With September closing in, we’re finally getting some of that hot summer weather we’ve all been expecting up in these parts! It’s been a fairly comfortable summer so far for me and I hope you’ve all been enjoying the natural wonders that are all around us.

The UUCC Board of Trustees has been discussing and planning some informational activities that we feel would benefit the whole congregation. For the adult forum on September 21 and September 28, the members of the board will be providing an opportunity for all members to learn more about our church structure and how it is changing to suit the characteristics of our congregation. We are doing our best to keep up with the changing needs of our congregation while at the same time reaching out to the surrounding communities to encourage their attendance at our church on Sundays. I hope you will all find the time to attend at least one of those forums later this month.

Speaking of reaching out, I must extend my thanks to our members Vince Douglass and Barb Anderson for “lighting a fire” under the Board with respect to marketing and advertising our church. Due to the efforts of these two and the great ideas and work of Vice President Laurene Lambertino, we’ve decided to go with an internet outreach program through the Southtown Star Online Newspaper. The tracking results of these advertisements has been very encouraging because we are getting reports of several thousand additional “clicks” on our UUCC website during the time that these advertisements are running! That is certainly encouraging news!

It would be very beneficial and we hope you will join with other members of the board that if you see an unfamiliar face at our services, you take time to introduce yourself and find out from the person how they may heard about UUCC. If you are able to do so, please let me know either in person or by email what you’ve learned. If we can begin to identify the effective means of reaching out to our community, we’ll be in much better shape as we go forward with more targeted messages.

In closing and on a personal note, I’d like to thank all of you for your kind expressions of encouragement during my period of dealing with my hip and infection. My surgery was August 22 and I’m happy to report that no infection was found and a new hip was put into place! Although I’m at home dealing with some residual effects of the surgery, I’m very confident that I am on the road to recovery and will soon be able to scoot the halls of UUCC as a bipedalist with no need for additional support.

Hope you’ll be able to join UUCC members at the Corn Roast on September 6th!

Best Regards,
~Bruce
The following are some of the highlights from the Board of Trustees meeting August 12th:

- The Board is continuing to consider the operating structure of the church and how to improve it. There is favorable consideration being given to using “task forces” to handle specific projects. Each task force would be driven by an inspired UUCC member and have a board member associated with it. However, it is recognized that several groups are working relatively autonomously and are doing just fine, such as the Nominations Committee. This remains a “work in progress.”
- Adult forums in September (21st and 28th) will be used to present information on the workings of the UUCC Board to the members and solicit feedback from those who are interested. More information will be coming on this.
- The Board agreed to accept on a trial basis the donation of a wheeled trimmer to address some of the landscaping needs of our church.
- An idea to permit “memorial plantings” around the church was received favorably. More information will be coming on that.

Central Midwest, Heartland, and Prairie Star Districts of the Unitarian Universalist Association have joined together as Mid America Region to create a new era in Unitarian Universalism. Summer is two-thirds over, and the MidAmerica Region staff is gearing up for the fall! We invite you to participate in the opportunities you can read about by clicking the link below.

http://www.midamericauua.org/events

Medical Cannabis Education Association

September 7th
(First Sunday of the month)
11:30am - 12:30pm
Classroom #3
Free

This Month’s Topic:
- How to become a medical cannabis patient.
- How to talk to your doctor.

In Loving Memory - October as Memorial Month

Summer is done, autumn begun;
Bright blossoms fade, leaves turn ablaze,
Flaming leaves fall, geese flock and call;
Season now ends, memories to tend.

As we enter the season of fall, with its many endings and departures, it is apt to remember loved ones who have gone on from this time and place. During the month of October you will have the opportunity to honor them with donations to sponsor improvements at UUCC. Some of the options that may be available include: memorial trees, shrubs or wildflowers; additional copies of the teal hymnal, Singing the Journey; dedicated flower arrangements or chalice lightings. Ponder who you would like to honor, and what would be a fitting remembrance for them. Donation forms are now being developed and will be included in your order of service, starting the last week of September.

If you would like more information or have suggestions for this campaign, please contact Nancy Irons (708-712-3228).
**September Forum**

**Date: September 7**
No Forum: Community Sunday Potluck Lunch

**Date: September 14**
Title: Care of the Earth
Presenter: Jeff Green
Topic: New York Climate Rally and Other Assorted Topics

**Date: September 21**
Title: The Board Walk
Presenter: Jerome Rowley
Description: The Board of the UUCC Park Forest Congregation would like to introduce its members to the congregation, and walk through a proposal for how to increase communication between the Board and the Committees/Task Forces that perform the work of the church.

Topics:
- a) Introduction to the Board Members, and the various Committees/Task Forces
- b) The accomplishments of the Board and the various Committees/Task Forces in the past year
- c) The Board's mission and its vision for the coming year
- d) The new proposal for the structure of the Board and the Committees/Task Forces.

Feedback from the congregation is welcome. If you want to get more involved with the church and its outreach to the community, this is the place to find out more!

