Sunday Worship Schedule
10:00 AM

October 4th
Title: Sufism 101, On Being a Sufitarian
By Sura Gail
Universal Sufism is much like UU. Sura Gail is among many that call themselves Sufitarians! Sufism arose out of a rebellion against conservative Islam and has expanded to an opening into many paths. Many of the teachings as in UU are through stories and art, music, dance and poetry. Join us for a journey through this mystical path.

October 11th
Title: Listening with the Ear of the Heart
By Ed Loomis
Turning the skill of listening into a spiritual practice.

October 18th
Title: A Transylvanian Faith: A View from Eastern European Congregations
By Rev. Denise Tracy
Three years ago, I had the privilege of visiting and touring our congregations in Transylvania. It was a dream come true. I will share with you stories, some art and my love of our Unitarian Transylvanian forbears.

Welcome Fall!

Welcome to Fall! Regardless of any reticence to relinquish your grip on the balmy temperatures of summer, I hope you enjoy as I do the chance to open windows and allow the cool, dry air to replenish the inner spaces of your dwelling.

I’d like to welcome our new office administrator, Karin Gerson. I’m sure many will recall Karin and her son Eric attending services at UUCC in the past. Although that was not a factor in the small task force’s (Laurene Lambertino-Urquizo, Jerome Rowland, myself) decision to extend a job offer to Karin, the fact that she had demonstrated excellent administrative and computer skills, as well as her prior experience working in our office were certainly strong points on her resume. On behalf of the Board of Trustees, I thank all of the applicants, many of whom were competent and qualified to assume the role of office administrator, for their interest and willingness to apply for the job.

As usual, the fall season brings about the new, unofficial beginning of the church year. In past years we referred to the “ingathering” of church members, many of whom may not have attended much or at all during the summer months while they vacationed or otherwise occupied themselves. This summer I was pleasantly surprised that there didn’t appear to be a noticeable drop in attendance during the summer. I hope that everyone found themselves, as I did, appreciating the rejuvenation of spirit that comes naturally when a community of people who have goals and aspirations for their lives and the planet gather as one to interact and participate in Sunday services. The fact that we can do so and with such a wide variety of religious and world views, represents to me the very essence of what the world needs more of in order to work best.

All the best to you and yours,

~ Bruce
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

**Actions from the Board of Trustees September Meeting**

- The Board approved a motion to deposit any amount in our checking account that exceeded $10,000 into the longer term Edward Jones account.
- Nancy Irons and two Board members will walk the grounds and determine which ash trees present a hazard to the building and designate them for removal.
- The church will not be receiving a recycling bin for paper because we are not a large enough institution to benefit either the recycling company or the church.
- The Board and other church members spent 45 minutes speaking with a website developer who will submit a proposal to the church for consideration.
- The Board approved a suggestion to again designate October as “Memorial Month.”
- The Board considered a request to assist Syrian refugees and will be looking into possible ways to do this.

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**October Forum**

**Oct 4th:** Community Potluck Sunday

**Oct 11th: Care of the Earth with Jeff Green** “This Changes Everything, Capitalism Versus The Climate”

**Oct. 18th – UCCC Town Hall Meeting:** Join us for a discussion of where we are as a church and where we want to be. We will have updates and follow-ups from last fall’s retreat. Please come with ideas and insights to share.

**Oct. 25th – Disability Discrimination with Leanne Roth:** Discrimination against the disabled exists all around us. Come learn about important issues and actions you can take to help correct this injustice.

**Americans For Safe Access Program**
Educate yourself and/or your community by attending a

**Truth About Medical Marijuana Workshop**
This series includes 2 more workshop sessions. These workshops are designed to reach out to those who already support safe access as well as people who are not already involved. Some workshops will include veterans outreach activities.

**Oct 6th:** “Whole Plant Medicine/ CBD Demystified”
**Nov. 10th:** “Consumer Safety”

7-9pm
Looking for a Coordinator or Co-coordinator for Forum at UUCC

Do you enjoy learning about and discussing current topics and events? Would you like to help bring guest speakers to the UUCC Forum? Nancy Irons is looking for a Co-coordinator to help schedule speakers and facilitate the Forum. If you might be interested, please contact her (708-712-3228, irons.nancy@gmail.com) for more information.

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, we are 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; children’s books for the RE library; additional brown sanctuary chairs; and contributions towards the repair or replacement of the tower in front of the building. Ponder who you would like to honor, and what would be a fitting remembrance for them. Donation forms will be included in your order of service and will be available in the Gathering Room.

If you would like more information please contact Nancy Irons (708-712-3228).

