



UCCPF Community News

Unitarian Universalist Community Church

March, 2012

Park Forest, IL



The President's Column

Sunday Worship Schedule 10:00 AM

March 4:

“The Personal is Political”

(In observance of Women's History Month)

By Yielbonzie Charles Johnson
With Reflection by Jodi Libretti

March 11:

“Spirituality & Wellness: Resistance”

By Tricia Alexander

March 18:

“Transcendentalism”

By Colin Kirchner

March 25:

“Laughing at Thunder”

By Dennis Fisher

IN OUR HANDS FOR SIXTY YEARS

Pledge Sunday will be April 1, 2012. I invite all our members and friends on that day to make a written pledge of financial support to our church. We are all part of this church community. For sixty years we have worked together to bring forth our vision of love, diversity, and justice. Our vision includes fellowship, community, worship services, fun social events, justice issues, environmental causes and community outreach programs, and religious education for children and adults. Each day we rethink what it means to live our UU values and still survive in the world of rents and gas prices. Giving money and receiving money are mutual tasks within the context of our community.

Last May 2011 and again in Oct. 2011 the congregation voted to move forward with a sustainable budget that for 2012 - 2013 would not include a professional minister. Right now we do not have the funds to pay even a part time minister when Rev. Yielbonzie's contract is up in Aug. 2012. We need everyone to participate in our PLEDGE DRIVE. No matter, how modest a sum you can pledge, please do so to help us budget on a consistent basis. We are preparing in many ways to keep our church healthy and energetic without a minister. We want to preserve and expand our programs. These programs live and grow because we give our dollars. Whether you have pledged for decades or are pledging for the first time, your money will help create the church of our vision. We need a whole community of love, of energy, of financial support to keep going and thrive. Remember Rev. Yielbonzie's story for the children - think, "give a little and a little bit more." Giving generously from your heart is a spiritual practice in itself, resulting in a deeper sense of connection, community and love.

In the spirit of community, working together, I invite all members and friends to our FELLOWSHIP DINNER on Saturday, March 31, 2012 beginning at 6PM. Our program will address the stewardship/financial needs of the church and be fun too.

We hold this place
We hold each other
We hold the energy to transform
IN OUR HANDS

Let us Join in Joyful Giving,
Pat Segner,
President of the Congregation of UCC

Rev. Yielbonzie Charles Johnson
Minister

Pat Segner
President

John Hurtubise
Vice-President

Richard Treptow
Treasurer

Diane O'Connor
Office Administrator

MINISTER'S MESSAGE By Rev. Yielbonzie Charles Johnson

Dear Members and Friends,

As your representatives, the Worship Assistants expressed a desire to add Women's History Month and International Women's Day to our yearly liturgical calendar. On March 4th I will dedicate our service to this celebration and observance. I will be joined by Ms Jodi Libretti who will make a reflection on that Sunday. Some of you who told me at our observance of Black History Month that you agreed with others who said we should not have a special month but should celebrate that history all the time. Let the same be said of women's history and let this service be a reminder.

I include here two of the many women who inspire me: First ...a brief sketch of Unitarian lay person Dorothea Dix whose advocacy for the human treatment of those who are incarcerated for any reason helped change US history. And second... a thought from African American humanist anthropologist, novelist and essayist Zora Neale Hurston on her faith stance. Be with us as we Celebrate Women's lives and stories.

Yielbonzie



Dorothea Dix
1802-1887

I have learned to live each day as it comes, and not to borrow trouble by dreading tomorrow. It is the dark menace of the future that makes cowards of us.

Dorothea Dix: Unitarian Reform

Dix (1802-1887) found her commitment to reform not in evangelical Christianity and the revival but in their antithesis, Unitarianism. Her father, an abusive alcoholic, was a Methodist itinerant preacher. Her stern paternal grandmother, with whom Dix and her siblings went to live when she was a teenager, pushed her into the Congregational Church. But Dix found her way into the congregation of William Ellery Channing, the most celebrated Unitarian minister of the day. It was when she volunteered to teach a Sunday School class for women inmates of the East Cambridge prison in 1841 that Dix found her life's work as a reformer. She was shocked by the terrible conditions in the prison and felt an obligation to change them for the better. This led her to undertake a systematic tour of the jails and prisons throughout Massachusetts. She detailed her findings in her 1843 Memorial to the state legislature. The Memorial may be the single most important document in the history of mental illness and its treatment in the United States. It is not too much to say that the treatment of the mentally and defective falls into two parts, before the Memorial and after it.

