spirit Seekers 6p Yoga	28 10a Tai Chi	29 10a Tai Chi 3p Everybody's Birthday Party!



Unitarian Universalist Fellowship of Elkhart
1732 Garden Street
Elkhart, IN 46514

with love to:



Our Month of “Resilience” Sundays - February 2020

February 2 The Day the Music Died

This morning we honor the popular music (and the stories therein) through the decades that has shaped our Spirituality.

February 9 Rev. Amy’s Choice

In honor of my birthday (February 6,) I will deliver a sermon on the topic of my choice. Come for an inspiring service.

February 16 Our Black History: The Rev. Lewis Allen McGee

Come and learn about this Unitarian minister of color whose career helped to shape us.

February 16 at 1PM Celebration of Life for Don Hershberger

February 23 Justice, Faith, and Power

This week across our region and the world many people will be entering Lent, a time to reflect on sacrifice. We will look at the sacrifice required for justice work and how to be resilient in that pursuit. Town Hall Meeting at Potluck to Follow