It’s Our Turn to Choose!

Well, we finally made it. Spring (weather) is here! Rejoice!

Not only are we able to leave the house with only a light jacket or none at all, but we are also able to look forward to May 2 for the UUCC Congregational Dinner and May 3 for our annual Pledge Drive. This is an exciting time for us UUCC’ers because we get to plan projects for the betterment of the church. Whether those projects will be improving our building and surroundings or providing a means to help us fulfill our commitment to social justice or some other goal, the fact is that we can all have a voice in that process.

Here’s how it works and how you can get involved. Come May 2, you put your party clothes on and help us celebrate the year gone by as we break bread together at the Congregational Dinner. This year we continue with the idea of raising funds through donated articles and services, which will be available for perusal and bidding prior to the dinner. Then, in a change from our customary Italian menu, we’ll sit down to a dinner inspired by Middle Eastern cuisine. Afterwards, sit back and enjoy some entertainment and find out whether you won that Wyll Mull painting that you bid on or some other article or service that may have caught your eye.

The following Sunday, May 3, it’s time to consider the future and help make it happen for UUCC by pledging to the church. Think of the ways in which UUCC enhances your life, even if all you do is come to a service on a Sunday. Really, it’s the “only show in town” of its sort in our area and I hope you will act on your sentiments by making a financial commitment. The degree to which we receive support directly affects our ability to carry out the church’s mission.

The final step in the process is to bring your ideas and enthusiasm to the Annual Congregational Meeting, which will be held after the service on Sunday, May 31. By that time you will have received the formal meeting notification and the proposed budget for the coming year. Make sure to review it carefully and bring your questions and suggestions to the meeting. That will be a golden opportunity to impact the direction we take and how the church’s funds will be used.

I look forward to participating with all of you in our Magnificent May at UUCC!

~Bruce
May 3rd - No Forum: Community Sunday Potluck

May 10th - Care of the Earth: Climate Reality Iowa  The Climate Reality Leadership Corps training in Cedar Rapids, Iowa, which will be held May 5-7, will bring together a select group of individuals committed to addressing the impacts of climate change and implementing the solutions that will define us to future generations.

May 17th - Colin Kirchner: Seeking empowering metaphors for life. We will talk about metaphors that we use to describe life, such as life is like the ocean or dream or roller coaster. How does your description of life help or hold you back? What is the perfect UU metaphor?

May 24th - Learning to let go and move forward - Katherine O'Leary: We will explore different techniques to help you learn to let go of the pain, regrets, resentments and injustices that have hampered your emotional and spiritual growth and in doing so, learn to live life in the present while letting go of the past. We will discuss and practice some spiritual and psychological exercises that will help enable you to let the past live in the past and help you become the you, you were meant to be.

May 31st - No Forum: Congregational Meeting

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:
- May 15-17 at Yellow Springs, OH
- July 12-18 at Kettunen Center, MI
- Aug 30-Sept 5 at Kettunen Center, MI
- Oct 30-Nov 1 at Tower Hill, MI

You can register online at www.muusa.org.

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 May: Colin Kirchner and Bev Feldt - June: Jodi Libretti and Joyce Semmler.

New Member Induction

Five new members will be formally welcomed by our congregation during the service on Sunday - May 31, 2015.

They are Angela Denk, JoJo Martin, Frank Markowicz, Maria Markowicz, & Beverly Hill.

Please join us for this joyous occasion.
Saturday, May 9th at 8:00 pm
Adults: $15.00  Kids $10

Doug Esty, Julie Thompson, and David HB Drake lead those good old songs we grew up on. These anthems from the days of "make love, not war" still resonate today. "Blowing in the Wind" is a "mighty wind" of classic folk music memories for the over 50 "boomer" audience and for younger people as well. These are not "protest songs"... rather it is music that affirms the positive message that shaped our lives. The power and honesty of these songs span the generations.

"The audience was beaming as they left" - complimenting the performance and how much they enjoyed hearing the "songs they knew!" ~McComb/Bruchs Performing Arts Center, Wautoma WI

"The best of all the performances we’ve had here!" ~ Eastgate Manor, Algonquin IL

The Medical Cannabis Education Association meeting is being held on May 3rd in Classroom 1.

This month’s topics are:
Illinois Medical Cannabis Patient Seminar
PTSD
Shingles
Sativas, Indicas, Hybrids

CUUPS Full Moon Fun Night on May 1st
Join us for a social gathering and May Day ritual. We will meet at 6:30pm and spend some time helping to decorate the church for the Fellowship Dinner. Following that task, we can hold a spontaneous May Day ritual. Please bring readings, music or activities that you would like to share. See you then! Blessed Be!

