

THE FELLOWSHIP FOCUS

of the
Unitarian Universalist Fellowship of Elkhart

"A safe community nurturing individual spiritual and ethical growth"



February 2020

Wisdom in the Face of a Coming Epidemic

Our topic this month is wisdom, and while deciding what to write about, I found a piece my colleague, the Rev. Karen G. Johnston sent to her congregation about the CORONAVIRUS. I have adapted it for us, hoping that we will not fall into fear and misinformation, rather choosing science and wisdom. And love.

Some practical information:

- If you are sick, stay home – from work, from school, from UUFE. You care not only for yourself this way, you care for those with whom you would have come into contact. Not everybody you encounter has a strong immune system. Consider the impact of your germs on others.
- Reach out by phone or email to let someone know you are ill ~ that includes me (Rev. Amy), if you'd like. Just because you are sick, doesn't mean you have to be isolated.
- Wash your hands often. Ideally with non-anti-bacterial soap and running water. If that is not available, then alcohol-based hand sanitizer.
- Maintain a social distance of three or more feet from someone who is coughing or showing other symptoms; check in with that person to see if they need help to ensure they are getting what they need to recover.
- Notice how often you touch your face – we all touch our faces way more than you would ever think. Your awareness may help reduce this behavior, which is one of the ways any virus is spread.

There's more you can do. One piece of advice I have been consistently reading is stocking up, if you can, on your regular medicines. This will help if, for any reason, you aren't able to get to the pharmacy for an extended period of time.

Lastly, if your anxiety about this, or anything else going on in the world, is at a breaking point, or just feeling too much, you are not alone. Reach out to someone you trust. Risk connection. Make some time to hang out with me and the rest of your Beloved Community. We're all in this together.

In peace, with love and Purell,
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.

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

On four Sunday mornings in March (1st, 8th, 22nd and 29th) at 11:30 am anyone interested in participating in meditation sessions may gather in the Children's House/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 so we will be off on the 15th..

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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Women's Poetry Group

Third Saturday of the month from now until further notice. Saturday, March 21 at 10a.m. at UUFE. Bring 2 poems written by a woman. All genders welcome to join us and read Women's Poetry.

Family Connections Night—March 18 and 25, 5pm to 8pm

We welcome the Youth Group to join us, and anybody else. At a recent Connection night, we realized that we had a small amount of folks there, but FIVE cohort groups, from Boomers born in the 50's to Gen Alpha born last year. Come to potluck and see what Connections night is all about.

UU Orientation Meetings—March 15, 22, and 29 from 4pm to 6pm at UUFE

Have you been coming for awhile and would like to know more? Have you been wondering if you might be a UU and not know it? Did you have questions about this faith or this congregation? Come to this series, or part of it, to seek answers and make connections. Ask Rev. Amy or anyone from Membership (Linda Becker, Joan Clayborn, or Annette Long) for more details.

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.

First and Third Tuesday: Science and Society “Your Inner Fish”

Dr. Neil Shubin reveals the 3.5 billion-year history of human physique and the ancient characters that made it what it is today. We complete this three-part scientific adventure series with parts two and three in March.

On Tuesday March 3rd at 3:00 pm, in the Learning Center at UUFE, we will view the second episode of 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.

On Tuesday March 17th at 3:00 pm, in the learning center, we will view episode 3 on this series called “Your Inner Monkey”.

Our primate progenitors had bodies a lot like those of modern monkeys and spent tens of millions of years living in trees. From them we inherited our versatile hands, amazing vision and capable brains — but also some less beneficial traits, including our bad backs and terrible sense of smell.

UUFeasters -March 11 at 11:30 AM

Tradewinds Elkhart, 3147 Northview Drive, 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..

Upcoming April destination:

- Apr. 8 - Chubby Trout, 3421 Plaza Ct., Elkhart

Learning Center Class | SEWING: Hem, Mend, Repair

March 16 and 23, 7 p.m.

Free Classes

Bring your sewing projects (including hemming jeans).. Instructor Carolee Searles will assist you with the best ways to succeed with your project(s). Sewing machine will be provided. Pre-register with your name and best contact info. at uuelkhart@gmail.com.

Spring Roadside Cleanup

It's time to mark your calendar for Saturday, April 18, 2020 to meet at the CVS Drugstore at Bristol and Johnson Streets at 9:00 AM to do the UUFE clean-up on C R 9.

Rain dates will be the first available weather-permitting Saturday after 4/18.

Contact Steve Cripe at UUFE or by email at scripe@yahoo.com with any questions.

Saturday, March 14th at UUFE: Small Numbers, Infinite Possibilities, (Pi Day)

Series culminates with special in-person events across our region for us to meet UUs from other fellowships and to eat pie, of course.

Everyone at UUFE is invited to a viewing party of this 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.

Sunday, March 22nd at 4:00 PM: Music Listening Group

This month's meeting will be hosted by Mike Darnel at UUFE. 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 host a call so that adequate plans can be made for the light snack. Mike Darnel can be reached 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!

Morning Musing: Terry Mark

Good morning.

I wanted to provide everyone an update on the town hall meeting last Sunday.

We should all be very proud of the turnout. I didn't get a count, but we had three groups of about a dozen people each, so I'm going to say there were at least 36. Thank you to everyone who came to this and contributed. We all missed those who couldn't attend.

