



# UCCPF Community News

Unitarian Universalist Community Church

April, 2012

Park Forest, IL



## The President's Column

### Sunday Worship Schedule 10:00 AM

**April 1:**

**"Who We Are is What We Share"**

By Yielbonzie Charles Johnson  
With Dan Hechenberger

**April 8: (Easter Sunday)**

**"Like A Bird Through Prison Bars"**  
(The Human Quest for Liberation)

By Yielbonzie Charles Johnson

**April 15:**

**"All the Stories Are True"**

By February Sky

**April 22:**

**"Growing Forward"**

By Tricia Alexander

**April 29:**

**"With a Song in My Heart"**

By Joseph DeMasi

**Rev. Yielbonzie Charles Johnson**  
*Minister*

**Pat Segner**  
*President*

**John Hurtubise**  
*Vice-President*

**Richard Treptow**  
*Treasurer*

**Diane O'Connor**  
*Office Administrator*

We receive fragments of holiness, glimpses of eternity, brief moments of insight. Let us gather them up for the precious gifts that they are and, renewed by their grace, move boldly into the unknown.

~Sara Moores Campbell

I am beginning this column with a story from Ram Dass.

One day Ram Dass was talking to a reporter for the Gallup Poll who was trying to poll on how much time people spend helping and both ended up in laughter about how crazy the world is. Ram Dass ends up telling her to put him down as someone who helps all the time to make the best of a nutty situation. She tells him there is no category for "all the time," but he can have "all of the above." Ram concludes everyone should be counted in "all of the above" because everybody is trying to make the best of a nutty situation. Gallup can release a poll saying, "Everybody in America is Helping." The reporter responds she hasn't the nerve but could give an alternative answer. One out of every two people in America is helping. The other half is being helped. Months later Ram Dass sees a headline. "GALLUP POLL REVEALS HALF OF ALL AMERICANS HELP OUT AS VOLUNTEERS." Ram Dass runs into the kitchen reading the headline to his wife exclaiming, "that's me!" Wife asks, "which half? All of the above he answers triumphantly." "Just wash the dishes," says the wife.

I think of our church community in the light of the headline: HALF OF ALL AMERICANS HELP AS VOLUNTEERS. At any given time some of us are giving and some are receiving and we are doing the dishes too. A community is more than the sum of its parts. It takes on a character and ambiance of its own. May we continue to build on our strengths and correct our weaknesses. A strong pledge drive will give us a sustainable budget. I used to think asking for money was a "Unitarian sin" but working with our church budget for over 35 years has convinced me otherwise. I firmly believe if you cast your bread upon the waters (giving generously) it will come back as sandwiches. We are a committed group giving and receiving from each other dollars as well as time and talent of our members.

May the Universe look upon us with Love  
May we feel Abundance and Grace  
May Joy and Peace visit us now and forever more.

In Fellowship and Stewardship, Pat



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



There's lots happening in RE. The children were happy to pitch in on the new fireplace fundraiser. They decorated the paper "stones" that recognized the contributions of many people in the congregation. If you wish to take your decorated stone home, they're in the gathering room. You can pick yours up there.

Also in March, a group of RE children helped out at PADS. Elaine Petit and Ella Bohlman helped serve the food from the kitchen, and John Petit helped serve up juice and milk in the dining room. Everyone learned a lot, especially John. He ended up playing cards with one of the volunteers and one of the guests. As I passed by, I heard someone say, "John, you've got to learn when to hold 'em and when to fold 'em."

Earlier last month I attended a UU workshop on intergenerational worship. There were many ideas shared about how to include children into the larger church community. And the religious education ideas did not stop there. There were many discussions on how to reach out to the larger community and bring unchurched people who are seeking spirituality through our doors, both physically and *virtually*. I heard some very exciting ideas about how church can be, and I hope to be sharing them with some of you in the future.