Come Help Spread the Word: . . . Woodchips!
While our church will never ask you to go out and spread the “Word,” we would appreciate your help spreading the Woodchips! Join us for work sessions 9 to noon on Saturday mornings, May 9th, 16th and 23rd. Please dress for outdoor work; bring gloves and rakes.

Refreshments will be available. For more information, please call Nancy Irons 708-712-3228

Please Help us Promote UUCC! Check out our UUCC Facebook Fan Page AND Woodland Chapel Facebook Fan Page and click “Like” to join! Then “SHARE” posts with YOUR facebook friends. www.facebook.com/myUUCCPF and Woodland Chapel at Unitarian Universalist Community Church of Park Forest
Free Healthy Living Program

"The Alexander Technique"
Thursday, May 14
1:00-2:30 p.m.
Presenter: Adeline Anderson

The Alexander Technique is an educational method, used over 100 years, that teaches how to change faulty postural habits, enabling improved mobility, posture, and performance, with relief of pain, chronic stiffness, tension, and stress.

Endorsed by Dr. Andrew Weil, Paul Newman, Paul McCartney, and many others.

Come join us! All are welcome. Invite friends!

Free Movie & Discussion

Friday, May 22nd @ 7:00 p.m.

"Thirsty for Justice:
The struggle for the human right to water"

In the richest nation on earth and wealthiest state in the nation (Sacramento, California) how can so many people lack access to safe affordable water for their basic human needs? Thirsty for Justice shares powerful stories of those who suffer from this assault on their personal health and human dignity, as well as the inspiring story of the grassroots movement that made the human right to water the law of the land in California.

View the movie trailer:
https://vimeo.com/85582900

Free coffee, tea, and popcorn.
Join in discussion following the film. Invite friends!

The Future in Our Hands

The Board of Trustees announces three upcoming events which will celebrate our church and its importance in the lives of all members and friends.

FELLOWSHIP DINNER (May 2) A joyful celebration of our 2014-2015 church year including a delicious meal, a review of the current year’s accomplishments and a sharing of our many talents.

CANVASS SUNDAY (May 3) During the Community Sunday Potluck Lunch members of the 2015-2016 Pledge Drive Team will be on duty to meet individually with members and friends to discuss the financial needs of the church for the coming year and the purpose of pledges in meeting those needs.

ANNUAL CONGREGATIONAL BUSINESS MEETING (May 31) Our 2015-2016 Budget will be discussed and voted upon. New members will be elected to the Board of Trustees and to the Nominating Committee.

An Employment Opportunity at UUCC

UUCC PART-TIME OFFICE ADMINISTRATOR POSITION

Applications are currently being accepted for the part-time position of Office Administrator at UUCC. Strong computer skills are a definite plus, especially experience with Microsoft Publisher, Microsoft Word, Mail Merge, Outlook, and Excel. A demonstration of computer skills may be requested. Also, good communication skills, the ability to manage several projects at once, and a willingness to be a team player are necessary for the person who fills this position, which will represent UUCC to our members and the public.

Applicants should submit their resume and a cover letter addressed to the Board of Trustees, through the UUCC office.
A RENEWED LOOK AT THE MIDDLE EAST
From Laurene Lambertino-Urquizo

We are gearing up for our Annual Pledge Drive and Fellowship Dinner during the first weekend of May. This year we have chosen to have a Middle Eastern theme in order to create a dialogue on this subject at UUCC. Between five to 12 million Muslims live in the United States, yet their religion remains a mystery to most Americans. Shouldn’t we, as UUs, strive to achieve a greater understanding of this issue and to attempt to reach out to our Muslim brothers and sisters?

Go to: [http://www.pbs.org/wgbh/pages/frontline/shows/muslims/etc/what.html](http://www.pbs.org/wgbh/pages/frontline/shows/muslims/etc/what.html) for a short primer on the fundamental tenets and beliefs of the Islamic faith.

FORUM ON THE MIDDLE EAST:
Anna Mustafa was scheduled to speak on Sunday, April 26th at 11:30am on the topic of “A Perspective on Palestine and Israel from a Palestinian-American Point of View: Netanyahu and the Future of the Two State Solution.” This Forum was cancelled due to illness and her presentation will be rescheduled for a later date, possibly during the summer.

Anna Mustafa has been a community activist on the Southwest side of Chicago, and for human rights nationwide, for over 30 years. She was appointed to the Chicago Board of Education by former Mayor Daley and served from 1990-1992. Today, she serves as a Clerk of the Circuit Court.