That's the main reason for this update because, for all the great work we did, we're not actually done, and we really want as much input as possible before the next meeting.

"Building on the Dream" is really an ongoing conversation about the future of our beloved community.

We started by talking about the many major events that have happened, especially to the physical campus. We also reviewed our financial situation. This was to give us all a good snapshot of where things are. There are some printouts of the slide deck available if you missed last Sunday. To start the discussion, we talked about what brought each of us to UUFE as well as what we thought the community would miss if UUFE was not there.

The meat of the discussion, though, is what we envision for the future -- what our programming, ministry and physical campus would look like. The top ideas are displayed on the easel in the foyer.

There are green stickers for each of us to express our preferences for those ideas. We ask you to use no more than three per person.

The plan is to have a follow-up meeting March 22 following the service to see where we are, affirm our future direction and move us toward Building on the Dream.

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

Humanist Forum March Events:

Hungry Humanists Meet for Dinner @Cre-Asian Vietnamese Restaurant Thursday March 5 @ 6:30PM; 1639 N Ironwood Dr South Bend, 46635. Ask for Rita's table. This small restaurant is highly rated, and the prices look reasonable. Cre-Asian specializes in Chinese and Vietnamese cuisine, so you'll have a lot of good choices. Please RSVP by the day before if possible. Check out their menu here: <http://www.creasiansouthbend.com/>

PI and Politics on Saturday, March 14 @ 6:30pm; First Unitarian Church, 801 E Washington St, South Bend, 46617

We'll be meeting up with Northern Indiana Atheists in the conference room at the First Unitarian Church for pizza and a short podcast from The Thinking Atheist speaking with Justin Scott, Iowa State Director of American Atheists on his questions to some of the candidates on how they will represent atheists, humanists, and other non-religious constituents. Details are tentative.

Behind the Curve - Exploring a Flat Worldview on Thursday, March 19 @ 6:30pm; River Park Branch Library, 2022 E. Mishawaka Ave South Bend, 46615. We'll watch the 2018 documentary, "Behind the Curve." Throughout the film, flat Earth advocates discuss their experimental approaches to proving their theory. It also covers several conferences and meet-ups that the film's subjects attend, including the 2017 International Flat Earth Conference, held in Raleigh, North Carolina. Professionals in the scientific community are interviewed for their take on the flat Earth conspiracy, and to discuss the current scientific views on conspiracies and the possible consequences of a lack of critical thinking in society. We'll take time for a short discussion, as this documentary is approximately 1.5 hours long. We'll have some snacks to tide us over.

For any of the events listed above, RSVP to: <https://www.meetup.com/Humanist-Forum/>

March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9a Forum 10a Service 11:30a Meditation 2p Protest 3p Youth Group	2	3 3p Science & Society	4	5 3p Spirit Seekers 6p Yoga	6 10a Tai Chi	7
8 9a Forum 10a Service 11:30a Meditation 1p Social Justice 2p Protest	9 6:30p Learning Center Class 7p Learning Center Class	10	11 Debbie Knowles Greg Koehler 11:30a UUFeasters 6p Board of Trustees Meeting	12 Carolyn Barnes 3p Spirit Seekers 6p Yoga	13 10a Tai Chi	14 Peter Carney 7p Pi Day & Webinar Series @ UUFE
15 9a Forum 10a Service 11:30a Meditation 2p Protest 4p Orientation	16 Charlie Bussard 7p Learning Center Class	17 3p Science & Society	18 5p Family Connections night	19 Darlene Matthis Eddy Jenny Singer 3p Spirit Seekers 6p Yoga	20 10a Tai Chi	21 Renee Ruocco 10a Women's Poetry Group
22 Annette Long 9a Forum 10a Service 11a Potluck 2p Protest 4p Music Listening Group 4p Orientation	23 7p Learning Center Class	24 ShaTeisa (Angel) Davis	25 Pat Weigold 5p Family Connections night	26 Art Beutler 3p Spirit Seekers 6p Yoga	27 10a Tai Chi	28
29 9a Forum 10a Service 11:30a Meditation 2p Protest 4p Orientation	30 Henry DeBeck Georgiann James	31				



Unitarian Universalist Fellowship of Elkhart

1732 Garden Street

Elkhart, IN 46514

with love to:

Our Month of “Wisdom” Sundays - March 2020

March 1 March First, Then Act

Motivated by the phrase, “March First,” Rev. Amy shares some wisdom about the importance of marches and protests.

March 8 Immigration

Guest speaker Saulo Padilla delivers the message today based on his experiences working with immigrants, and lessons from his own life.

March 15 A Puzzling Issue

Money does not solve problems, but it gives us more choices on how to solve them. On this Sunday let’s break the green ceiling and approach money spiritually.

March 22 Our Future

Greek wisdom says “A society grows great when old men plant trees whose shade they know they shall never sit in.” When we think about generations to come as a top priority we might find the courage and energy to change the way we act now. Let’s talk about it.

March 29 Sages, Hags, and Wise Women

On this last Sunday of Women’s History Month, bring a friend you have been thinking of inviting when we celebrate the wisdom of women and the people who love and support women.