This upcoming first Friday, April 6, will be a family Seder First Friday. The first night of Passover is also Good Friday this year. This is a rare occurrence when the Jewish and Christian calendars line up. It is said that the Last Supper was a Seder dinner. So we'll be having an abbreviated version of the Seder story. All are welcomed. If you wish to contribute a dish to the Seder dinner please get in touch with me or Beverly. There are some food restrictions as far as dishes that are served during a Seder. Hope to see a lot of people there – both kids and adults. You can reach me at 708-212-3637. Beverly's email is [bevfeldt@gmail.com](mailto:bevfeldt@gmail.com). My email is [ddfeldt@gmail.com](mailto:ddfeldt@gmail.com).

Isn't this a wonderful spring?!

### RENTAL COMING TO UCC

Beginning on April 1st the Miracle Center Church will rent our sanctuary, gathering room and kitchen on Sunday from 3pm. to 10pm. and Tuesday and Thursday evenings from 7pm. to 10pm.

MCC is a small group affiliated with Church of God in Christ, which is a Pentecostal Holiness Christian denomination with a predominately African-American membership. Rev. Yielbonzie has met with their Pastor, Andrew Johnson, about church issues and their beliefs and Rev. Yielbonzie believes a relationship between MCC and UCC would work for both parties. Marilyn Ragland, has graciously volunteered, to act as intra-church liaison.

Your board of trustees has spent many hours working on all provisions of the lease and had consultation from a lawyer. For specifics and answers to your questions contact Pat Segner or any member of the board. We look forward to a mutually beneficial relationship with Miracle Center Church.

Pat Segner, President of the Congregation

## Introductory Session of the UU Transcendentalism Ministry



The introductory session of the UU Transcendentalism Ministry will meet at 11am on Saturday, April 7th in the Gathering Room. Session will be led by Leonard Kirchner. See Leonard for details.

Transcendentalism was an important movement in philosophy and literature that flourished during the early to mid 1800's in the United States. Other important contributors included Henry Thoreau who lived out many of the transcendental ideas as he communed with nature at Walden Pond while discovering the divinity within himself, and living outside the conformity of society.

Emerson and Thoreau influenced Emily Dickinson. She appears to search for the universal truths and investigates the circumstances of the human condition: sense of life, immortality, God, faith, place of man in the universe.

## 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.



## APRIL FORUM

11:30 AM

**April 1:** Community Sunday, no FORUM.

**April 8:** Caring for the Earth: (Fen Taylor) Update of fracking and fracking meetings. New information on cost to product ratios. Bring your questions and suggestions on any topic of your choice.

**April 15:** Tony Rayson regarding GA meeting

**April 22:** Anna Mustafa: Israel and Middle East

**April 29:** No Forum

## Electronics Recycling Collection Saturday, April 14, 10am - 2pm Prairie State College Lot C

Bring your old electronics and get them out of your closet!

- Personal Computers
- Televisions
- Laptops
- Printers
- Stereo Equipment
- Answering Machines
- Cell Phones
- Fax Machines
- Gaming Systems
- Cameras, DVD players, VCR's & More!

# Around UCCPF



## WEDNESDAY MORNING COVENANT GROUP

Members of the group will be contacted individually when a meeting date for April is chosen.

## 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!

**April 13:** Our Covenant

**April 27:** Where I get news and information, comparing and analyzing sources.



## UCCPF Social Issues Free Movie & Discussion

### The Forgotten Bomb April 28th, 2012 7pm

The Forgotten Bomb examines the political and legal implications of nuclear weapons, and digs deeper, into the cultural and psychological reasons behind the arsenal's existence. This film explores why we have the bomb, and how we might finally do away with it -- *timely, as we face possible war with Iran to deter Iran from developing nuclear weapons.*

**Free coffee, tea, and popcorn.**  
**Join in the lively discussion following the film.**  
**Invite friends!**  
**Optional donations welcome.**

## 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: April 7



## 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: DrumUCC@yahoo.com**



## Choir Rehearsals

Please join us for choir practices  
Contact Bev Feldt for current info.  
bevfeldt@gmail.com



## 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 UCC. Nancy Pfalscraft, a certified D.U.P. teacher, is our primary leader.