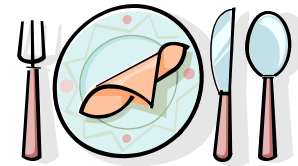
I know that nothing is destructible; things merely change forms. When the consciousness we know as life ceases, I know that I shall still be part and parcel of the world. I was a part before the sun rolled into shape and burst forth in the glory of change. I was, when the earth was hurled out from its fiery rim. I shall return with the earth to Father Sun, and still exist in substance when the sun has lost its fire, and disintegrated into infinity to perhaps become a part of the whirling rubble of space.

Why fear? The stuff of my being is matter, ever changing, ever moving, but never lost; so what need of denominations and creeds to deny myself the comfort of all my fellow men? The wide belt of the universe has no need for finger-rings. I am one with the infinite and need no other assurance."

Zora Neale Hurston -quoted in: [African American Humanism](#)



Zora Neale Hurston
1891 – 1960



Saturday evening, March 31st
Gathering begins at 6 pm
Dinner at 7 pm
Program at 8 pm

All members and friends of UCC are invited to attend our annual Fellowship Dinner.

Please attend this celebration of our church and its meaning in our lives. The event will feature a fine dinner and a program recognizing the spirit and dedication of our religious community. This year is special in that we will be celebrating the 60th anniversary of our founding. The program will conclude with performances by the talented folks among us. Childcare will be provided during the program hour.

We encourage all who are attending the dinner to register in advance. Registration can be done after church on Sundays in March. A donation of \$20 is suggested for each adult and \$5 for each child.

The Fellowship Dinner is the first event in our annual Pledge Drive. It will be followed by Pledge Sunday on April 1st.

Pledge Sunday April 1st

In the spring of each year our church conducts a Pledge Drive in which all members and friends are invited to consider their commitment to our community of faith and to make a pledge of their intended financial giving for the coming fiscal year beginning in July.

Each member or friend is asked to meet briefly with a person serving as their canvasser to discuss the financial needs of the church and to consider signing a pledge card. Our canvasser team will be available for this purpose after church on Pledge Sunday April 1st. You may meet with your canvasser before, during, or after the potluck lunch on that first Sunday of the month. If you are not in attendance on Pledge Sunday, your canvasser will contact you on a later date to invite your pledge.

We thank you for your participation in the Pledge Drive and your willingness to belong and to give. If you have questions or concerns you please call the church office.



FORUM

11:30 AM

March 4: Community Sunday, no FORUM.

March 11: Caring for the Earth:

Continuation on fracking and cost to product ratios of all energies. Bring your questions. Fen Taylor is discussion leader

March 18: Diversity in the UUA:

Marilyn Ragland will summarize what she learned at the 2011 Central Midwest District Conference on diversity. Topics include why the UUA has so few people of color, what the UUA has done over the last thirty years to be more inclusive, and what resources are available to congregations interested in pursuing an antiracist/ multicultural agenda.

March 25: Crete Immigrant Detention Center:

Several people who have been active in opposing the proposed 700 bed private, for-profit Immigrant Detention Center in Crete will join us to discuss the issues and give us updates.

Around UUCCPF



WEDNESDAY MORNING COVENANT GROUP

Informal meeting of former members of the AM Covenant Group

Wed., March 21 10-12 AM

See our "Happenings" page for more details.

FRIDAY COVENANT GROUP

We invite everyone to join us for sharing and discussion on the 2nd and 4th Fridays of every month from 7-9 p.m. During the first hour we go around our circle, each having the opportunity to talk about what is happening in our lives. The second hour we discuss a topic chosen by our group. Come join us!

March 9: Modern Art. Pros & Cons

March 23: Trends



UUCCPF Social Issues Free Movie & Discussion

Homo Toxicus

**Saturday, March 24, 2012
7:00 p.m.**

A global-wide experiment is in progress, and we are the guinea pigs. Tons of chemicals are released into the environment every day. This film hard-hitting investigates links between toxic substances and rising health problems, strongly challenging our way of life.

