On These Cold Winter Mornings

Motivation….what is it that keeps you getting up in the morning? It’s got to be something, otherwise, why bother? What is the end game for a UU? Especially on these cold Midwestern mornings, arising at “O-dark-hundred” and working until there’s no more light in the sky and many times beyond that, I sometimes question not whether it is worth it, because my appreciation for a warm home and hot meal only grows as I age, but more along the lines of what will happen when I’m no longer able to do what it is I do “for a living.”

I got a taste of that last year when I was hobbling around on crutches for several months. Strange how some people tell me now that they thought I was in deep trouble and yet I never really felt that way at all. And we have people going through some things right now that I’m sure have left them with a sense of their own mortality and maybe that’s not a bad thing. Maybe that’s where the motivation arises. To squeeze every last ounce of usefulness out of our shells is not a bad thing at all, in my mind.

Which brings me to prayer. Prayer is an important part of the lives of many people that I know. I’ve observed that prayer takes many forms, from deep meditative concentration to “off the top of the head” prayers of thanksgiving for the food before us. Whether or not prayer is “effective,” I believe it is. If only from the perspective of calming oneself, of aligning thoughts in a manner that brings about a positive effect on the prayer’s psyche and attitude, it surely must be effective. And motivating. Whether or not it “works” is maybe not the most important benefit of prayer. And for the “recipient” of the prayer, a lifting of that person’s spirit can be realized by the simple fact that another person cares about them.

So when I think motivation, it isn’t hard to get inspired. Looking around UUCC, I’m inspired by what I see. And what I see are people like Catharine and Irmgard, people who have earned the right to sit back and “take it easy,” finding the strength within themselves to lead by example, simply by being there every Sunday. And to those that help make that happen, my thanks to you. I know it isn’t easy, especially in winter. But it makes me glad to know we’re not lacking for motivation.

~Bruce
March 1st - No Forum: Community Sunday Potluck

March 8th - “Park Forest – Today and Tomorrow” with Hilde Kingma  This discussion will examine Park Forest’s demographics, housing and employment today and projected to the future to understand what might be in store for the Village in terms of housing and economic development. It will also include a look at some sustainability indicators and what Park Forest residents can do to live a more sustainable lifestyle to benefit themselves, the community and the world. Finally, there will be a discussion about what is in Park Forest’s plans for addressing all these issues.

March 15th - UUCC Retreat Follow Up with Jerome Rowley (Kickoff Meeting for Retreat Projects)

March 22nd - Care of the Earth: Jeff Green - "The Road to Paris COP 21"

March 29th - UUCC Retreat Follow Up with Jerome Rowley (A Man, A Plan, A Canal—Panama!)

The Forum on March 15 will be called, "Kickoff Meeting for Retreat Projects"

In the late Fall of 2014, over 30 members of the congregation participated in a retreat to discuss four areas related to the long-term vitality of the church: 1) Community Outreach, 2) Internal Reorganization, 3) New Members, and 4) Retaining Members. In that retreat, the discussion led to brainstorming about what projects can be undertaken to improve the church in those four areas. In subsequent weeks, these projects were listed on giant post-it notes in the sanctuary after the service and many members of the congregation signed up to participate in those projects.

After a long winter hibernation, it's time to start taking action on these projects! For those who signed up for the projects or for those who didn't sign up but would still like to explore the possibility of participating, there will be a Forum on March 15th which will be the official kick-off for the projects. The members of the various ad-hoc committees running these projects will meet, the purpose of each project will be stated, and each committee will arrange a time to meet so that a project plan can be developed.

The project plan of each committee will be presented at the Forum on March 31, which will be called, "A Man, A Plan, A Canal—Panama!" where the project plans worked on by the committees will be presented by those members in the congregation who are either on the committees or who are interested in what the committees are doing. If you have any questions, please contact Jerome Rowley by phone at (714) 930-6134 or from his e-mail address which is jerome.rowley@gmail.com. I look forward to seeing all of us move forward at the Forums in March!

Pastoral Care: Listening Hearts

Two Listening Hearts, or members of the Lay Pastoral Care team, are on hand each month to serve your needs. They are not acting as professional counselors, but rather a source for listening, support and resources. They have participated in training to become Listening Hearts. Listening Hearts will soon have a ribbon on their name tags to identify them. If you do not spot one of them at church, or if you wish to talk to one of them in particular, please contact the office.

The Listening Hearts for March are Darlene Obejda and one other person to be announced.
A note of thanks to those who supported the **Bead for Life** program in spirit or with purchases. We sold just over $400 at UUCC that Sunday. Along with sales at 1st Unitarian in Hobart and other groups, I was able to sell a total of $2,406 in goods made by the women of Uganda.

