

# FIRST UNITARIAN FOCUS

---



*Newsletter of the*  
**First  
Unitarian Church**  
*Alton, Illinois*

[www.firstuualton.org](http://www.firstuualton.org)



Rev. Khleber Van Zandt, Minister

November 2013

## Worship Services Two Services - 9:30 am & 11:00 am

**November 3, 2013**

***“Jonah and Moby Dick, Isaac and Ishmael:  
Whaling Stories for our Time”***  
**Allen Schwab**

What messages wait for our discovery in these two great narratives?

*Allen Schwab is the long time Chair of Emerson UU Chapel's Adult Religious Education program. He is a member of the University College faculty of Washington University in the College of Arts and Sciences evening program. He has been a pre-concert Lecturer for the Saint Louis Symphony Orchestra since 1983 and has offered more than one hundred multimedia public programs in Powell Hall, immediately preceding Orchestra performances.*

---

**November 10, 2013**

***“Lessons from the Field”***  
**Rev. Khleber Van Zandt**

This Veterans' Day, perhaps it would best honor those who've served if we found ways to study war no more.

**November 17, 2013**

***“12 Steps to Compassion”***  
**Rev. Khleber Van Zandt**

Karen Armstrong claims that compassion is the cornerstone of the religions around the world. How might we deepen the impulse toward compassion in ourselves?

---

**November 24, 2013**

***“To Rise Again”***  
**Rev. Khleber Van Zandt**

On this traditional Bread Communion Sunday, we'll share songs and readings and special music as well as breads from our many traditions.

*You are invited to bring a small loaf of bread from your particular tradition - family or personal - to share during Bread Communion at this intergenerational worship service.*

---

**December 1, 2013 – Thanksgiving Weekend**

***“Hinduism”***  
**Mr. Bhattacharyya**

*(Church Potluck Lunch – 12:15)*

## Adult Religious Education (ARE)

Sessions at 9:30 & 11 am

Nursery childcare available

9:30 am

### November 3 – Tracey Howe-Koch – The Bible

James the Just vs. Paul the Pius in the ultimate smackdown for Christianity. Join us as we discuss these dueling theologies and how they shaped the future of Christianity. Questions, contact Tracey Howe-Koch.

### November 10 – Dr. Ronald Glossop – Philosophy

Our third class on "Issues in Philosophy" will focus on the part of metaphysics called kineology: What are the basic causes and reasons for the changes that take place in reality? Are all the changes which take place the result of causes or reasons, or do some things just happen inexplicably? Are mechanistic or causal explanations the only legitimate kinds? When, if ever, is it legitimate to explain events in terms of their being a good means to some end (as we usually explain our own behavior)? Is the natural state of reality to be at rest (motionless) or is its natural state to be always changing?

### Peg Flach – Dutiful Daughters and Sons (DDS)

Dutiful Daughters and Sons is a support/sharing/venting group open to anyone who is struggling with the many issues involved in care-taking or advocating for an elderly parent. We will meet in Khleber's office at 9:30 am. If you have any questions, contact Peg Flach.

### November 17 –

#### Michelle Bryant Barbeau – Meditation

### November 24 – Jerry Johnson – UU History

Our video coverage of UU history will cover the spread of Unitarian churches to Poland and to England, and touch on some early American Unitarian churches. The scientist Joseph Priestley has a role in establishing Unitarian churches in both England and the U.S. For more information about the video being presented, visit [http://www.uuworld.org/news/articles/290764.shtml?utm\\_source=n](http://www.uuworld.org/news/articles/290764.shtml?utm_source=n).

11:00 am

### November – All Sundays

**Cheryle Tucker, Coordinator** - Based on a reading by Linda Hoddy entitled "*Enter with me that still place within, the center,*" which can guide and connect us as we confront our aspirations and our failings.