BOOK LIST:
Would you like to learn more about the conflict in the Middle East? Here are some recommended books to begin the journey.

“The Lemon Tree: An Arab, a Jew, and the Heart of the Middle East” – Sandy Tolan
“The Unmaking of Israel” – Gershom Gorenberg
“Jerusalem: Chronicles from the Holy City” – Guy Delisle
“The Controversy of Zion: Jewish Nationalism, the Jewish State, and the Unresolved Jewish Dilemma” – Geoffrey Wheatcroft
“Unholy Alliance: Religion and Atrocity in Our Time” – Marc Ellis
“Islam Today: A Short Introduction to the Muslim World” – Akbar S. Ahmed
“ISIS: Inside the Army of Terror” – Michael Weiss & Hassan Hassan

ANNUAL FELLOWSHIP DINNER on May 2nd:
This year our menu for the Fellowship Dinner will have a Middle Eastern theme with a variety of wonderful dishes. Both carnivores & vegetarians should all find something they will enjoy.

While the main dishes will be catered, we are asking the more adventurous cooks & bakers of this congregation to get into the Middle Eastern spirit and try their hand at a new recipe to help round out the menu. If you are willing to try something new, please contact Laurene for a recipe that is needed. She has full instructions. Or if you would like to help with the set-up or clean-up, please let Nancy know as well.

Also, we will be taking “paid reservations” in the upcoming weeks. A reservation is necessary to accurately plan the amount of our order and to prevent waste. The amount of the dinner donation remains at $20 per person. Members needing assistance to cover the cost of the dinner can contact the church office and it will be covered for you.
**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 May 15th at 6:30 pm. The movie shown will be Pride.**

In an unlikely alliance, striking British mineworkers draw support from a coalition of gay and lesbian activists who solicit donations to help tide over the miners' families during the 1984 standoff with Prime Minister Margaret Thatcher's government.

Cast: Bill Nighy, Imelda Staughton, Dominic West. 2014 R 120 mins

**Sacred Communication Workshop**

May dates: 9th & 23rd at 12pm.

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.

**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

**Dances of Universal Peace:**

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 May 17th**

**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
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Green Sanctuary Committee - by Jeff Green

Three Park Forest Unitarians went to the Sierra Club Earth day rally.

Melinda Elliot, Andy Stevens and I went down to Springfield, Illinois to help lobby our state congress people. From a source online it is rumored that about 100 UU’s attended this rally. I know there were more Park Forest UU’s that wanted to go. I am always looking for more and more people to make it to these important events. The picture to the left was copied out of Andy’s facebook page. I couldn’t have said it better myself. This was the clean jobs bill that is still percolating in the state legislature. It will create 32,000 jobs, bring in 23 billion dollars into the Illinois economy, save consumers 12 billion dollars between 2015 and 2030. I encourage everyone to help support this important transition in Illinois. Each household would save $22/month under this plan.


Yours in greenness,
Jeff Green

Access to water is a human right
Improved water management is essential to climate change adaptation
By Patricia Jones from uuworld.org
Spring 2015 3.1.15

“The silver lining to the three-year drought in California? We don’t have to worry about drinking contaminated groundwater because we don’t have any.” That was the stark report by San Joaquin Valley Community Water Center policy analyst Omar Carrillo to officials from the U.S. Agriculture, Justice, and State Departments and the Environmental Protection Agency. These representatives were gathered for a consultation on environmental issues, held in California on October 7, 2014, between federal officials and members of the public.”

To read the rest of this article: http://www.uuworld.org/ideas/articles/300870.shtml
Under the coordination of Pat Segner, our church has developed a tutoring project in the Park Forest Elementary Schools at Blackhawk School and Mohawk School. We read with children in their classrooms or they read to us.

We began the week of April 13th, after Spring Break. We plan to go every two weeks for about two hours. Approximately eight people are involved. We would like more volunteers, so if you are interested contact Pat Segner (708-748-2217).

The school principals and children were very appreciative of our efforts and pleased to connect with us. I am thankful that experienced congregants are willing to offer this community service. Hopefully we will be expanding our service in the future. In Fellowship, Pat Segner

These women portrayed famous Unitarian Universalist Women (Susan B. Anthony, Clara Barton, Margaret Fuller, and Dorothea Dix) during the April 26th Sunday service. Carol Mortensen was moderator. We had fun!

**“Haydn and Mozart: Composers and Friends”**

Sunday, May 17, 2015 Flossmoor Community Church @ 4pm
2218 Hutchison Road, Flossmoor, IL  (708) 798-2800  (for more details)  
Haydn was already famous as a composer when Mozart was a child Wunderkind. But sometime around December 1783 they had the occasion to meet and developed a deep admiration for each other as musicians, composers and ultimately became great friends. 
Grande Prairie Singers are proud to offer you a program of smaller works from each of the composers.