**Next dance: April 22, 2012**  
**For more info call: Pat Segner 748-2217**

## From Kandye

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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10am Worship/RE PLEDGE SUNDAY 11:30am No Forum/ Community Sunday	2 9:30am Yoga	3	4 7:30pm Yoga	5 9:30am Yoga	6 6:30pm Family First Friday/Seder	7 11am UU Transcendentalism Ministry 7:30pm Rainbow Café
8 10am Worship/RE 11:30am Forum	9 9:30am Yoga 7:30 Meditation	10 7:30pm Convener Meeting	11 7:30pm Yoga	12 9:30am Yoga	13 7pm Covenant Group	14 8am —6pm 350.org Workshop 8pm Edgar's Place Coffeehouse: Claudia Nygaard
15 10am Worship/RE 11:30am Forum	16 9:30am Yoga	17 7pm Board Meeting	18 7:30pm Yoga	19 9:30am Yoga	20 7pm Drumming	21 10am Let's Make Soup 6pm Jeff Field's Fund Raiser
22 10am Worship/RE 11:30am Forum 11:30am Green Sanctuary Fund Raiser 4pm Dances of UP	23 9:30am Yoga 7:30pm Meditation	24	25 7:30pm Yoga	26 9:30am Yoga	27 6pm Boy Scouts 7pm Covenant Group	28 7pm Movie Night
29 10am Worship/RE 11:30 Forum	30 9:30am Yoga					

“It’s Spring Fever! That is what the name of it is. And when you've got it, .... you want —oh, you don't quite know what it is you do want,..... but it just fairly makes your heart ache, you want it so!”  
-Mark Twain





## Green Sanctuary Committee

### STALKING THE EDIBLE DANDELION by Laurene Urquizo

Each spring about this time, Italian families grab small paring knives & several large brown paper bags and go to their favorite (and often well-guarded secret) fields--away from dogs, car exhaust, and other possible “pollutants.” They go to stalk the wild *chiggoria* (“chi-gawd-ia”) or *chicoria*, or often referred to as dandelion.

*Chiggoria* is a delicacy so beloved by Italians that many view it as their “spring tonic”-- a bitter green dish that will cleanse away the sluggishness and toxins accumulated during the winter months, when they were forced to rely solely on vegetables that they had canned at harvest time. Of course, with today’s well-stocked grocery stores, this is no longer a problem. Interestingly, the “Slow Food Movement” originated in Italy and Italians have traditionally always lived by the adage, “eat local and seasonally.”

In reality, they do not pick regular dandelion plants (*taraxacum officinale*) that produce yellow flowers, but one that looks similar and they call "*chiggoria*" (*chicorium Intybus*) from a different family. It is actually a simple chicory plant that does not produce yellow flowers, but a small blue flower that looks like a periwinkle and grows up a thin, tall stalk. The young leaves are picked and boiled as greens. They are then drained and sauteed in a pan with olive oil, lots of garlic, and a few red pepper flakes. It is always accompanied by some hearty Italian bread to soak up the juices. If the leaves are young enough, many people will wash them carefully and eat them raw in a salad. After they begin to produce flowers, the leaves will turn quite bitter and inedible.

Having a plate of greens on the dinner table each day makes a lot of sense, health wise. They are chocked full of vitamins and minerals. The Greeks do not feel that a meal is complete without a dish of boiled wild greens, which they call *horta*, on the table. If you do decide to go *chiggoria* hunting this spring, bring along some friends or family members with strong backs. They are going to need them!