So, I calculate we are helping 3 women create businesses and meaningful lives for themselves and their families, and also sending one girl to school for a year. .......All this plus enjoying, shopping, and giving!

Blessings to everyone.
*JoAnn Franczek*

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**Regional Assembly 2015**

Join fellow UUs the weekend of **April 17-19**, in Naperville, Illinois (a western suburb of Chicago) for **Regional Assembly 2015**. It will be a great chance to be together as one region to explore The New in a New Era of Unitarian Universalism with presentations by two major speakers: the Reverend Rosemary Bray McNatt and the Reverend Dr. Marlin Lavanhar. You can benefit from workshops designed to strengthen your congregation, deepen your social justice work, and enrich you on a personal level. Come and experience the Regional Business Meeting, good food, and time for meeting new friends and old from congregations across our great Region, culminating with the joy of shared worship and musical celebration on Sunday morning.

See [http://www.midamericauua.org/events/regional-assembly](http://www.midamericauua.org/events/regional-assembly)

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**Raffle Items for Congregational Dinner**

Last year good fun was had by all and some mighty nice prizes were taken home. This year we will again be holding the fun and interactive Basket Raffle at our dinner on May 3rd, 2015. We are looking for inspired donations of themed baskets, personal services and individual items to raffle off. Please consider donating items, or share a service or talent. Collections will begin in April. Contact Dorea or Nancy with questions.

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**The Midwest Unitarian Universalist Summer Assembly Annual Retreat**

The Midwest Unitarian Universalist Summer Assembly (MUUSA) is an annual retreat for fun, fellowship and personal growth. A summer camp where more than 400 UUs get together every year to reenergize with like-minded people. This year’s camp will be held July 5-11th at Trout Lodge near Potosi, MO. You can register online at www.muusa.org.
Free Healthy Living Program
Thursday, March 12, 2015
1:00 – 2:30 p.m.
Two topics:
1) Sleep - guest speaker and discussion leader: Monica Gonzalez
   Natural tips and hints to aid in sleeping, focusing on herbs, essential oils, and crystals
2) Affirmations - speaker and discussion leader: Darlene Obejda
   Words we say to ourselves that can improve our emotional state and help us reach our goals.
   Review of the book Words That Heal by Douglas Bloch
   Come join us! All are welcome. Invite friends!

Free Movie & Discussion
Friday, March 27th, 7:00 p.m.
In Organic We Trust is an eye-opening documentary that reveals the true meaning of “organic”. What began as a philosophical movement has become a controversial $30 billion industry. Large corporations have consolidated, scaled-up, and out-sourced. They've converted the “certified organic” label into a marketing tool.
   Join us for this insightful film! Invite friends!
   Free coffee, tea, and popcorn.

CUUPS Full Moon Fun Night
Join us for a social gathering of pagans; children welcome. We will be discussing plans for the Spring Equinox Celebration. Please bring possible readings or activities for that event.
Friday March 6th at 6:30 pm at UUCC. Please bring a snack to share.

CUUPs Spring Equinox Celebration
We will be celebrating the Spring Equinox with a family friendly ritual and potluck on Saturday March 21st, 6:00 pm. Please bring a dish to share.

The Medical Cannabis Education Association Meeting is being held on March 1st. Noon till 1pm in Classroom 3. Attendance is FREE.

This month’s topics include: Adding Conditions, Health benefits of Hemp, Rheumatoid Arthritis, PTSD. The group will not meet in April.
Edgar’s Place Coffee House
Proudly Presents
Danny Fox

Saturday, March 14 at 8:00 pm
Adults: $15.00
Kids: $10.00

"Danny's been playing self taught guitar and harmonica for the past 9 years, and has been singing "since the womb."

"Performing Mr. Tambourine Man, he (Danny Fox) exuded a talent and charisma that grabbed his audience and demanded their attention. He is a strong singer and musician . . . and he plays the harmonica better than his idol (Bob Dylan) did at his age."

Danny Fox is a spot on Bob Dylan tribute artist who came in 1st place at the Dylan Days singer songwriter contest in Dylan's hometown of Hibbing, Minnesota twice a few years ago while still in his teens (and placed 2nd once). But he is much more than that. Danny is an accomplished singer songwriter, with 2 recordings of totally original material to his credit and in the process of finishing his third one. He has an emotive powerful voice and is a fine guitar and harmonica player. Danny is also an excellent interpreter of both modern songs written by others, as well as traditional Irish songs.

The Fifth Annual Gender Matters Conference,
"All in the Family,"
will be held at Governors State University on April 17-18, 2015.

Gender Matters is an academic conference highlighting research on gender, women and sexuality across all disciplines and historical periods.

Conference planners seek to bring together students, activists and researchers to discuss the ongoing role of gender in structuring society.