## A First Glance



Fall came a bit late to Racine, Wisconsin, this year: the trees hadn't quite turned in mid-October when a bunch of UU ministers from around our district got together for their annual retreat on Lake Michigan. I attended with them, as usual, and again, as usual, I was a little ambivalent about retreating this time of year and not much looking forward to the trip.

But then, again as usual, it all turned to be very worthwhile.

This year's program immediately struck a deep cord with the gathered clergy professionals. If the title of "Sexually Healthy Congregations" had been a little daunting, our presenter, Rev. Debra Haffner of the Religious Institute, helped usher us into some important and timely discussions of what the concept of sexual health might mean.

In the two and a half days we were together, we worked our way down through several layers: talking about becoming sexually healthy adults and sexually healthy religious professionals ourselves, helping our congregations to become more sexually healthy, and also working toward becoming a more sexually healthy movement and denomination.

Late in the program, when we broached the subject of sexual abuse, the amount and depth of pain within our small gathering was surprising to many of us. Among just 30 or so ministers, there were lots of stories of childhood sexual abuse, date rape, and sexual harassment – the pain of which continues to haunt people months, years, and decades after the fact. Especially troubling to some, clergy misconduct is far more pervasive within our ranks than many of us ever want to imagine or admit.

On my way home from Wisconsin, I thought about the areas in which our congregation already has policies in place that address some of these issues - our 'Safe Congregations' and 'Disruptive Persons' policies come immediately to mind. Areas where we have no policies in place at the present time include: online interactions among staff, lay adults, and minors; commonly-agreed-to rules for use of Facebook, Twitter, and other social media sites; and full online versions of the 'safe congregations' and 'disruptive persons' policies.

The once-private and hush-hush issues around sexual health are now thankfully becoming more public, brought to the forefront by ministers and church members alike after years of keeping too quiet and not knowing how to help one another with the pain. If you need to talk, please call your Care Team representative or your minister, me.

Hopefully in this process, we're finding a new start toward healing for many and increasing health for us all. See you in church,

Khleber



### 4<sup>th</sup> Saturday Lunch & Personal Care Items for those in need

**November 23 – 11:30 am**

Information about what will be needed for this month's 4<sup>th</sup> Saturday Lunch will be available at church, via email from the Church Office, on UU Friends, and on the First Unitarian Church of Alton's facebook page.

Our distribution of personal care items has become very popular – as many of these needed items cannot be purchased through the government's "Supplemental Nutritional Assistance Program" (SNAP - formerly known as food stamps).

If you can contribute any of the following items your donation would be very welcome. Toilet paper – feminine hygiene products – shampoo – laundry detergent – bleach – baby wipes – diapers/pull-ups – AfroAmerican hair products – cleaning supplies – toothpaste - soap.

It is better to contribute 5 of 10 of the same item rather than one or two of each.

### Your Church Board July 2013 – June 2014

<b>President</b>	<b>Kelly Crone-Willis</b>
<b>President Elect</b>	<b>Sabrina Trupia</b>
<b>Past President</b>	<b>Cheryle Tucker</b>
<b>Secretary</b>	<b>Sandy Shaner</b>
<b>Treasurer</b>	<b>Michelle Bryant-Barbeau</b>
<b>Trustee</b>	<b>Lee Suarez</b>
<b>Trustee</b>	<b>Paul Fischer</b>
<b>Youth Rep.</b>	<b>Vacant</b>

To contact Rev. Khleber Van Zandt  
Email: [kvanzandt@uuma.org](mailto:kvanzandt@uuma.org)  
Cell Phone: 314-223-0551



### A course in Esperanto

Ron Glossop, President of the American Association of Instructors of Esperanto and a member of our congregation, will be teaching an Esperanto course for beginners at 12:30 pm on the second Sunday of

each month. The next class will be on Sunday, November 10 in Emerson Place.

Questions? Contact Ron at [rglossop@mindspring.com](mailto:rglossop@mindspring.com).

