The President’s Column by Bruce Swiecicki

Summertime keeps flying by and I hope everyone is able to get outside and make the most of it. Several of our members are travelers and use the summer to explore all parts of the country and even the world. What a blessing we have to be able to move about freely with minimal worries about our safety and wellbeing.

If I may, I’d like to extend our collective gratitude to Nancy Irons for working diligently to secure Mr. Dakari Underwood as our new custodian. Nancy spent many hours interviewing Dakari, preparing task lists, and overseeing Dakari as he settled in to his new surroundings. Maintaining a clean church is vital to our ability to serve our members and also impress others who may be visiting or considering renting the church for an event.

August 3rd will be an important day for us at UUCC. First of all, Pat Segner will be leading the annual Water Service, which is a great opportunity for us to share our stories of the places we’ve visited over the past year or the significant events that might be tied to one of our most precious resources.

Following the Water Service will be a memorial service for longtime member Abel Govea. I had gotten to know Abel fairly well over the years and can say with certainty that he relished the opportunity to attend church and socialize with all of us. He was always optimistic and looking toward better times in the future. Abel will be missed.

I hope you enjoy the rest of this relatively cool summer we’re having, and I look forward to seeing you in church very soon.

Bruce

Abel Govea Memorial Service

A Memorial Service for our beloved long-time UUCC member, Abel Govea, will be on August 3rd at 12:15. Contributions given in Abel’s honor will be gratefully accepted at the service and will be used for the betterment of our church. To accommodate for this event there will not be a Community Potluck Sunday.
Join us when our Forum resumes in September.

Please Help us Promote UUCC!
Check out our
UUCC Facebook Fan Page AND our Woodland Chapel Facebook Fan Page
and click “Like” to join! Then “SHARE” posts with YOUR facebook friends.
This will spread the word about our church and what we offer. THANKS!
www.facebook.com/myUUCCPF
and
Woodland Chapel at Unitarian Universalist Community Church of Park Forest

You are invited to Al & Joan Malukas’s (Diane’s Parents)
60th Anniversary Renewal of Vows Ceremony
to be held on August 10th, 2pm at UUCC.

The service will be officiated by their granddaughter, Rev. Meghan O’Connor Bruggeman. Music by Chris Ussery. No gifts or food!
(Light refreshments will be served).

All are welcome to this ceremony. We would be pleased to have you join us for this celebration of love, creativity and re-commitment.

Participate in an online survey
Are you an adult over 18 who has come to the Unitarian Universalist faith within the last three years? If so, you may be interested in participating in a survey being done by Boston University School of Theology. You can learn more about the project and participate in the survey by going to: http://www.bu.edu/cpt/fft

The following are some of the highlights from the Board of Trustees meeting July 8th:

- The Board agreed to continue our rental agreement with the House of Saints and Sinners at the same rate ($500 per month) for the coming year.
- Vice President Laurene Lambertino-Urquizo has been working with the Southtown Star advertisement representatives to initiate the new ad for UUCC. This advertisement is expected to be viewed by thousands.
- The Board approved the hiring of Dakari Underwood to take over the custodial duties at the church. Dakari is an employee of UUCC.
- Dave Matteson received approval from the Board to form a team that would oversee the updating of the sign on Western Avenue every week. Thank you, Dave!
- The Board approved a request from Joy Grange and Richard Oram to allow the use of Classroom 3 for a monthly educational forum on medical cannabis. The monthly meeting will be held after the service on the first Sunday of every month.
- The next meeting of the board will be held Tuesday, August 12th.
Free Movie & Discussion
“Take Back Your Power”
Friday, August 22, 7:00 p.m.

Around the world, corporate utilities and governments are racing to replace electricity, gas and water meters with new-generation 'smart' meters with surveillance capabilities, quietly using billions in taxpayer funds. But at what cost to human rights, finances, security and health? With compelling insight from insiders, government representatives, whistle-blowers, lawyers, doctors and environmentalists, Take Back Your Power investigates claimed benefits and emerging risks of this ubiquitous 'smart' grid program. 2014  88 minutes

Join in the lively discussion following this film.
Free coffee, tea, and popcorn.
Optional: bring a snack to share.
Invite friends!

Free Healthy Living Group
Second Thursday of the month

Thursday, August 14, 1:00 – 2:30 p.m.
“Raw Foods” Talk, Demonstration, and Tastings - Led by Lynn Lidbury

Come join us as we learn about the health benefits of eating more raw foods. Watch Lynn Lidbury prepare several raw dishes, get recipes, enjoy tastings, and learn tips to improve your health. Lynn has been eating a largely raw food diet for three years.

Suggested donation of $5 to help cover the cost of the food.

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, and hopefully always with sharing respect, and mutual support among participants.