**Date: September 28**
Title: Let’s Go Forward Towards a Retreat
Presenter: Jerome Rowley
Description: Barb Morris has proposed having a retreat so that those in the congregation can gather to come up with and discuss ideas in a constructive, supportive manner for improving the long-term health of our congregation, including: how to improve communication within the congregation, how to attract and retain new members, and how to improve the church’s outreach to the surrounding community. The forum would discuss proposals of when we should hold the retreat, where we should hold it, and whether these topics are ones that the congregation finds relevant, or if there are any additional topics that the congregation feels could be suitably addressed in such a format.

Topics:
- a) Communication within the Church
- b) Attracting and Retaining New Members
- c) Improving the Church’s Outreach to the Surrounding Community
Early Autumn Work Morn - September 20th 8am to noon

Join us for indoor and outdoor tasks as the heat of summer cools off. We hope to soon have several new trees and shrubs donated as memorials. Help us prepare the spots for plantings. If you prefer to work in or near the building, the windows need washing; books in the Gathering Room need organizing; and chairs need cleaning. Come for an hour or stay all morning. We really could use your help. You can even tackle a project of your own devising, if you know of something that needs your attention. Many hands make light work. Please join us! Refreshments will be provided.

For more information, please contact Nancy Irons (708-712-3228).

Free Healthy Living Group
Second Thursday of the month
Thursday, September 11th  1:00 – 2:30 p.m.

Book Review and Discussion of
*A Short Guide to a Long Life*
By David B. Agus, M.D.

Kris Cirn, OTR/L Occupational Therapist, will summarize Dr. Agus’ book and lead our discussion of good habits for health and longevity. The Power of Prevention: Dr. Agus feels most people could delay or totally prevent a vast majority of illnesses if they just adopt a few healthy habits and avoid the ones that lead to illness.

Free tea and coffee Optional: Bring a snack to share.
Join in the discussion. Invite friends!

Free Movie & Discussion
“Koch Brothers Exposed”
Friday, September 26th  7:00 p.m.

This updated documentary shows how the Koch brothers have used their vast fortunes to oppose government programs such as Medicaid, Medicare and Social Security, as well as obstruct efforts to raise the minimum wage, tackle climate change and expand voting rights.

Join in the lively discussion following this film.
Free coffee, tea, and popcorn.
Optional: bring a snack to share.
I’m stating this up front: this is a shameless pitch for this year’s Religion Education offerings for children and youth. Here’s the line-up.

Our preschool curriculum this year is Celebrating Me in My World. It begins by celebrating the wondrous qualities of the children themselves and expands outward to the things and people around them. This program provides preschoolers with experiences and opportunities to grow in their sense of trust and caring and to develop their self-identity and their sense of connectedness with all of life.

One goal of the Around the Church, Around the Year curriculum for the kindergarten to second grade is to help children understand Unitarian Universalism. What do Unitarian Universalists believe about life, death, people and the environment? The children will become familiar with the flaming chalice; a dedication ceremony; the Flower Communion ritual; and the Unitarian Universalist approach to Christmas, with its focus on the sacredness of every birth and the unique worth of every person. Another goal is for the children to discover and to explore their feelings about themselves and their relationship to the social and religious community of which they are part.

Toolbox of Faith invites third- through fifth-graders to reflect on the qualities of our Unitarian Universalist faith, such as integrity, courage, and love, as tools they can use in living their lives and building their own faith. Each of the 16 sessions uses a tool as a metaphor for an important quality of our faith, such as reflection (symbolized by a mirror), flexibility (duct tape), and justice (a flashlight).

The Families curriculum for grades 6-12 is designed to provide space for youth to look at their families. Understanding begins with attending to and listening to each other’s descriptions of their own realities. By understanding their own families, learning more broadly about families, and representing a range of healthy families, youth will gain a greater sense of family functionality and their own efficacy in contributing to it. The central activity of this program is a family focused photo-documentary, so the youth will be developing some basic photographic skills.

Now here comes my call to action. Please let your neighbors, friends and relatives who have children or youth know about our classes. And don’t forget about grandparents. I think you can see the content is great, and we have a terrific group of teachers and facilitators. It would be wonderful to have five or six children for each class. If you find people that are interested, you can have them email me at danfeldtuucc@gmail.com or they can call the church office at 481-5339. Let’s share our valuable guiding principles for a caring and fulfilling life.
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 Sept 19th at 6:30pm. The title of the movie shown will be “AUGUST.”

Love is a messy business and August proves it. Jonathan (Daniel Dugan) meets Troy (Murray Bartlett) on Memorial Day and falls in love big time but Troy leaves him and moves to Barcelona. Time passes and Jonathan is finally ready to move on. He meets Raul, a foreign national (Adrian Gonzalez) and tries to re-establish some sense of domestic bliss. The story is the common problem of a triangle. But what sets the film apart from other Gay-themed romances is not only the quality of the script but the quality of the acting as well. All of the performers portray multi-leveled people. For a relatable love story, come see August.

Sacred Communication Workshop

September 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.