### SAVE YOUR STUFF for another rummage sale!



Lee and Char have agreed to coordinate another rummage sale next spring, probably in early May. If you helped at this year's event, you know that it involved a lot of work accompanied by a lot of fun spending time with other members to get ready and during the two-day sale. And, if you donated items for the sale, you know how great it was to empty your house of clutter for a good cause. Take some time over the next months to create a "rummage sale corner" in your basement or garage and set aside items for the next sale.

### Building and Grounds News



For the next four months, Jim McKeever will serve as the Building Co-Chair. If there is anything you see that needs attention in the building, please contact Jim.

James McKeever

[mckeeverjim@sbcglobal.net](mailto:mckeeverjim@sbcglobal.net).

If you notice something around the church grounds that needs attention or repair, please contact our Grounds Co-Chair, Bob Larson at [larsonlaw@gmail.com](mailto:larsonlaw@gmail.com)



**If you've ever wondered** how you could help following a tragedy like the Newtown shooting or the Boston Marathon bombing, the UU Trauma Response Ministry has a way you can respond. They have developed a "Responding with Love Network" so members can be connected following a traumatic event. Last summer, thousands responded to the shooting at the

Sikh temple in Oak Creek, Wisconsin, by writing messages of love and support to the Sikh community there. This action inspired Standing on the Side of Love to start a "Responding with Love Network" to recreate this outpouring of love whenever incidents of violence and hate occur.

To get more information about joining the "Responding with Love Network" go to:  
<http://www.standingonthesideoflove.org/tag/responding-with-love-network/>

**Church Potluck Lunch  
 NO LUNCH IN  
 NOVEMBER  
 NEXT LUNCH DEC. 1**



The Food Ministry Committee has decided to change the potluck lunch from the 4<sup>th</sup> Sunday to the 1<sup>st</sup> Sunday of each month. Due to this transition, there will be no church lunch in November, but plan on bringing something for a potluck meal on Sunday, December 1.



**Worship Team Associates  
 Monday, November 18  
 7 to 8:30 pm**

Have you wanted to share in bringing new perspectives to Sunday morning worship? Would you would enjoy a deeper study of what happens (emotionally, spiritually, intellectually) during worship, and how to make those experiences more meaningful to yourself and the congregation?

If so, please plan to attend the "Worship Team" meeting.

Contact: Khelber Van Zandt at [kvanzandt@uuma.org](mailto:kvanzandt@uuma.org).

## Interest Groups

### ANNA DS – WOMEN'S ALLIANCE

**Brynda McCoy will be the hostess for the November lunch meeting of the Anna Ds.** It will be on **Thursday, November 7** at 11:30 am at Frank's Restaurant in Cottage Hills. It is located at 132 McArthur (or Hwy 140). It was formerly the Red Apple, and we met there once a couple or three years ago. RSVP by Monday, November 4 to Brynda McCoy at [bryndamccoy@yahoo.com](mailto:bryndamccoy@yahoo.com).

On October 3, the Anna D's meeting included shared memories of Ruth Shaw and a discussion of an appropriate remembrance of her many years of service at Church. We agreed that Ruth's dedication to Illinois school lunch programs followed by our own 4<sup>th</sup> Saturday Lunch outreach could be honored by a donation to the 4<sup>th</sup> Saturday Lunch program. We will have a special collection at the November meeting to supplement a donation from the Anna D's Treasury.

**Fifty-Plus (50+) Forum  
 First SATURDAY of every month  
 November 2, 2013  
 10:30 to noon at church**



We invite anyone who is over 50 or even getting near that milestone to join us. We have a lot in common: long work lives, preparation for or entry into retirement, a vast array of interests ... and we love sharing all of it.

The Men's lunch bunch meets the second Thursday of each month. Join us on **Thursday, November 14** at 11:30 am at the Best Buffet at 615 Wesley, Drive in Wood River, IL.  
 Coordinator: Jim Moore [patjimmoore@charter.net](mailto:patjimmoore@charter.net).  
 All men in our church are invited.