Free tea and coffee Optional: Bring a snack to share.
Join in the discussion. Invite friends!
Wow, August already! It doesn’t seem that long ago that we were talking about the Polar Vortex. Family outings, vacations, and summer barbecues are in full swing.

As the Director of Religious Education, my thoughts have turned to fall and the opportunity for new religious learning. I have a wonderful new group of volunteers and old hands returning to the classroom.

There are some exciting new ideas for religious education for our children and youth. The preschoolers will have a structured curriculum that will create a protective faith home in which they can explore sharing, family, and relating to other people. The final design for the grade school classes will depend on the ages of the children who are registered this fall. The plan is to have appropriate curriculum for each age grouping. The basic theme for the coming church year is an exploration of the Seven Principles. The class sessions will explore these ideas and also the particular interests of the instructors, which might be art, the environment, or meditation. The eighth and ninth graders will be participating in a Coming of Age program, to help them better appreciate Unitarian Universalism, their own beliefs and values, and how these intersect. The program will help youth recognize that as they grow and change, there is still a place for them in their faith home: a new place, full of fresh opportunities and responsibilities.

There will also be adult religious education. I plan to offer the Huston Smith “The World’s Religions” class again. And in the next couple of weeks, I’d also like to get some input on what other topics you would be interested in exploring. Some possibilities are:

- **Unitarian Universalist Theology**
  Drawing on the work of historical and contemporary theologians, this program invites participants to examine some of the major theological perspectives of our tradition and to test those theological points of view against their own lived experience. What Moves Us will satisfy the hunger of longtime Unitarian Universalists, including religious professionals, for challenging faith development materials.

- **The New UU**
  This program provides important tools to help congregations welcome, orient, and integrate newcomers into their faith communities. The program addresses the needs of newcomers who want to know more about who we are and what we believe. It provides opportunities for members of our congregation to share with newcomers what it means to them to be a Unitarian Universalist. It gives newcomers a chance to examine their own personal stories in the light of our Unitarian Universalist tradition and heritage.

- **Holding On at Both Ends: Lifelines That Connect Us**
  **A Guide to Rediscovering the Shared Meaning of Our Lives**
  This multiple-session program uses the book *Life Lines: Holding On (and Letting Go)* by Forrest Church (Beacon Press, 1996) to create conversation and communion as we search for answers to some of life’s deepest questions. How can we make peace with our mortality and the death of those we love? How can we accept things that cannot be changed and change the things that can? How can we forgive ourselves and others? How can we gather the courage to overcome our fears? How can we connect with others to fashion a more just society, a more loving community?

  These are just some suggestions. Please feel free to come talk to me about your ideas and interests. I’ll also put a suggestion box in the Gathering Room for the next few of weeks.

Stay cool and have a great August! ~Dan
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. More info: Call Dave Matteson 708-672-8837 or (714) 930-6134.

RAINBOW CAFÉ will meet on August 15th at 6:30pm. The movie shown will be “Imagine Me & You.”

In this unconventional romantic comedy that gives new meaning to the term “cold feet,” bride-to-be Rachel (Piper Perabo) is love-struck—not with her groom, but rather with another woman who’s a guest at their wedding. As she’s marching down the aisle with her sweetheart, Heck (Matthew Goode), Rachel is bewitched by a beautiful guest (Lena Heady). But following her heart’s true desire is hardly an easy proposition.

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.

Free Healthy Living Group

2nd Thursday of the month
1-2:30pm
August 14th Topic: “Raw Foods”
Talk, demonstration and tastings, led by Lynn Lidbury
Free tea & coffee
Optional: Bring a snack to share
Join in the discussion. Invite friends

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

Sacred Communication Workshop
August 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 more information, call Rev. Henrietta Byrd: 312-593-4732.

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.

STARTING AUGUST 7TH
QiGong with Jim Kobus
First Thursdays @5pm
(This class will be held typically the first Thursday of the month but there will be exceptions so you must send Jim your email if you are interested in participating.)

Do not eat before class.
Please bring your own water.

Email Jim: emiton1@aol.com
For questions call: 708-799-1925
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<td>14 9:30am Yoga 1pm Healthy Living</td>
<td>15 6:30pm Rainbow Cafe</td>
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Respond Now is very grateful, as always, for your donations of food and personal items. On August 9 they will again hold their school supply party. After mid-July, will you please help out by donating the following school supplies between mid-July and August 9: pencils, crayons, notebooks, folders, colored pencils, markers. Backpacks are also needed. Thank you so much. ~Suzie Brown
Green Sanctuary Committee - by Jeff Green

You may think that we are a really small church. In population, we are clearly smaller than most of the other churches out there. But being a UU we are at the forefront helping to lead the rest of society in climate action. 2000 members representing 1000 churches across the United States voted overwhelmingly to divest from fossil fuels. Our church in Park Forest played a part in this.