Free coffee, tea, and popcorn. Join in the lively discussion following the film.

Invite friends!

Optional donations welcome. Optional: Bring a snack or non-alcoholic drink to share.



Rainbow Café

Rainbow Cafe 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 **1st Saturday of the month from 7:30-9:30 pm.** For more info contact Dave Matteson. 708-672-8837 or 708-408-1421

Next Café: March 3



A MOMENT IN BALANCE

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

No reservations needed. Drop in fee is \$10 per class and the 6th one is FREE. Call (708) 755-3577 for information



Drum Circle

3rd Friday of each month: 7-9pm

Come enjoy the soothing therapeutic effect of our open drum circle. Drumming is fun and good for you. Connect with the Spirit in a way that can't be described in words. Come out and get your rhythm on! Reconnect with the Pulse of the Universe! The circle is "zero level," requiring no experience. Please bring a drum if you have one. We will have a small selection of community drums just in case.

A \$10 love offering is requested. We plan to add drums with the proceeds of the offerings. Please be generous!

For more information email Andy at: DrumUUC@yaho.com



Choir Rehearsals

Please join us for choir practices Tuesday evenings at 7:30



Silent Meditation

Silent Meditation is being held in the gathering room every 2nd and 4th Mondays of every month from 7:30 - 8:30p.m.

For more information, contact Diane between 10am & 3pm at 708-481-5339 on Mon, Tues, Thurs or Friday.



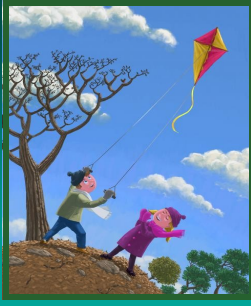
Dances of Universal Peace...

are Circle, Meditative, Prayerful dances to the mantras from all World Religions. They originated with Murshid Samuel Lewis, a Sufi teacher, in San Francisco in the late 1960's. We meet from 4pm-6pm at UUC. Nancy Pfalscraft, a certified D.U.P. teacher, is our primary leader.

Next dance: **March 18, 2012**
For more info call: Pat Segner 748-2217

From Kandy

If you are the last person in the church please make sure that the front AND back door is locked and lights are turned off. The kitchen door and storeroom door need to be left open for air flow because of the heat from the freezer and refrigerator.



March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30am Yoga	2 6:30pm Family First Friday	3 7:30pm Rainbow Café
4 10am Worship/RE 11:30am No Forum/ Community Sunday 11:30 Pads Soup Kitchen	5 9:30am Yoga	6 7:30pm Choir practice	7 7:30pm Yoga	8 9:30am Yoga	9 7pm Covenant Group	10
11 10am Worship/RE 11:30am Forum	12 9:30am Yoga 7:30 Meditation	13 7:30pm Choir practice 7:30pm Convener Meeting	14 7:30pm Yoga	15 9:30am Yoga	16 7pm Drumming	17 10am Let's Make Soup
18 10am Worship/RE 11:30am Forum 11:30am Green Sanctuary Fund Raiser 4pm Dances of UP	19 9:30am Yoga	20 7pm Board Meeting 7:30pm Choir practice	21 10am Covenant Group 7:30pm Yoga	22 9:30am Yoga	23 7pm Covenant Group	24 7pm Movie Night
25 10am Worship/RE 11:30 Forum	26 9:30am Yoga 7:30pm Meditation	27 7:30pm Choir practice	28 7:30pm Yoga	29 9:30am Yoga	30 6pm Boy Scouts	31 6pm Fellowship Pledge Dinner

SUNDAY, MARCH 18TH 3 to 5 p.m. at Beverly Unitarian Church, 10244 S. Longwood Drive, Chicago :
“ENVIRONMENT OR JOBS: MUST WE CHOOSE? A Public Forum which examines the premise that job creation and responsible care of the environment are compatible.
For More information contact: Frances Sowa frannevpk@yahoo.com, (708) 423-6392



Green Sanctuary Committee by Fen Taylor

Aluminum is Dangerous!

