UUCC Community News

Unitarian Universalist Community Church
February, 2014
Park Forest, IL

The President’s Column by Bruce Swiecicki

Sunday Worship Schedule
10:00 AM

February 2nd:
“Joy and Sorrow, Woven Fine”
By The Rev. Sarah C. Stewart
Joy and sorrow both bring insights and spiritual depth to our lives. Authenticity and vulnerability lead to honest connection with other people, and through this we build up our communities.

February 9th:
“Living in Hope”
By Rev. Dr. Beth A. Johnson

February 16th:
“Roots and Wings - the Art of Holding On and Letting Go”
By February Sky (Phil Cooper & Susan Urban)
In our journey through life, we continually face choices as to when to hold on and when to let go. This service will explore the process of striking a healthy balance between roots and wings.

February 23rd:
“Choosing Your Parents”
By Dennis Fisher

Lessons Hard(ly) Learned

Auntie Wanda was right….without your health, you don’t have enough. Put another way, your health is the most important thing. First of all, let me thank everyone for the good wishes, prayers and support you’ve provided me with during these trying days of dealing with the aftermath of a defective hip replacement. This is my first time being in a situation where I feel like I don’t have full control over my body and what’s happening to it.

But I’ve always considered myself an optimist and even when I tell people what’s going on and they recoil in mild shock and horror, I still have to keep looking to the bright side and hope that modern medical science will provide the right answer. The hardest part is just telling people that there’s something not right with me, because I know when I start getting into the details they’ll feel bad enough for me, but I hope like heck I don’t see the “oh, you’re in big trouble” look in their eyes. It doesn’t help when the doctor says things like, “Hmm, I’ve never seen this before” or “I don’t know what to do.” It’s then I get the, “so this is what it’s like when things break bad” thoughts in my head.

Enough about my affliction. It’s not like nobody has ever gone through this before and come out smiling on the other end. I fully expect that I will. But the mortality issue is another thing altogether. I passed the point in life where I used to think, “these are my best days.” I know much better than that now, at least from the physical standpoint. Nothing on my body works as good as it once did. And I take no shame in admitting that fact. It’s the way that nature intended it to be, I think. But you know something else changed, too, perhaps as a result of aging…..I’m much more relaxed around people and no longer feel compelled to project a certain image to them. I’m more comfortable being with myself around others.

So perhaps it’s best to look to the future and hold on to those dreams and aspirations that living this long can still provide. Using my mind as best I can while enjoying the things that my body still lets me do. Contributing where I can to help make my little world a better place. And by doing so, maybe I can affect the larger world and the people in it. That’s my plan and I’m sticking to it.

~Bruce
February 2nd: Community Sunday: NO FORUM

February 9th: Care of the Earth:

February 16th: Zealot: Life & Times of Jesus of Nazareth with Suzie Brown

February 23rd: Philosophical Considerations - Integral Theory with Jerome Rowley

Earth Based Spirituality at UUCC

Are you interested in reviving the CUUPS (Covenant of Unitarian Universalist Pagans) chapter here at UUCC? Would you take a role in planning, leading or attending Earth-based Spirituality rituals? Would you like to help organize a Spring Equinox celebration at UUCC? If you answered yes to any of these questions, please join us for a planning session during the February 2nd community pot-luck after church. We will designate a table for our discussion.

For more info: Kandy Winterfieldt 708-382-1056
Nancy Irons 708-712-3228

Report on January 28th Board of Trustees Meeting:
The following are some of the highlights from the Board of Trustees meeting January 28th, held via conference call due to the adverse weather conditions:

- The Board agreed that the Convener Council should establish a “Growth Team” to explore and enact ideas to stimulate membership growth at UUCC.

- In an effort to more easily maintain our sign on Sycamore and Western, we will be changing slogans on the sign every month. Congregation members are invited to submit slogans to Rich Treptow for consideration.

- The Board was against putting any more “no gun” signs up in the church or sanctuary because of the negative emotions that a picture of a gun may evoke.

- Tickets for the April 5th Congregation Dinner will request a suggested donation of $20 for adults.

- The next meeting of the Board of Trustees will be held February 25th.
FELLOWSHIP DINNER 2014

Come join us for our annual Fellowship Dinner on Saturday, April 5th. The event will begin at 6pm and will feature a delicious dinner and a program celebrating our community of faith. Our theme is IN OUR HANDS: LIFTING UP AND REACHING OUT. Childcare will be provided.