Andy and I were downtown looking into a program to save the church money on energy. We met Ellie Hall from the 2nd Unitarian church of Chicago. We were told about the UU divest movement and that was our chance. Andy Stevens, Rich Oram, and I passed out the petitions to put our church on the list for divesting. This has a formal procedure to be voted on at the UU GA Unitarian Universalist General Assembly. Just Saturday June 28th the vote took place in which Bill McKibben took the selfie.

In our interdependent web of life, the UU’s of Park Forest are helping to make an impact.


http://www.commondreams.org/headline/2014/06/29-1
Written by Vince Douglass

Here it is August, the down side of summer and I’m already missing it. Where is all the nice weather going? Oh well, time passes all too fast.

Last month I wrote about the strong position the UU is in compared to the main line Christian Churches. The Christian Churches have a history, as it is organized today, that goes back to Roman Emperor Constantine, about the year 310AD. He laid out the Creed that was to be followed and if you didn’t, you could be killed. For hundreds of years after that time it continued with wars, crusades, etc. in the name of God and Jesus Christ. You were to follow the Creed or you could end up dead.

Today, at least here in the USA, we have freedom of choice. If we want to believe the Christian way, that’s fine or Jewish, Pagan, Moslem, or whatever, or none at all. It’s up to you. However, if you don’t choose to follow the established ways of any of the above religions, where do you go? Some folks don’t believe Holy Mary, Mother of Jesus, really was a virgin, or that Jesus is the Son of God. It is also possible He was really a bit of a rebel and trouble maker, standing up against Roman rule. There are many theories about Him and the history of the Christian Church.

That’s where we, the UU Church, come in. We welcome all of these different thoughts. NO OTHER CHURCH OR RELIGION openly welcomes such a variety of theories and/or beliefs. It is my opinion that that is why many people are not attending the main line Christian churches. THEY, the many former Christian attendees, are no longer going to church because they no longer agree with their teachings.

The general population has no idea who we are. I myself, searched for years before I happened upon the UU Church. Why aren’t we telling people who we are, what we stand for, and how welcoming we are. Our church, you and I, have so much to share and, it seems like we are keeping it a secret. WHY? People’s relationships to the main line churches they have gone to in the past have changed. If they only knew about UU I’m sure they would be exploring who and what we are about. WE ARE UNIQUE BUT THEY DON’T KNOW US. Let’s, you and I, work on becoming a vibrant, enthusiastic, growing church, well known and thought of in our community. Blessed Be My Friends, enjoy what’s left of our summer.

You are invited to share your thoughts!
Submit your article to Diane at diane@uuccpf.org
Jeff Fields
Retirement Party
Unitarian Universalist Church
August 1, 2014 at 7pm

Everyone is welcome
Raw food and Pizza
Music provided by the Rhythm Kings

For more information, call Jeff @ 708-417-4835 or Lynn @ 708-828-0968

Welcome to Our New Custodian Dakari Underwood!

Dakari Underwood has been hired as our new custodian. He has been with us for 3 weeks now; and while he is still learning the ins and outs of caring for our building, so far, all parties are very satisfied! Dakari came to us on the recommendation of Leanne Roth. He is a graduate of Bloom Township High School with 2 years experience cleaning government office buildings in Kankakee. Nancy Irons will be his direct supervisor. If you have cleaning suggestions, please speak with Nancy. Welcome Dakari!!

Once again, thanks go to Kandye Winterfeldt for all her efforts as custodian over the past several years. We appreciate all that she has done and still does for this church!

Thank you, Kandye!!

Lay Ministry - Pastoral Care Team

Your pastoral care team has been in training to provide pastoral care that is appropriate within a UU congregation. They are here to support you in tough times, whether they last a day, a week or several years. Although some of them are professional counselors or social workers, their role as your pastoral care team is to lend an ear and a kind word. They will walk with you during difficult moments and, if necessary, suggest further resources.

Lynn Lidbury, a professional counselor with offices across the street from UUCC, is the primary contact for further assistance when serious issues arise. Her service currently has counselors available at minimal cost who can meet with people at church.

Two or three team members will be on call at a time, during specified months. During the month of August, your care team consists of Barb Morris-Andersen and Monica Regan. You can find them around church, in the church directory, or by calling the office and asking Diane for their contact information.

Following is the pastoral care team: Colin Kirchner, Bev Feldt, Darlene Obejda, Jeff Green, Carol Hechenberger, Char Pierce, Joyce Semmler, Pat Segner, Jerome Rowley, Monica Regan and Jodi Libretti.
Church Information
70 Sycamore Drive
Park Forest, IL 60466
PHONE: 708-481-5339
E-Mail: diane@uuccpf.org
Web: www.uuccpf.org

Office Administrator
Diane O’Connor
Office Hours:
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.

Visit us on the web @ www.uuccpf.org