“On Being Resilient” by Jerome Rowley

I’m sure I don’t need to tell you that we are living in a time of extremes. Of course our political climate has become extremely polarized with the upcoming presidential election, but the world’s actual climate has also become more extreme in the past few years. The capacity of being able to cope with extremes is sometimes called “resilience.”

Resilience is identified by the Stockholm Resilience Centre as “the capacity of a system to continually change and adapt yet remain within critical thresholds.” In other words, it is “a way of living and being that gives us the flexibility to change and adapt to new conditions”, according to Gregg Breden in his book “The Turning Point: Creating Resilience in a Time of Extremes.”

I like this definition of resilience, because it is not just reacting to something which has already happened, but it is an ongoing ability to respond to external change by changing oneself. Most people think of Darwin’s theory of evolution as being summed up in the phrase “the survival of the fittest,” but that is actually not accurate. Why? Because an organism which is the “fittest” in one environment may not survive if the environment changes and it is not able to adapt. A better way of describing evolutionary fitness would be not survival of the fittest, but survival of the fitting.

The five elements of resilience identified by the National Victim Assistance Academy (NVAA) are as follows:

1) Knowledge of Ourselves—the more you know about yourself and the way you are connected to others, the better you will be able to identify those relationships which increase your resilience.

2) A Personal Sense of Hope—having goals is not enough. According to cognitive psychologist Scott Barry Kaufman, “hope allows people to approach problems with a mindset and strategy-set suitable to success, thereby increasing the chances they will actually accomplish their goals.”

3) The Ability to Cope in a Healthy Way—making sure you are healthy and exercise on a regular basis is a start, but tapping into your creativity once in a while to relieve stress is also a healthy way of gaining resilience.

4) Strong Interpersonal Relationships—this is vitally important because it provides us with a group identity, it provides a purpose for living a healthy lifestyle so that we can spend time with those people, and it provides a buffer to stress to feel that human connection.

5) Finding a Personal Meaning in Everyday Life—the meaning of one’s life is the framework or context in which it is lived, so that problems are seen as temporary setbacks, and not ultimate tragedies that stop you from enjoying your life.

All of these elements, I believe, are ones that our church can help provide. When Buckminster Fuller designed his geodesic dome, he did so for a specific design purpose, which was to create shelters for scientists in the Antarctic that would withstand not only the cold conditions, but the high winds that often buffeted the research stations. Each element of the geodesic dome is not strong in and of itself, but it is the fact that they all connect to each other which allows the dome to withstand these harsh conditions. In a similar way, our church can help bind the members of its congregation together so that we can, individually and collectively, weather whatever storms may come our way.

~Jerome Rowley
Doris Knight’s husband, Gail Knight (age 93) passed away on October 4th.

His Celebration of Life will be:

Saturday, November 5, 2016  2-8 pm

Dank German Heritage Center
25249 S. Center Road
Frankfort, IL

Beans & Greens Fresh Market
(The South Suburban Food Co-op)
has officially opened at their new location!

1941 Ridge Rd, Homewood
708-647-1737

(A product line of organic food including fruits, vegetables, meats, dairy, juices, baking goods and other specialty items).

Membership not required
Open to the Public

Store hours are Monday-Saturday
8am to 8pm
Sunday 10am to 4pm

Beans & Greens Fresh Market
(The South Suburban Food Co-op)

November 6th: Community Sunday - No Forum

November 13th: Care of the Earth - Jeff Green
Climate Potpourri, a mixture of interesting topics or bring in one of your own.

November 20th: UU Gabfest - Dan Feldt
A conversation about issues important to UUs, drawn from the UU World Magazine.

November 27th: Bead for Life; Handmade African Beads - JoAnn Franzcek
BeadforLife, a non-profit organization, fights extreme poverty by creating opportunities, not handouts, for African women living on less than a dollar a day. Bead for Life helps to empower these women to earn money by teaching them to create beautiful jewelry from rolling beads with recycled paper. They are paid fair trade wages up front for their hard work. Rather than stopping there like a typical Fair Trade organization, BeadforLife takes it beyond the beads by providing women with entrepreneurial training in an innovative 18-month program. They are given education and tools to create businesses in the local economy. Please join us to learn about this program and see their beautiful jewelry.