In the weeks before the event, tickets will be available from Darlene Obejda after church in the gathering room for a suggested donation of $20 for adults and $5 for children. Obtaining your tickets in advance will help in planning the dinner. You will also be invited to bring a dessert. The inspiring program for the evening will include music, entertainment and recognition of those who contribute their time and talent to our church. It will serve as a kickoff for PLEDGE SUNDAY the following day. Our annual pledge drive will ensure our financial well being for the coming fiscal year.

Pat Segner
Fellowship Dinner

Rich Treptow
Pledge Sunday

We all want to be happy and healthy. So let’s share our knowledge and experience, and the wisdom of experts, to help each other and ourselves in our ongoing quest for health and happiness. We are starting a new open group, meeting once each month, focusing on a health related topic, sometimes with a volunteer guest speaker, sometimes with demonstrations, maybe an occasional movie, and hopefully always with sharing, respect, and mutual support among participants.

If you may be interested, please join us for a brief planning session on Sunday, February 9th, immediately following the church service, before Forum.

We plan to meet with a bag lunch noon meeting tentatively scheduled for the second Thursday of the month, beginning March 13th. Please share your thoughts, suggestions, and questions with Darlene Obejda.

Health Tips: The volatile oils in ginger have long made it a useful herbal remedy for nasal and chest congestion. Pour 2 cups of boiling water over a 1-inch piece of peeled, grated ginger; steep for 10 minutes; and strain. Add a pinch or two of cayenne pepper to the water and drink as needed.
In previous articles, I’ve talked about the present religious education curriculum. As a picture is worth a thousand words, I thought I’d take you on a pictorial tour of what we’ve been up to. Our studies are centered around the Affirmation of Faith that we recite every Sunday. It’s a covenant that we make to each other, and our rainbow wall hanging reminds us of that promise. You can see the real thing in Classroom 1. Some interesting items have been added to it since the beginning of the year.

The first phrase of the affirmation is “Love is the Spirit of this Church.” This is represented in our spirit collage which you’ll find on the bulletin board outside of Classroom 3. It seems that our kids are particularly fond of food and puppies.

When it comes to “Service is Our Prayer,” our class is inviting you to contribute to our I Made a Difference poster. There’s plenty of white space that we hope you’ll fill in with all the ways that you volunteer your time and energy to this church and to the larger community.

We’ve just recently started considering “Dwell Together in Peace.” To the right is our Peace Chain; on each link is written a word or phrase promoting peace and nonviolence. We’ve talked about Thoreau, Gandhi and Dr. King. The chain is hanging in Classroom 1. Please check it out. If you wish to add a few links to the chain, be our guest. We’ll be continuing our peace exploration with attempts at origami in the near future, and we’ll be asking you to join us.

Please take the tour of all the Affirmation exhibit. Sorry there is no audio tour available at this time.

~Dan
Free Movie & Discussion
What if Cannabis Cured Cancer

Friday, February 28, 7:00 p.m.
6:00pm Optional vegetarian pot luck dinner

The documentary film, What If Cannabis Cured Cancer is a powerful and eye-opening film summarizing remarkable research findings of recent years about the cancer-protective effects of novel compounds in marijuana. This film brings to light recent findings that have potentially game-changing implications for the future of cannabis as a medicine and perhaps even the future of medicine.

2010 60 minutes


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Soup Kitchen
Fundraiser for PADS
with optional donations for Respond Now

Sunday, March 2, 2014
11:30 a.m.

Come join us for delicious food and caring community as we raise funds to help the homeless.

Volunteers are needed to bring soup and brunch foods for the event. Helpers are needed for set-up and clean-up. You may declare your chosen role on the sign-up sheets available in the Gathering Room.

Contributions will be thankfully collected during the Soup Kitchen. All checks should be made out to UUCC. Checks with PADS written in the memo line will be used by our church Cook Team to buy groceries when they prepare meals for the homeless. Checks with Respond Now in the memo line will be passed on to our local agency dedicated to serving those in need.

Please be generous to these worthy causes. *Any Questions? Ask Darlene Obejda*
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 Cafe is open every 3rd Saturday of the month from 6:30-10:30 pm. More info: Dave Matteson 708-672-8837. RAINBOW CAFE will meet on February 15th at 6:30pm.