For more information: http://www.govst.edu/gendermatters/

From the Church Office… by Diane O’Connor

I want to express my deep gratitude to everyone for the best wishes and lovely get well cards! During these last 2 months I have made the very difficult decision to step down from the Office Administration position. Currently, I am still actively involved with the newsletter (along with a few other duties) and I will be coming back to an occasional church service very soon, so I intend to be around for awhile! I have greatly appreciated everyone’s support and kind words of encouragement during the 3 years I’ve held the Administrative position. Nancy Irons has been stepping in for me while we transition, and she is doing an incredible job. Bev Feldt continues to do a great job with the order of service. Please send them kind wishes and support as well. Good health to you all and I’ll see you soon!! ~Diane
Rainbow Cafe

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 Friday of the month from 6:30-10:30 pm. More info: Call Dave Matteson 708-672-8837 or (714) 930-6134.

RAINBOW CAFE will meet on March 20th at 6:30 pm. The movie shown will be Loving Annabelle.

Loving Annabelle

An esteemed young poetry teacher at a Catholic boarding school risks everything when she engages in a feverish affair with a female student in this controversial story of forbidden love. 2006 77 minutes

Cast: Eric Kelly, Diane Gaidry, Laura Breckenridge

Sacred Communication Workshop

March 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

March 12th: (2 topics)

Sleep: Monica Gonzalez

Affirmations: Darlene Objejda

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 March 15th

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 on the second and fourth Sundays of each month, with rehearsals on those days at 8:30am and one weekday evening per month. No experience required. If interested 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.

QiGong

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

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### Available for House Cleaning and/or Gardening Assistance

Many of you know Shirley Borchardt who, for a short time, was our church janitor. She is available to take on jobs such as house-cleaning and other similar tasks and (later) gardening work. Sandy & Dave can recommend her as reliable and competent. You are welcome to call Shirley at 708 672 7853 to discuss the projects you have in mind.
Global warming is a slow moving train of change that motivates us to keep track of how to prepare for the future. Our most important tracking addresses how we will think it will affect our food supply. Keeping in mind that the mid east uprisings were partly started by a shortage of wheat, acting now is the most progressive responsible thing we can do for our future generations.


The researchers found that wheat production would fall by 6% for every 1C increase in temperatures. The world is now nearly certain to warm by up to 2C compared with pre-industrial levels, with political efforts concentrated on holding the potential temperature rise to no higher than that limit. But some analyses suggest that if greenhouse gas emissions continue to grow at current rates then warming of as much as 5C could be in store. In forecasting the effect on wheat production – one of the world’s most important staple crops – the researchers tested 30 computer models against field experiments to establish the most likely scenario. A fall of 6% in yield may not sound dramatic, but as the world’s population grows the pressure on staple crops will increase.

Food price riots have been seen in several developing countries following sudden rises of less than 10% in food prices in recent years, demonstrating the vulnerability of the poor to grain prices. The global population is currently over 7bn and is forecast to rise to at least 9bn, and potentially up to 12bn, by 2050, which will put more pressure on agricultural land and water sources.

**Soup Kitchen Fundraiser for PADS**

*with optional donations for Respond Now*

**Sunday, March 29, 2015  11:30 a.m.*

Come join us for delicious food and caring community as we raise funds to help the homeless and others in need. 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 five dates. Please be generous if you can.

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? Ask Darlene Obejda or Carol Mortsen
The "Bistro Night" event was fabulously successful. Thanks to all who attended, all who volunteered, and special thanks to everybody who wants to do this again!! How about a Blues Night - with Blues Food on the patio?

UUCC is looking for a few friendly faces that can search out visitors to our services and make them feel welcome and attended to. Please contact Dan Feldt for more information.

Please submit any newsletter entries to Diane O’Connor at diane.oconnor@att.net.
Also please note new address and phone:
340 Maple Drive
Glenwood, IL 60425  708-758-5715

The following are some of the highlights from the Board of Trustees meeting held on February 18th:

- Two Forums (March 15 and March 29) will be used to establish follow-up activities from the retreat last November.
- An advertisement for UUCC will be placed in The Reader.
- For the purposes of ordering food and in order to get a good handle on the number of people who will be attending the Fellowship Dinner on May 2, the Board decided it was best to make reservations for the event. A price has not been set, but hardship allowances will be made for those who cannot afford reservations.
- Diane O’Connor turned in her letter of resignation from the Office Manager position at UUCC. She will continue to edit the newsletter and perform other functions for the church.
- The Board discussed the need to notify members should another weather event occur like what happened on February 1. We will look into the capability of leaving a message on the church phone and having people call the phone in the morning to determine whether the service will be held.
- The next meeting of the Board of Trustees will be Tuesday, March 10.
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