#### Italian Dandelion:

“Chiggoria” (*chicorium Intybus*)

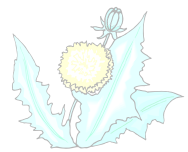
Family: Asteraceae (ass-ter-AY-see-ee)

Genus: Cichorium (sik-KOR-ee-um)

Species: intybus (IN-tye-bus)

#### Regular Dandelion:

Dandelion (*taraxacum officinale*)



Local libraries and sites such as [www.beyondpesticides.org](http://www.beyondpesticides.org) offer numerous alternatives to using toxic chemicals in our gardens. A dandelion here and there may be the sign of healthy soil and uncontaminated groundwater.

#### PLEASE MARK YOUR CALENDARS!!

The Southeast Environmental Task Force has agreed to plan a special "Toxics to Treasures Tour" for June 9. The bus will leave UCCPF @ 10 A.M. and return @ 2 P.M. We will visit ecologically important sites in the South Burbs (ie. “Calumet Open Space Reserves” and “Wolf Lake”) and have lunch at Club 81 TOO in Hegewish, rated 4-1/2 stars by Yelp. See how the Calumet region is recovering from its polluted past through vigorous efforts by citizens and government agencies. Cost is \$25, all inclusive. These tickets usually go very fast, see Robin to reserve your seat.

Namaste-

Irmgard, Dick, Fen, Jeff, and Robin



# **“Let’s Dance!”**

## **Spring Fling Dance at UU!**

### **Saturday - May 12, 2012**

**Unitarian Universalist Community Church  
of Park Forest**

**70 Sycamore Drive, Park Forest, IL**

**708-481-5339**

**uuccpf.org**

**Dance Lesson: 7-8pm. “Swing”**

**No previous dance experience required.**

**DJ starts at 8pm and plays till 11pm**

**\$12.00 includes FREE DANCE LESSON & SNACKS**  
**Beer and Wine available for a \$1.00 suggested donation.**



Johnny Rohlf with “Let’s Party D-J Service” has 37 years of experience as a professional DJ. His energy and enthusiasm make an event into a party, complete with giant video screen and laser light show for your entertainment. From classic 50’s, 60’s up to current hits, Johnny is happy to take your requests all night long!

Riley Wimes is a dance and fitness instructor leading dance fitness, Salsa, Swing and Adult Hip Hop Classes at Heart and Sole Dance Studio, Room To Move Dance Studio and Ratio One-To-One Fitness as well as Willowbrook Ballroom and The University of Illinois at Chicago.

Everyone would love to know how to dance, but most people are afraid of looking awkward. Don't be nervous; anyone can learn to dance and it's easier than you think! Filled with patience, repetition, and practice, Riley’s classes are suitable for people who have never danced at all, as well as people wanting to strengthen their skills. The goal is to get everyone comfortable with basic dance fundamentals.



# Edgar's Place Coffee House

*Proudly presents*

## Claudia Nygaard

Saturday, April 14th at 8:00 pm

Adults: \$15.00

Kids: \$10.00

Claudia Nygaard's affable connection with an audience has led reviewers to describe her as "Will Rogers without the rope." She is a born storyteller, and with her quick wit and a disarming emotional vulnerability, she introduces her songs with tales nearly as captivating as the songs themselves.

A former Nashville Music Row staff songwriter, Claudia has learned her craft. Every song on her new CD "Let the Storm Roll In" has gotten airplay, and the recording has cross-platformed onto three separate radio charts.

"Stunning! The whole disc is a sheer delight... this is exceptionally good." FIVE out of five stars!

**Maverick Magazine**

Claudia Nygaard's music invitingly straddles the fence between country and folk with a band sound that is decidedly unplugged and artfully laid-back in support of her sensually lyrical alto. And then, there's the matter of her songs—that rival the likes of Guy Clark or Ian Tyson in their plainspoken, memoir-like quality, rich with personalized images and a resonant point-of-view."