**RENEGADE WOMEN - TOPICAL DISCUSSIONS  
 NOTE TIME CHANGE  
 Now 1 pm to 3 pm every 3<sup>rd</sup> Saturday.**

**November 16** - We will continue reading and discussing the book "*The Four Agreements*." Contact Dee Evans, [zorn227@fastmail.fm](mailto:zorn227@fastmail.fm) for further information.

## Donations to the Alton Crisis Food Center



All of the more than 47 million Americans, including 22 million children, who receive food assistance under the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps) will see their benefits cut this fall. That's because a modest boost in benefits for all SNAP recipients that policymakers included in the American Recovery and Reinvestment Act (ARRA) to strengthen the economy and ease hardship expires on October 31. Beginning November 1, every SNAP household in America will face cuts to already modest assistance to purchase food. For a family of three, that cut will mean a reduction of \$29 a month — \$319 for the remaining 11 months of the fiscal year — a serious loss for families whose benefits will, after this cut, average less than \$1.40 per person, per meal.

“Millions of families’ budgets have been stretched to the breaking point during the economic recession and the long recovery,” stated Stacy Dean, Vice President for Food Assistance Policy and an author of the report. “Whether someone has lost a job, or is working at a job that does not pay enough to keep food on the table, this modest increase in food assistance is providing a vital lifeline to keep families afloat.”

**The Crisis Food Center, down the street from the church, is always in need of donations of food items. The Center is in need of canned green beans, corn and other vegetables; tuna; canned meat; peanut butter; boxes of mac ‘n cheese; and basic food staples.**

Please do not put personal care items in the Food Center box located in the RE foyer. Personal care items should be put in the taken to Emerson Place room.

Thank You.

### Book Discussion Group

Members of the Alton Area Cluster, an interfaith social justice group, will meet at our church on Thursday, November 21 from 4 to 5:30 pm to discuss the 3<sup>rd</sup> Step through the 7<sup>th</sup> Step of the book “*Twelve Steps to a Compassionate Life*” by Karen Armstrong. If this sounds interesting to you, please plan to join us. Everyone is welcome. Questions – contact Mary Johnson.

# Lay Caring Ministry

Below is the list of members of the **Caring Ministries Team.**

**Marcia Custer** is the Coordinator. You may always contact a Team member in time of illness, loss, crisis, or other need. Keep this list of contact people available in case you or your family is in need of pastoral support.

**Kathryn Chapman** [paintedgeatfarm@yahoo.com](mailto:paintedgeatfarm@yahoo.com)

**Marcia Custer** [mcuster@siue.edu](mailto:mcuster@siue.edu)

**Claudia Harju** [dachsandcats@gmail.com](mailto:dachsandcats@gmail.com)

**Char McAllister** [charlenemcallister613@hotmail.com](mailto:charlenemcallister613@hotmail.com)

**Kathleen McKeever** [mckeeverjim@sbcglobal.net](mailto:mckeeverjim@sbcglobal.net)

**Catherine Nofles** [cnofles@gmail.com](mailto:cnofles@gmail.com)

**Ethel Potts** [ethel.h.potts@gmail.com](mailto:ethel.h.potts@gmail.com)

**Donna Young** [donnae47@gmail.com](mailto:donnae47@gmail.com)

**Khleber Van Zandt** [kvanzandt@uuma.org](mailto:kvanzandt@uuma.org)  
314-223-0551

The Caring Ministries Committee is ready to welcome several more members! If you are interested in engaging in conversations with other church friends and getting to know them on a deeper level, please consider joining our group! Please contact Marcia Custer at [mcuster@siue.edu](mailto:mcuster@siue.edu) for more information.



Are you interested in keeping more closely connected to the day-to-day activities of First UU? Along with our newsletter and website, First UU has a Facebook page that keeps you up-to-date on church events (<https://www.facebook.com/firstuualton>).