You have heard of the toxicity of the heavy metals - Arsenic, Strontium, Mercury, lead, and ALUMINUM. Aluminum is very bad for you! I have not used aluminum pots and pans since the 1940's. My father was very knowledgeable and taught me a lot. It has been known in the scientific and medical communities, for decades, that ingested Aluminum causes early Dementia and Alzheimer's and other problems.

It is inevitable that cooking in aluminum pots and pans causes aluminum (ions and atoms) to go into the food/broth. This Al finds it's way to your nervous system, causing damage, with no threshold amount (there is no safe amount). When I discovered that all of the pots and pans in our kitchen are Al, I shuddered. Al pots and pans not permitted in restaurants in Europe.

Why do we use them? They are LESS expensive. Really? Not when you consider the medical downside for all persons! Fortunately, you can verify by going to a medical book, or to Google. I have no Al pots and pans in my house; all stainless steel and iron. Iron is good for you; it is in your vitamin pills. One fried egg in iron gives you about 1/3 the iron in your multivitamin.

What to do? We really need to get all Al pots and pans out of the church. I would feel guilty giving them to the Salvation Army for human use. Al is in serious demand and should be recycled. I will be the focus and recipient for donations of money, stainless steel, and iron. I will pursue this until all Al is out of kitchen and I will do the shopping for purchasing new items for kitchen. I will get recommendations from persons in charge of kitchen as to sizes and types, and quantities.

Oh, by the way, Teflon coating is not ok. Sloughing off Teflon is double whammy; Teflon is poison and exposes the Al underneath. So we need to do it right and skip the Teflon suggestion. Incoming suggestions and opinions requested. Thanks for listening. Better health to all.

Fen Taylor

P.S. We also need to get rid of the Al coffee pots (I can taste the Al). One of the Pots is stainless steel; that is why it is there. Fancy that. Did you ever see a Neanderthal with Alzheimers? NO? Now you know the reason.

I spent some time on Internet researching hard anodized aluminum such as cephalon and unison products. Hard anodized is better than just aluminum, but not as good as stainless. Hard anodized will eventually wear through to the bare aluminum (time frame unsure). Hard anodized would be a significant and acceptable step up and would be ok. Hard anodized has a life expectancy to wear through; stainless does not. I think that stainless is safer and will NEVER degrade. We can consider both.

"Namaste,"

Irmgard, Dick, Fen, Jeff and Robin



What's going on in RE? Dan Feldt, Director of RE



I'd like to thank all the children who took part in the "decorate-a-brick" project. They did a beautiful job. Their creativity helped highlight the dedicated work of our congregation to beautify our building. I believe there are a few bricks left for purchase, so please talk to Dorea. Once the real stones are in place, the decorated bricks are yours to take home.

Our RE PADS night will be March 12. The RE classes will help serve food at First Christian Church in Chicago Heights. This is a long-standing tradition here at UUCU. I remember when my daughter, now 23 years old, was part of the serving team.

One of my daughter's RE classmates, Zuri Osterholt, came to church this Sunday. She's back from college and living in Chicago. Zuri is a very talented musician and is putting together a new CD. Back in high school, she was the one who found the musical acts for our Band Nights at UUCU. Her friend, who was also at the service this Sunday, told me that UUCU Band Nights were one of her fondest memories from high school. It was great to hear that because we exist, a young woman enjoyed a safe night out as a teen, and another found support and encouragement for her creativity.

This Friday and Saturday, I'm heading up to Milwaukee for a RE workshop. There will be a number of educational sessions. I've already selected one that I plan to attend. It's called "What Does a Multigenerational Congregation Really Look Like?" Phil Lund, the session's facilitator, states that "Extensive research suggests many concrete ways that congregations can adapt to meet the needs of younger generations seeking religious community. Unitarian Universalism is, in many ways, a perfect faith for those who are 'spiritual but not religious.' Religious communities that are truly inclusive of all ages are at the heart of growing strong, vibrant congregations." I'm hoping to come back with plenty of new ideas.



Aunt Martha's Early Learning Center Accepting Applications for Enrollment

Aunt Martha's Early Learning Center is a caring, community resource for low income children and families. Their free, federally funded Head Start pre-school program is still enrolling children ages 3-4, from income eligible families.