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Help Win the Great Leaf Out!
Saturday Nov 5th, 12th, & 19th, 9am to noon

Join us as we wage the annual fall battle to conquer the leaves. Come experience brisk autumn air, the beauty of nature, pleasant work mates and light exercise. What is not to enjoy! We know we can prevail!! Refreshments will be available. Please bring work gloves and rakes. For more information, contact Nancy Irons 708-712-3228.

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8am to 8pm
Sunday 10am to 4pm
Sunday Worship Schedule
10:00 AM

November 6th
Title: To Be Announced
By Chris Ussery

November 13th
Title: It Don’t Come Easy
By Bruce Swiecicki
Not to all of us, that is. Searching for truth and meaning is a founding principle of Unitarian Universalism, but how will we know when we’ve found it?

November 20th
Title: Kindness
By Reverend Denise Tracy
In this election we have had an awakening to the power of kindness and what it means to be unkind. In this service Reverend Tracy will reflect on what kindness means, to each and every person on earth.

November 27th
Title: Dance in the Dark of the Year
By Bittersweet Christmas Band
In the mid-winter festivals of light there is something for everyone to celebrate, from the most devoutly believing Christian to the most confirmed Atheist. As we meditate on this darkest time of the year and simultaneously turn back toward the light, we will invite everyone to honor whatever most closely touches their hearts and minds.

Pastoral Care: Listening Hearts

Two Listening Hearts, or members of the Lay Pastoral Care team, are on hand each month to serve your needs.

They are not acting as professional counselors, but rather a source for listening, support and resources.

Listening Hearts will soon have a ribbon on their name tags to identify them. If you do not spot one of them at church, or if you wish to talk to one of them in particular, please contact the office.

Nov: Bev Feldt & Jodi Libretti
Dec: Colin Kirchner & Monica Regan

PADS news

The Church of the Holy Family in Park Forest at Orchard and Sauk Trail, has asked if we could provide any volunteers for their PADS program. They have women and children only on Tuesday evening to Wednesday morning. Any shift is available.

Some of their members have new commitments which prevent them from volunteering at this time. The person to contact is Sally Hundley at 708-898-7560.

St. Irenaeus Catholic Church at 78 Cherry Street in Park Forest has also asked for volunteers to help serve meals. They have also asked for groups to provide the meal and serve it on Thursday evenings.

The person to contact is Stacy Padden at 708-382-0038. Any questions please contact me.

~Carol Mortensen
PLEASE WELCOME ONE OF OUR NEWEST MEMBERS:

GLORIA PEACE

Gloria’s first visit to the Unitarian Universalist Church was as a guest at the wedding reception of a family member. She returned for Sunday services periodically as well as for other activities which were coordinated by Darlene Obejda.

Before joining, you might say that Gloria was a “closet member” of UUCC (since the mid-80’s). Now that she is a Senior, “Senior Citizen” and retired University professor, she spends much of her time focusing on family-related affairs. She is also Host and Producer of the Chicago-based CAN-TV H30 show which is now more than 21 years old.

Gloria spends a part of the year in Florida where she has a daughter and grandson. The remainder is spent here in the south suburbs enjoying the majority of her 7 offspring and their children. She is grateful for the warm welcome she has received from some of the other members. She anticipates learning, growing and sharing at UUCC. Welcome Gloria!

The Park Forest UUCC is going to be renting the church facilities to Rev. Paul Cartwright, who heads the Jesus is the Light Ministry. They are going to use the church facilities on Sunday afternoons from 2 to 6 PM, and their first worship service is going to be on Sunday, November 13th. They will also be having a Bible Study class in one of the classrooms on Tuesday evening and late Saturday afternoon. The Board of Trustees has reviewed the agreement with Rev. Cartwright to make sure that if our church needs to use the facilities for a special event (such as the Candlelight Labyrinth on Tuesday, December 20th), that we have the right to preempt the Ministry's use of our facilities as long as we give them sufficient notice.