In addition to our Facebook page, we also have a private group called:

***UU Friends***

(<https://www.facebook.com/groups/208329915867368/>) that allows for a free exchange of ideas, up to date information on church activities, and a place to socialize with your fellow First UU members. Many who have not been able to make church activities find this group to be a great comfort and a way to connect when your schedule does not allow you to regularly attend.

To access both the First UU Facebook page, and also ***UU Friends***, you must have a Facebook account. This is free to open. ([www.facebook.com](http://www.facebook.com)). Once you have your page open, proceed to the First UU Alton page and click "LIKE" and you'll have access to the information on that page. You may also navigate to the ***UU Friends*** page and submit a request to join and a moderator will facilitate your access to the page. We keep this page private so no outsiders can access information within this group. If you are unclear how to navigate, please feel free to "FRIEND" Robyn Berkley on Facebook (<https://www.facebook.com/robynphd>) and I'm happy to add you directly to the group. Or you may send me an email at [robynberkley@yahoo.com](mailto:robynberkley@yahoo.com) and I am happy to talk you through how to access our Facebook resources.

**Among Our Members**



**Delores Ele** has been chosen to share some of her original words of art, along with 11 other literary artists who will share poetry, lyrics, music, short stories, scripts, and more at "Coffee & Expressions" on

Sunday, November 10 from 2 to 4:30 p.m. at Alton Little Theater, 2450 Henry St, Alton, IL. Call for reservations: 618-462-6562.



**November Birthdays**

Most people enjoy getting a card, email, or phone call on their birthday. Below is

the list we have of church members and friends celebrating birthdays this month. If you do not think the church office has your birthday on file, please contact Becky Green at [church@firstuualton.org](mailto:church@firstuualton.org) and give her that information.

- |       |                |
|-------|----------------|
| 11/02 | Sandy Shaner   |
| 11/03 | David Weber    |
| 11/04 | Jennifer Lewis |
| 11/06 | Bob Larson     |
| 11/10 | Jaimie Hileman |
| 11/11 | Pat Murrell    |
| 11/15 | Jake Rogers    |
| 11/15 | Eilene Taylor  |
| 11/17 | Alison Reiheld |
| 11/29 | Bob Chapman    |
| 11/30 | Neil Adams     |



**Alton Community Christmas**

Once again our Church will participate in the Alton Community Christmas sponsored by the United Way and Alton Telegraph. A donation box will be in the Wuerker Room between

November 10 and December 12. Suggested donations include toys, new winter wear, new socks, blankets, non-perishable food. Some of the agencies that will be receiving the donations for distribution are: Boys and Girls Club, Crisis Food Center, Oasis, Riverbend Food Pantry, Salvation Army, WellSpring Resources. If you wish to make a monetary donation mail your check directly to the United Way Community Christmas, 263 S. 6<sup>th</sup> St., Wood River, IL 62095.



## Report on 10/8/13 Board Meeting

We had another productive and collaborative meeting, discussing several pending items and plans for the future.

We accepted the Building Committee's report on the status of the **Education Wing window replacement** project. Lee reported that the lowest bid was from JUN and was accompanied by that firm's desire to improve its relationship with the Church and its members given the delay in completion of the kitchen renovation. The Committee has accepted the bid, which will also include a heating/cooling device for the minister's office for a total project cost of \$70,400. The contract will include a \$200/day penalty for late performance after a completion date is established (by receipt of the windows from a St. Louis manufacturer). PJ, the owner, will be the project manager, and everyone is hoping that the installation will be completed by or during January, depending on the time required for window manufacture. Given these plans, there may be a small amount of money available in the Capital Fund at the end of the Window Project for another to-be-determined small project.

We reviewed **draft September financials** with the understanding that work is still needed in categorizing all line items so they flow automatically into the reports. As anyone knows who has been through a software installation or conversion, it isn't automatic until it's been used, corrected, adjusted and used again...several times. As of September, we know that expenses were about \$800 over income, and that pledges are down. The quarterly statement of pledge/receipts will go out soon to members so that they can catch up on any pledge payments missed during the summer so that the October report can be balanced.