Edgar's Place Coffee House Proudly Presents

Claudia Schmidt

Saturday, October 10 at 8:00 p.m.

$15.00 per person

More than 4 decades as a touring professional have found Michigan native Claudia Schmidt traversing North America as well as Europe in venues ranging from intimate clubs to 4,000 seat theatres, and festival stages in front of 25,000 rapt listeners. She has recorded nineteen albums of mostly original songs, exploring folk, blues, and jazz idioms featuring her acclaimed 12-string guitar and mountain dulcimer playing.

“Those who keep trying to categorize Claudia Schmidt's music should just give it up and file her under the general category 'TALENT' - Big talent.”

www.claudiaschmidt.com
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 October: Jodi Libretti and Barb Anderson

Free Movie & Discussion
October 23rd, 7pm
“Shadows of Liberty”

_Shadows of Liberty_ reveals the extraordinary truth behind the news media: censorship, cover-ups and corporate control. _Shadows of Liberty_ poses a crucial question: why have we let a handful of powerful corporations write the news? Media reform is urgent and freedom of the press is fundamental.

93 minutes  2012

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

Let’s Welcome
Our New Office Administrator,
Karin Gerson!

Karin has accepted the position of Office Administrator. We are very fortunate to have her. She is happy to be part of the team! Karin lives in Steger and in addition to her position as Office Administrator she works part-time at the Steger-South Chicago Heights Public Library. Her favorite UUCC event is the Winter Solstice Candlelight Labyrinth. She is also studying for her master's degree in Library & Information Science. She enjoys playing tennis.

If you need to contact Karin, the new office hours are:

Monday and Tuesday
9am-3pm
And Friday OR Saturday each week,
9am-3pm

She will also check phone and email on Wednesday and Thursday.

CUUPs – Samhain Sunday Service – November 1st

Celebrate the Pagan New Year at UUCC! Join us for an intergenerational service that will examine what this holiday means from a variety of perspectives. Children (and all those who are young at heart) are encouraged to wear costumes. We will also have a collection for UNICEF, so bring your loose change to share.
What’s Happening around UUCC

Rainbow Café
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 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 October 16th. The movie shown will be: CHASING AMY

Comic book artist Holden meets the perfect woman, only to learn that she's a lesbian. Their friendship develops into something more when Holden confesses his love for her, but secrets from her past threaten their relationship.

Cast: Ben Affleck, Joey Lauren Adams, Jason Lee

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.

The Medical Cannabis Education Association meets every month on the First Sunday at 12 noon in classroom 1.

October 4th Topic: TBA

Sacred Communication Workshop
October Dates: 10th and 31st

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.

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

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.

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

Dances of Universal Peace:
3rd Sunday of the month. (Sept-June)

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.

DUP will meet October 18th

Qi Gong
The younger Religious Education children are studying Native American spirituality. Native Americans communicate their history, thoughts, ideas and dreams from generation to generation through symbols and signs. Native American symbols are geometric portrayals of celestial bodies, natural phenomena, and animal designs. The circle is used as a basis for many symbols including the Sun, the cycle of the seasons, the cycle of life to death to rebirth, and the four elements.

The circle is symbolic of equality, where no person is more prominent than any other person. Circle meetings ensured that all people were allowed to speak and the words spoken were accepted and respected on an equal basis. A circle around other Native American symbols signifies family ties, closeness and protection. The circle has no break and holds that which cannot be broken. Gatherings in powwows are organized in a series of circles. Dancing takes place in the center of a circle formed by the drums and the audience. The concessions and encampment form another circle around the gathering. This is symbolic of the life cycle.

The kids are also learning about the three pagan Thanksgivings for the harvest. Mabon is the second of the three. It's the season of changing colors, crisp air filled with the scent of wood smoke, and festivals offering wine, hot cider, and apple pie. At this time of equal day and night, pagans give thanks for the harvest that will sustain them through the dark winter months. Mabon is particularly a celebration of the vine harvests and of wine. It is also associated with apples as symbols of life renewed.

I believe the exposure to the values of respect for others’ opinions, gratefulness, and the awareness of the interconnection of all things is important to our children’s development.

I’ll soon be starting up another adult discussion group on world religions. I’m using a study guide based on Huston Smith’s book, *The World’s Religions*. As part of the class, we’ll be visiting various houses of worship. I’m polling the congregation regarding interest and the best time to schedule the class. Look for the surveys in the Gathering Room soon.

Heads up! Please be ready with your loose change on November 1st. UNICEF Trick-or-Treaters will be haunting our building looking to fill their boxes with cash.