Choir Rehearsals
Join the UUCC choir! Practice is on Sunday mornings, Please email Beverly Feldt at bevfeldt@gmail.com.

Monday Night Silent Meditation
Monday evenings at 7:30pm. Bring a cushion if you’d like. This is a free weekly event. For more info call the church office at 708-481-5339.

Sacred Communication Workshops
February 15th at 1pm
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 more 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 7:30pm – 9pm
No reservations needed. Drop-in fee is $10 per class and the 6th one is FREE.

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. 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. A $10 love offering is requested.

Dances of Universal Peace:
3rd Saturday of the month.
Dances of Universal Peace are held on the 3rd Saturday 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.
Next Dances of UP: Feb 15th 2-4PM

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.

Time: 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.

The World’s Religions
1st and 3rd Tuesdays @7PM
This program is organized around a study guide developed by the UUA that uses the writings of Huston Smith as source material. The religions considered are Hinduism, Buddhism, Confucianism, Taoism, Islam, Judaism, Christianity, and the Primal Religions.
For fifteen years Huston Smith was Professor of Philosophy at M.I.T. and for a decade before that he taught at Washington University in St. Louis. Holder of twelve honorary degrees,

For further info email Dan Feldt at ddfeldt@gmail.com.
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The minute I heard my first love story, I started looking for you, not knowing how blind that was. Lovers don't finally meet somewhere, they're in each other all along. ~Rumi
CLEAN ENERGY VISION

It’s quite easy to focus on the problems, but there is the vision of what life can be in the future energy vision. Energy poverty can be erased from the world for a reasonable price. The quotes below show how we can change the world literally for 1% of world GDP. This not only provides energy for everyone on earth, it solves many other problems such as going to war for energy. The United States has subsidized the energy sector for about 100 years now. From below we can see that there has been about a ½ trillion dollar subsidy of fossil fuels in the world in 2012. Taking that same 500 billion dollars and using it to build every country’s independent energy system could bring a lot of easing of tensions of war and energy insecurity. The United States has war ships patrolling the Straits of Hormuz. After looking at a site for war ships patrolling the Strait of Hormuz, there is this astounding amount of money spent just on this area. The United States has spent 8 trillion dollars just on this area since 1976. We aren’t paying for this in our cost of gasoline. The 8 trillion is for stability in the world oil markets for which we only get 10% of that oil. I would like to make the point, life can be a lot better than what we have on the dependency on oil. I would like to end with the quote from Amory Lovins’ book Reinventing Fire.

Imagine fuel without fear. No climate change. No oil spills, dead coal miners, dirty air, devastated lands, lost wildlife. No energy poverty. No oil-fed wars, tyrannies, or terrorists. Nothing to run out. Nothing to cut off. Nothing to worry about. Just energy abundance, benign and affordable, for all, for ever.[21]

http://www.worldenergyoutlook.org/resources/energysubsidies/


Roger Stern, a professor at the University of Tulsa National Energy Policy Institute, wrote a study in 2010 in which he estimated that the US had spent $8 trillion on protecting oil cargoes in the Persian Gulf since 1976, when its military presence in the region was boosted following the first Arab oil embargo. This is all despite the fact that only 10% of the oil passing through the straits is actually destined for the US.

http://en.wikipedia.org/wiki/100%25_renewable_energy
http://www.theguardian.com/environment/2011/may/09/ipcc-renewable-energy-power-world

The IPCC said that if governments were supportive, and the full complement of renewable energy technologies were deployed, renewable energy supply could account for almost 80% of the world's energy use within forty years.[28] Rajendra Pachauri, chairman of the IPCC, said the necessary investment in renewables would cost only about 1% of global GDP annually. This approach could contain greenhouse gas levels to less than 450 parts per million, the safe level beyond which climate change becomes catastrophic and irreversible.[28]


The development of affordable, inexhaustible and clean solar energy technologies will have huge longer-term benefits. It will increase countries’ energy security through reliance on an indigenous, inexhaustible and mostly import-independent resource, enhance sustainability, reduce pollution, lower the costs of mitigating climate change, and keep fossil fuel prices lower than otherwise. These advantages are global. Hence the additional costs of the incentives for early deployment should be considered learning investments; they must be wisely spent and need to be widely shared.[29]

~Jeff
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Diane O’Connor
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M, W, F 10:30am - 3:30pm

(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.

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