We also set December 15 as the date for the **Semi-Annual Congregational Meeting**. That meeting will include distribution of a financial report of income/expenses and comparison to the budget as well as a report on monies received from local UU churches and the Board's priorities in using that money to stabilize and grow the Church. At the May annual meeting the Congregation approved a motion

that the Board "explore taking \$25,000 from the Endowment Fund for the FY2013-14 operating budget" because it would require a change in the Bylaws to do so. During that exploration and given receipts from local churches, the Board determined that it would not be necessary to use money from the Endowment Fund over and above the normal annual contribution. To prevent a delay in the future if extraordinary circumstances require a special donation from the Endowment Fund, the Board is presenting an amendment to Article IX, Section 5 of the ByLaws stating:

*In the event that the Board deems it necessary to withdraw funds from the Endowment Fund over and above the spendable income formula, it will provide the congregation with an explanation of the need for such a withdrawal thirty days prior to the meeting as part of the notice of a regular or special congregational meeting. Such a special fund withdrawal, as proposed by the Board and/or revised at the congregational meeting, requires a motion to that effect approved by a 2/3 majority of those members present and voting.*

We will put this information in a link from the Church This Week e-mail as we get closer to that date along with a link to a full copy of the ByLaws with the proposed language. We are providing the amendment at this time so that those concerned with this issue have time for advance review and study. Anyone who would like a full copy of the proposed ByLaws can send me an e-mail and I'll provide it.

Sandy Shaner  
Board Secretary

---

## Welcome New Member

**Sara Schulz (joined October 6, 2013)**  
St. Charles, MO 63301  
[sarandler@gmail.com](mailto:sarandler@gmail.com)

Please introduce yourselves and extend a warm welcome.

## “Día de los Muertos” Fall Fundraiser November 2

**Day of the Dead** (Spanish: *Día de los Muertos*) is a Mexican holiday celebrated throughout Mexico and around the world in other cultures. The holiday focuses on gatherings of family and friends to remember friends and family members who have died.



Celebrate the “Day of the Dead” beginning at 6 pm with an evening of Tarot readings, silent auction, games, scary stories with storyteller Len Adams, kids' activities...a great time for the whole family to come out and have fun. \$20 adults, \$10 kids, includes food (TACO BAR! sweet treats and more) and drinks. Tickets available at the door, or in advance at church after services. Our annual fundraiser! All proceeds go to the church!

If you would like to be involved please see Sayer Johnson [sayerjohnson@gmail.com](mailto:sayerjohnson@gmail.com)



### NOVEMBER RE Program News & Notes

#### November Schedule

Date	Grades Pre-K -6 <sup>th</sup>	Youth Group
3-Nov-13	Begin in sanctuary; finish in classroom	Meets
10-Nov-13	Begin in sanctuary; finish in classroom	Meets
17-Nov-13	Intergenerational Bread Service; children remain in the sanctuary for the duration of the service	Does not meet
23-Nov-13	Begin in sanctuary; finish in classroom	Meets

#### Guest at Your Table 2013

The RE Program will join with the congregation and other UU congregations from around the country in the Unitarian Universalist Service Committee’s *Guest at Your Table* program.

For more than thirty years, the Guest at Your Table tradition has helped UUs build lasting connections for UU principles and support the movement for universal human rights. It is a simple and meaningful way to incorporate “faith in action” into your life.

Beginning in late November, participants make daily contributions to Guest at Your Table, as if sharing a meal with special guests. We will collect the boxes in December or January; all contributions go to support the Unitarian Universalist Service Committee in their vital work. UUSC advances human rights and social justice around the world, partnering with those who confront unjust power structures and mobilizing resources to challenge oppressive policies.

Juliette Crone-Willis  
Acting Religious Education Coordinator  
[jrcronewillis@gmail.com](mailto:jrcronewillis@gmail.com)