In faith,

~Dan
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Sacred Communications Workshop meets this month at 10:30am on October 10th and 31st.

Kevin Glenz, Bruce Swieicki, and Beverly Feldt.
Green Sanctuary Committee - Jeff Green

One step at a time. There is this internal pressure in me to move forward in some way to make my home a little more sustainable. I started out small by buying a battery operated hedge trimmer. Being a handyman, I can use this on my job to trim other people’s hedges and get it to eventually pay for itself. It was the EGO brand from Home Depot. This spring I noticed the EGO lawn mower in Home Depot again for $100 off. OK, we already have a gas lawnmower, but this is how I want to do my work. I want to do it with a cleaner energy than with gasoline. So I have this battery lawnmower and I am learning how to use it.

A little explanation is needed to describe what I now have in my possession to get this work accomplished. The mower came with a 4 amp hour battery. The 4 is an indicator of size in this. The hedge trimmer came with a 2 amp hour battery. So half the size of the mower battery. A quick charger was included with the mower and a not so quick with the hedge trimmer. What I have noticed easily and quickly is the electric mower has nowhere near the power of a gas mower. If I want to do this electrically, I need to mow my yard on time or the electric will just not be able to do it.

My son Clinton Green of whom some may not have met, has two yards to mow across the street. He is now off to college in Indiana at Ball State. The two yards are now mine to mow. Adding in our own yard makes three with a limited set of batteries. I purchased one more 4 amp hour battery to do grass mowing. Mowing the yards on time and using my quick charger, I can now mow 3 yards with about 3 full 4 amp hour batteries. As soon as my lawnmower indicator gives me the red light that my battery is low, I walk across the street, put the empty battery in the charger, walk back across and put the full battery in the mower.

2 and a half hours of walking and swapping batteries, I have completed 3 yards of grass.

Oh, and did I mention that I buy my electricity from Ethical Electric. This is all done with clean energy. One more little ditty. I just purchased my first electric car. I will share this with you in one of the coming Green Sanctuary articles coming down the road. Many happy changes to you in your lives. I hope they are fruitful ones that make your living a little better.

From the Green Sanctuary Team

~Jeff Green

For your reading enjoyment:

Colin Beaven (author of “No Impact Man”) introduces his next book *How to Be Alive: A Guide to the Kind of Happiness that Helps the World*, which will be published by Dey Street Books (a division of HarperCollins) in January, 2016. *No Impact Man*, Colin’s last book, is his own story of attempting to live for one year in New York City with his wife and baby daughter without making any net impact on the environment. It is Colin’s mission to wake people up, on both individual and collective levels, to ways of life and doing business that are healthier and happier for individuals, for our society, and for our world.
Prison Industrial Complex 101 – An Introductory Workshop  
Saturday, October 10th 2015, 9:00 am

We’ve all been shocked and saddened by the number of young black men killed by the police in recent months. Another aspect of racial injustice is the mass incarceration of African-Americans. There will be a workshop on the prison industrial complex, of which mass incarceration is an integral part, on Saturday, October 10, 2015, at 9:00 a.m. at BUC. The workshop is sponsored by the Social Action Committee.

This workshop is an introduction to the prison industrial complex (PIC) from an abolitionist perspective. Abolition means the replacement of the current, unjust system with a system that is just and equitable. We'll examine the PIC's roots, reach, and impact on our lives, as well as our ability to transform it. It’s easy to feel helpless in the face of the racial injustice in our society. This is an opportunity to learn and reflect on what we can do to change it. If you have questions, please contact Marcia Curtis at 312-431-0381 or marciacurtis6@gmail.com.

Democratic Debate Watch Party  
Tuesday, October 13  
7:00-9:30 p.m. at UUCC  

Exact time of the debate to be announced.

Church members and friends are invited to watch the first Democratic Presidential Candidates Debate, streaming from CNN TV onto a big screen at UUCC.

Coffee, tea, and light refreshments will be served.  
Optional: bring a snack to share.  
Optional: Stay for discussion following the televised debate.  
Seating will be limited to 80 people.

RSVP to Darlene Obejda at dobejda@yahoo.com  
or register online at berniesanders.com  
The Unitarian Universalist Church, Park Forest, IL  
is not sponsoring this event.

Directions for registering online at berniesanders.com:  
Search berniesanders.com  
Scroll down and click on Attend Events.  
Enter your zip code. Enter 10 miles (or more if you live farther from the church).  
Click on Find Event. Scroll down to find Debate Watch Party in Park Forest, IL at UUCC.
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.