There are 2 Head Start sites, one at 23485 So. Western Ave in Park Forest and another at 14424 So. Wentworth in Riverdale. Both sites offer half day programs: 8:00am - 11:30am or 12:30pm - 4:00pm.

Children with disabilities are also encouraged to apply. Children receive nutritious home cooked meals and snacks, have a safe fenced-in playground and computers in each classroom. Aunt Martha's builds children's social-emotional and physical well being while engaging them in active learning experiences. Family Support Specialists partner with parents and assist families in accessing community resources and services. Monthly Parent meetings offer a variety of trainings, workshops and support for families.

Anyone interested in enrolling a 3 or 4 year old child or would like further information can call the Park Forest site at 708-747-5450 or the Riverdale site at 708-849-6019.

You could also send an email to tarnold@ auntmarthas.org.

Happenings

Soup Kitchen Fundraiser for PADS

With optional donations for Respond Now

Sunday, March 4, 2012

11:30am

Volunteers are needed to bring soup and brunch foods. Helpers are needed for set-up and clean-up. Please sign up on the snack table. Checks are to be made out to UUCC. The money collected for PADS (Public Action to Deliver Shelter) will be used by our church cook team to buy food when we cook and serve the homeless, approximately \$200 on each of four dates.

Optional checks to UUCC marked Respond Now on the memo line will be sent to Respond Now, our local agency serving those in need. Questions? See Darlene Obejda.

ESCAPE TO VERMONT

May 25-28, 2012

1st Annual B&B Weekend offered by the UU Church of Rutland, Vermont! Enjoy the beauty of Vermont, UU hospitality, and a choice of guided activities: hiking, kayaking, Vermont open studios/art exhibits, gardening tips and local organic farms, wine and artisan cheese tours, and many custom outings. Prices are as follows: Before April 10 - early bird registration - \$325.00 (bed) or \$595.00 (couple). After April 10: \$375.00 (bed) or \$675.00 (couple.) To reserve your spot, please send a \$100.00 (per person) deposit with your registration form. Send to: UU Church of Rutland Vermont, 117 West Street, Rutland, VT 05701. For more details, and the printable registration form, see our website:

www.springweekend.wordpress.com.

For more information contact:

Kathy Pingree at (802) 353-7969

or email at kmpingree@mac.com.

www.rutlanduu.org

Wed., March 21 10-12 AM

Informal meeting of former members of the AM Covenant Group

After meeting for 10 years in the Covenant Group format, second and fourth Wednesdays of most months, from 10 AM - 12 noon, the present members of the group have planned some changes better suited to our present circumstances. On March 21st, from 10AM - noon, we will meet for sharing of conversation and concerns concluding with a light lunch. Pat and Joyce will provide soup or salad and dessert. Please bring any quotations or readings you have found interesting and/or any refreshments you would like to add to the meal. On March 21st, we will choose the date for a meeting in April and will publish this date for anyone not present in March.

During the course of this ten years, many well-loved members of our group moved away--closer to families. Three cherished members, Maren Carpenter, Ruth Edelstein and Dean Szeghy died. But we had many belly laughs in our decade, moments of insight, community, tears and love. From an anonymous poet, "To laugh is to risk appearing the fool. To weep is to risk appearing sentimental. To reach out to another is to risk exposing our true self. To place our ideas--our dreams--before the crowd is to risk loss. To love is to risk not being loved in return. To hope is to risk despair. To try is to risk failure. To live is to risk dying."*

Our thanks and our love to all the members of the AM Covenant Group, past and present, who risked and who gave so much to us!

Pat Segner (748-2217)

Joyce Semmler (798-0392)

* (Reading #658, [Singing the Living Tradition](#))



Church Information

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E-Mail: diane@uuccpf.org
Web: www.uuccpf.org

Office Administrator

Diane O'Connor
Office Hours:
M, T, Th, F: 10am - 3pm
Wednesdays: Closed

(Please note from time to time some office hours vary)

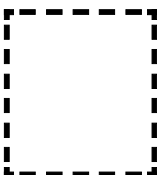
Newsletter deadline is always the 20th of every month

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

Visit us on the web @ www.uuccpf.org



Return Service Requested



*Unitarian Universalist
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