 Sacred Communication Workshops with Rev. Henrietta Byrd
Saturday May 9th & 23rd
12 noon to 3pm at UUCC

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. All are welcome; you need not have attended before.
For more information, contact Rev. Henrietta Byrd: 312-593-4732.
The following are some of the highlights from the Board of Trustees meeting held on April 14th.

- The Board reviewed the invitation to the Annual Church Congregational Dinner and gave Nancy Irons approval to proceed.

- Religious Education Director Dan Feldt provided an update on the status of the program for all levels and described the curriculum for next year.

- The Board discussed the progress being made on the task forces assigned to various topics discussed at the church retreat last November. It was decided that board members would assume the roles of liaisons to the different groups to enhance communication between the groups and the Board.

- The church will be placing another ad for the Woodland Chapel with online media outlets.

- The Board decided that it would proceed with floor care of the sanctuary and hallways prior to the end of the fiscal year.

- The next meeting of the Board of Trustees will be Tuesday, May 19th. A meeting to discuss only the budget for 2015-2016 will be held Monday, May 18th.

REGISTRATION HAS BEGUN for the June 12-14 Young Adult Spring/Summer Conference!

Join us for a weekend of creative, spiritually engaging community building with other UU Young Adults (18-35) across North Dakota, South Dakota, Minnesota, Nebraska, Illinois, Iowa, Wisconsin, Kentucky, Kansas, Missouri, Indiana, Ohio and Michigan!

We will enjoy contemporary worship, play, learn, eat, and enjoy fellowship together, interspersed with engaging workshops and social justice activities.

Meals are provided, and we love to accommodate our vegetarian and vegan friends! Participants may sleep at the church or make other arrangements for overnight lodging.

Our sliding scale registration, to be paid at the door, is $25-$75 for the weekend. Scholarships are available! If you feel called to engage in this experience, but need financial assistance, we encourage you to apply!

This event is open to individuals aged 18-35.

LOCATION:
Second Unitarian Church of Chicago
656 West Barry, Chicago, Illinois 60657

A Note From the Treasurer

I am pleased to report that last month’s Soup Kitchen Fundraiser went very well. The event raised $1,116. That meant $798 to support the work of our PADS team and $318 to be sent to Respond Now. Credit for the event's success should be given to the dedicated folks who prepared the food and served it up. Our sincere thanks to them. You may forward this good news to everyone who gave their time and talent.

Best regards, Rich Treptow
Senior Fair, May 15
The Rich Township Senior Fair will be held on Friday, May 15 at the Richton Park Community Center, 4445 Sauk Trail, in Richton Park. Estate planning, medicare, social security and many other local health and senior service vendors will be on hand. Reduced transportation services are also available. Reservations must be made for those interested in lunch by calling 708-748-5454.

Kids to Parks Day, May 16
Join the fun as Park Forest helps celebrate the fourth annual Kids to Parks Day (KTP)! KTP is an annual nationwide day of play organized by National Park Trust. The goal is to engage kids across the country with parks and public lands to promote environmental stewardship and healthy outdoor living.

Farmer’s Market opens for the season on May 2nd
Since 1974, the Park Forest Farmers’ Market has been connecting area residents with local farmers, food vendors and businesses. The Market hosts a variety of fresh flowers, fresh fruits and vegetables, bakery goods, herbs, dairy products, artwork, garden ornaments, jewelry and more. The Market is open Saturdays, from 7am to 1pm, May through October, for shopping, food and entertainment.

The Market is located at 271 Lakewood Blvd, just across from the Park Forest Police Department.

St. Irenaeus Catholic Charity Food Pantry
Open Every Monday @ 10am—12noon
207 South Orchard Drive
Park Forest, IL
708-748-6891

Good Vibes Clothing Closet
(free clothing and essential items)
Second Saturdays @ 10am to 12noon
708-799-9190

Sustainable Saturdays for Gardeners
(free gardening lectures)
All lectures take place from 9:30am to 10:30am at Park Forest Village Hall, 350 Victory Drive. For additional information, call 708-748-1112.

May 16th—Roses
June 20th—Body Smart Gardening
July 18th—Basic Preservation
August 15th—Back Yard Fruits
September 19th—Harvesting Techniques and Work Day
October 17th—Basics of Composting
Church Information
70 Sycamore Drive
Park Forest, IL 60466
PHONE: 708-481-5339
E-Mail: admin@uuccpf.org
Web: www.uuccpf.org

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