We have had similar rental agreements in the past, and hope this one will benefit Rev. Cartwright's Ministry by giving them a place to gather and worship, and will also benefit our church financially through the rental income which we will receive.

Any questions or concerns that members of the congregation might have about this arrangement should be directed towards Jerome Rowley, who is currently acting as the President of the Board of Trustees."

UUCC Recycle:

Repurposing one man’s trash into another man’s treasure!

If you are interested in either of these FREE items, or if you have items you would like us to post, contact Diane at 708-758-5715.

Women’s size medium, heavy, very warm cable knit grey dress jacket.

Men’s JCPenney size 42 dress winter coat. Very lightly worn. Detachable lining. Excellent condition!

Announcement!

Announcement!
Edgar’s Place Coffee House Proudly Presents
former Park Forest resident….

**Buddy Mondlock**

Come for a fabulous evening of Buddy performing his own songs accompanied by Mike Lindauer on bass.
Opening for Buddy will be Donna Adler.

**Saturday, November 12th at 7:30pm**

**Adults: $15    Kids: $10**

Buddy Mondlock grew up here in Park Forest but back in his early days in Nashville, he collaborated with Garth Brooks on “A Canary’s Song.” Buddy writes songs so well that some great songwriters have recorded his songs on their own albums. Joan Baez, Peter, Paul and Mary, Nanci Griffith, Guy Clark and Janis Ian, to name just a few.

Opening for Buddy will be talented singer, songwriter Donna Adler. Her 2012 release “Stories to Keep” was named one of the top 20 folk recordings of that year by Lilli Kuzma of WDCB radio’s Folk Festival show.

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**The UUCC**

**MEN’S GROUP**

Men’s group is scheduled for the following dates. November 1st, 15th, 29th and December 13th and 27th at 7PM.
For more information, contact Colin Kirchner at colinkirchner@gmail.com

**Park Forest Police Community Meeting**

**Wednesday, November 30th**

**6-9:30pm**

**At the UUCC Sanctuary**

UUCC is helping the Park Forest Police Community Meeting with providing our space and supplying coffee, tea and water. We need your help with handing out beverages to visitors and sharing information about our church.

This is a good way to meet people from the community and tell everyone how wonderful UUCC is.

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**Saturday, November 5th Informational meeting**

(More information about UU’s and our church)

11am to 1:30pm
Serving lunch at noon
Contact Dan Feldt
Melissa Schwartz has some great things to say about the elementary school RCE program:

The RCE kids have been learning about our UU principle #1, “everyone is important.” We watched a PBS frontline documentary, "Poor Kids," which follows the lives of real children in families struggling with poverty. We discussed how important it is for us to help people in need. The children received UNICEF boxes to collect money in. We took a slight detour to have some Halloween fun, learning about the mummification process in ancient Egypt. The kids learned which organs the Egyptians kept, discarded, and how they would prepare the body -- by mummifying Barbie! The kids had great fun with this and Barbie received quite a ceremonial send off! A big thank you to Ms. Laurel Kasang for her hard work and dedication preparing for and teaching this lesson. Her many years as a science teacher and working with children of special needs are very apparent. The kids love her lessons and we are so happy to have her as a member of our team!
Rainbow Café

Rainbow Café is a social event that provides a safe and welcoming environment for single or partnered gay, lesbian, bisexual, and transgender adults and their allies, by creating a space where they are able to socialize outside of the usual bars. The Café is open every 3rd Friday of the month from 6:30-10:30 pm.

November 18th movie: “Hurricane Bianca”

A teacher from New York moves to a small town in Texas and is quickly fired for being gay. He soon returns dressed as a mean lady to get revenge on the nasty townspeople.