**Gary Von Tersch, Sing Out Magazine**



**"LET THE STORM ROLL IN"  
LANDS HIGH ON THE CHARTS!**

**#1 ROOTS MUSIC COUNTRY CHART**

**#8 FOLK DJ CHART**

To learn more about Claudia and hear some of her music, visit her website at [claudianygaard.com](http://claudianygaard.com)

Edgar's Place Coffee House is located in the Unitarian Universalist Community Church at 70 Sycamore Drive in Park Forest, IL.

Edgars Place is a fundraiser for the Unitarian Universalist Community Church.



# Happenings



## Summer Vacation FUN for SINGLE ADULTS

You are invited to attend a FUN VACATION CAMP for SINGLE ADULTS. Three Camps are sponsored by AMUUSE (Adult Midwest UU Singles Enrichment) this summer.

Saugatuck, Mich  
June 10-16, 2012

Tustin, Mich  
July 8-14, 2012

Saugatuck, Mich  
August 5-11, 2012

**Mornings:** connect with small groups of campers with similar interests in a group interacting on various topics.

**Afternoons:** open for a wide range of activities (recreational, social, crafts)

**Evenings:** fun activities (coffeehouse, parties, campfires, followed by high-energy dancing, or other activities. If this sounds to you like the adventure of a lifetime, you are right!

**For more details contact Gwen Valore 740-363-4630  
Or Sharon Spencer 847-816-3356**

## 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](http://www.springweekend.wordpress.com).

For more information contact:  
Kathy Pingree at (802) 353-7969  
**or email at [kmpingree@mac.com](mailto:kmpingree@mac.com).**  
[www.rutlanduu.org](http://www.rutlanduu.org)

## UU CAMP OUT

**Our camp-out is June 29th-July 1st at Indiana Dunes State Park. Camping will be free at Nisaki Group Camp 1. The site is only for tents, but has electric, a shelter and washrooms. People can set up rooms at the Spring House Inn, if they don't want to camp.**

[www.springhouseinn.com](http://www.springhouseinn.com) 219-926-8258

## Matanya's Hope is hosting it's 2nd Annual SPLIT THE POT

WIN BIG MONEY while helping the children of Matanya's Hope.

Due to increased fuel and devastating food costs in Kenya we are in dire need of raising extra money to continue helping our children in the Matanya's Hope program.

Split the pot is a WIN WIN situation in which the charity and the winning ticket splits the money raised.

Each ticket costs \$10 or you can purchase 6 for \$50

Send your check to:  
Matanya's Hope  
PO Box 562  
Homewood, IL 60430 or call: (708) 822-4673

You tickets will be mailed, faxed or emailed to you upon receipt of your payment.

The drawing will be held on April 15<sup>th</sup> 2012 (slightly flexible based upon tickets sold. Drawing will take place by end of May – latest).unless otherwise posted.

If anyone has any ideas to help us raise additional funds for the cause, please contact me:

Michelle Stark  
Founder, Matanya's Hope  
PO Box 562  
Homewood, IL 60430  
(708) 822-HOPE (4673)

**SAVING THE WORLD ONE CHILD AT A TIME**

**Church Information**

70 Sycamore Drive  
Park Forest, IL 60466  
**PHONE:** 708-481-5339  
**E-Mail:** [diane@uuccpf.org](mailto:diane@uuccpf.org)  
**Web:** [www.uuccpf.org](http://www.uuccpf.org)

**Office Administrator**

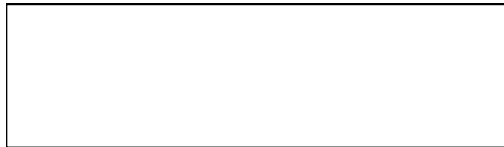
Diane O'Connor  
Office Hours:  
M, T, Th, F: 10am - 3pm  
Wednesdays: Closed

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

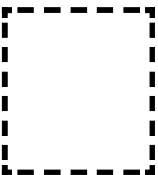
**Newsletter deadline is always the 20th of every month**

***\*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](http://www.uuccpf.org)



Return Service Requested



*Unitarian Universalist  
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