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


Free tea & coffee
Optional: Bring a snack to share
Join in the discussion. Invite friends

Dances of Universal Peace:
3rd Sunday of the month.

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.

Next DUP meets on September 21st

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

Love to Sing??

Join the UUCC Choir! The Choir sings twice a month, with rehearsals on the second, third and fourth Sundays at 8:30 a.m. All levels of experience are welcome — you don’t have to read music or audition to sing with us. Come help us make a joyful noise! Email our choir director Bev Feldt at bevfeldt@gmail.com.

QiGong with Jim Kobus

Most Thursdays @5pm

(This class will be held typically every Thursday of the month but there will be exceptions so you must send Jim your email if you are interested in participating.)

It is suggested that you not eat before class. Please bring your own water. $5 suggested donation per class.

Email Jim: emiton1@aol.com
For questions call: 708-799-1925
## September

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<td>6 9am Buddhist Meditation 4:30pm Corn Roast</td>
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<td>19 6:30pm Rainbow Cafe</td>
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<td>21 10am Worship/RE 2pm Dances of Universal Peace 4:30pm CUUPS Fall Equinox</td>
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**59th Annual Park Forest Art Fair**
Saturday, September 20th and Sunday, September 21st
10am to 5pm each day, rain or shine
Downtown Park Forest
For more information visit www.tallgrassarts.org or contact the Tall Grass Arts Assoc. at 708-748-3377
Some of you may have heard about Greensburg Kansas population 1500 that was wiped out by a 1.7 mile wide 205 mph tornado. My apologies for the picture being dark, it was raining cats and dogs on Saturday when he was speaking. The Speaker Bob Dixon became Mayor shortly after the tornado struck. His talk was on the community process of rebuilding a sustainable community mostly at the platinum LEED level for the city buildings. We are bringing in a speaker with strong conservative credentials leading the way in his community. This is important to do in this time to get everyone on board for this huge change that society must do.

http://en.wikipedia.org/wiki/Leadership_in_Energy_and_Environmental_Design For the meaning of LEED. If you have a chance this will catch you up.

John Farrel of Institute for Local Self Reliance out of Minnesota gave the Sunday keynote address on Sunday. One fact he gave about Illinois that stuck in my head was that Illinois has enough wind potential to provide 517% of our electricity needs. He is clearly a detailed “energy policy wonk” that is on top of his game. Much more detail in the talk than I can give here. I hope to bring more to church later on.

Everyone take care.  ~Jeff Green

DANCES OF UNIVERSAL PEACE

We begin again on the 3rd Sunday from 2-4pm.

Dates for 2014:  
September 21, 2014  
October 19, 2014  
November 16, 2014  
December 21, 2014  

Dates for 2015:  
January 18, 2015  
February 15, 2015  
March 15, 2015  
April 19, 2015  
May 17, 2015  
June 21, 2015  

Dances of Universal Peace was introduced by Sufi teacher, Samuel Lewis, in San Francisco in the late 1960’s and is now a worldwide network. The dances are easy to learn and open to all.  
For more information, contact Pat Segner.
4 Winds CUUPs - Fall Equinox Celebration at UUCC

Join us on Sunday, Sept 21st at 4:30 pm for a celebration of the Fall Equinox. This will be a family friendly pagan ritual with reflection on balance in your life. Community potluck will follow. Please bring a dish to share. $5.00 donation suggested.

*Mabon (the Fall Equinox) is:
Spider webs and dewy mornings, loaded apple trees,
Rooks flying home, turning leaves and shortening days,
The storing of the grain and Harvest home.
May we all accept the harvest gifts of the Goddess
and God with thanks and love and gladness.

We hope to see you there! For more information, please contact Nancy Irons (irons.nancy@gmail.com).

UUCC Corn Roast

September 6th from 4:30 to 9:00pm
Burgers, brats, hot dogs and veggie burgers, buns and (of course) locally grown sweet corn.

Special Musical Guests: Chris Ussery and his band Nomad Planets

7:00 to 8:00pm
On the patio, weather permitting. Games for all ages!
Please bring a side dish or a dessert to share.
$5 in advance, $7 at the door

As the leaves fall, come celebrate the woods with a concert by Ingrid Krizan and the Thorn Creek Chamber Players on Friday, September 5th at 7:30 p.m. at Thorn Creek Nature Center. Tickets are on sale now for this popular event. For more information or to register: 708-747-6320 or thorn_creek@att.net.

Scared Sacred! At Portiuncula Center for Prayer. This is the first in a 3 film series! In this 90 minute feature documentary, the award-winning film-maker, Velcrow Ripper, takes us on a five-year pilgrimage to the Ground Zeros of the world in order to understand how it is that some people are able to go through the darkest days of human history and find a way to the other side. This transformation of “scared” places into “sacred” places becomes food for thought as he unearths unforgettable stories of survival, resilience, and recovery—and leaves us with strategies for ways of creating hope in our personal lives and the world we live in. **Fee: $10** Phone: (815) 464-3880 for more information.
Church Information
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Park Forest, IL  60466
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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