Sacred Communication Workshops
November Dates: TBA

These Transformative Workshops will help you in identifying and dissolving mental and emotional blockages, learning to use your authentic voice, defining authentic friendships, and more.

For Information Call
Rev. Henrietta Byrd:
312-593-4732

A Moment in Balance

Yoga Classes by Karen Nielsen
Monday and Thurs
9:30am – 11am
Wednesday evenings
7:00pm – 8:30pm

No reservations needed. Drop-in fee is $10 per class and the 6th one is FREE.

The Medical Cannabis Education Association meets every month on the First Sunday at Noon.

The next meeting is scheduled to be held on November 6th

Buddhist Meditation

Learn and enjoy the simple, straight-forward practice of meditation. Please join us for sitting and walking meditation in the Zen and Theravadan Buddhist traditions. This is an ongoing event led by Steve McCabe and Beverly Feldt.

When: Saturdays at 9am to 10:30am
Location: UUCC
Cost: Free Will offering, (proceeds go to UUCC)
Contact: For questions, contact Steve McCabe (708) 465-3116 or Beverly Feldt - bevfeldt@gmail.com

Dances of Universal Peace: 3rd Sunday of the month. (Sept-June)

Dances of Universal Peace are held on the 3rd Sunday of the month from 2-4pm at UUCC. We join our voices in singing sacred phrases and Divine Names from many spiritual traditions while moving in circle dances and walking meditations. For more information contact certified dance leader, Pat Segner, at 708-748-2217.

DUP will meet on November 20th

Love to Sing??

Join the UUCC Choir! The Choir sings on the second and fourth Sundays of each month, with rehearsals on those days at 8:30am and one weekday evening per month. No experience required. If interested email our choir director Bev Feldt at bevfeldt@gmail.com.

There will not be a Free Movie & Discussion Night in November and December. We plan to resume in January.
CCL’s promise: We will pass a carbon fee bill by the end of 2017

(CCL conference October 14th thru 16th)

I went to the Citizen’s Climate Lobby conference at Cedar Lake, Indiana. CCL Executive Director Mark Reynolds made this promise during the summer in one of the emails to the public possibly written in July. I thought to myself, they must have a plan with all the promises sewed up to make this kind of statement. Noooo. There is no real change yet. This is an agreement by the Republicans to work together to get this going.

So what is going on? Why would someone make a promise like that without all the ducks in a row. Or at least close.

By the end of 2017, we will have Congress pass a bill that places a fee on carbon and returns the revenue to households.

I know the democratic process is not this specific. It is more like sausage making with everyone’s interests trying to make it into this future bill. Who knows what the final carbon reduction action will be. It just feels odd to me. But then there is a reason to make this clear specific commitment.

To paraphrase former Secretary of Defense Donald Rumsfeld: You don’t save the world with the Congress you wish you had; you save the world with the Congress you have.

And that is what we intend to do. By the end of 2017.

We still have a promise to keep if a bill does not make it next year. In 2018 we will still be busy lobbying. We make commitments in our lives to do things. To raise our children, to go to work, to build a reliable network of loving people to live in, like our UU church. The next big commitment as a world community is to live sustainably. It is easier to love in a world full of life, than the life robbing pollution we all are doing our share to make. It is a challenge to do so. That is the purpose of Green Sanctuary. Citizen’s Climate Lobby is a natural fit in the mission of Green Sanctuary.

Click HERE to see this two-minute video that tells the visual story of Carbon Fee and Dividend. Narrated by Ian Somerhalder.
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Family First Friday has been cancelled for the month of November.
Church Information

70 Sycamore Drive
Park Forest, IL 60466
PHONE: 708-481-5339
E-Mail: churchadmin@uuccpf.org
Web: www.uuccpf.org

Newsletter deadline is always the 20th of every month
This newsletter is designed and published by
Diane O’Connor

*You can help save a tree and a stamp by simply picking up your
newsletter or receiving it electronically via email.