In my public speaking club called Toastmasters, the first speech you do is called an Icebreaker, because it introduces you to the club and lets them know why you joined. I realize that, as the President of the congregation, I should do an Icebreaker speech to let people know who I am and in particular what drew me to UUCC and this congregation in particular.

I was born in Park Forest and moved to Homewood when I was in kindergarten, so I was born and raised in the area. I grew up a Roman Catholic but gradually grew estranged from it while growing up. I could not describe myself an atheist, but rather an agnostic who believed that there are more things in heaven and earth than are dreamt of outside of a materialist philosophy, although I would be hard pressed to say what the exact outlines of that greater truth might be.

I have been interested in other cultures and other languages all throughout my life, and so it was in the 1980s that I watched in rapt attention as Bill Moyers interviewed Joseph Campbell on his World of Ideas program about The Power of Myth. Here was a mythological framework that was able to contain that search for greater truth, and this allowed me to learn about Japanese culture and mythology with an open mind when I lived there from 1990 through 1995.

When I returned to the United States, I lived first in New York, and then in Los Angeles. When I lived in the West Coast, I wanted to join other like-minded individuals who were likewise searching for a “greater truth” outside of the boundaries of their own “religions of heritage”, i.e., the religious frameworks that they had been born and raised in. My cousins in St. Louis recommended the Unitarian Universalist religion to me, and so I sought out the local congregation near where I lived. I was there for about a year before I left, and then my father John Rowley asked me to come to live with him back here in Homewood because of his increased mobility issues he faced after a mild stroke.

After settling in and helping my father after his stroke rehabilitation, I looked for a local Unitarian Universalist church, and found one conveniently in Park Forest, and I really felt at home from the very first worship service. I gradually got to know individuals in the church, and I felt like a kindred spirit from the very beginning. I started to participate in various activities, and enthusiastically volunteered to help improve the church. Those efforts took the form of the Town Hall meetings we now have several times a year to brainstorm and suggest ways to grow and improve the congregation.

I think this is why the Nominating Committee asked me to become the President, because I have been training for the past few years in my work and in my volunteer activities as a Division Director at Toastmasters to become a leader—not an authoritarian leader who tells people what to do (something which UUs would never tolerate!) but a servant leader who LISTENS to what people want and tries to organize others to bring it about.

I’m convinced that’s why I’m here at this moment in time in your congregation, and I hope to help the church accomplish a lot in the next year!"
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.

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.

Sept: Barb Morris & Darlene Obejda
Oct: Char Pierce & Joyce Semmler
Nov: Bev Feldt & Jodi Libretti
Dec: Colin Kirchner & Monica Regan

CUUPs Fall Equinox Celebration Field Trip!!

Greater Chicagoland Pagan Pride Day

**Sunday September 18th - 11 am to 6pm**

Historic Pleasant Home on Mills Park
217 Home Avenue Oak Park, IL

Admission: Please bring non-perishable food item(s)

Contact Nancy Irons (irons.nancy@gmail.com) for carpool details.

Program brochures available in UUCC Gathering Room or go to: [http://www.chicagopaganpride.org/flyerprogram/](http://www.chicagopaganpride.org/flyerprogram/)

UUCC Annual Corn Roast
September 10th from 4:30 to 8:00

Where: UUCC

$7.00 in advance, $10.00 at the door - kids under 3 eat free.

Burgers, Brats, Hot Dogs, Veggie Burgers and of course sweet corn!

Please bring a side dish or a dessert to share

There will be games for all ages!

Seating on deck, weather permitting.
We are starting a UUCC Freecycle Column in our monthly newsletter. It has been created to help keep good items out of landfills and to repurpose one man's trash into another man's treasure.

You are invited to post items such as TVs, toys, children’s and adult clothing, jewelry, appliances, furniture, books, plants, knickknacks, etc. (nothing inappropriate or illegal, and no firearms or anything related). Be creative. Whatever you post must be offered for free. Please include contact information. It is between you and the person you work with on how to complete pickup/delivery.

Email your submissions to diane.oconnor@att.net. Feel free to include images. The deadline is the 20th of each month. Thank you! ~Diane O’Connor

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**Brand new with tags**
Women’s Size 7 Eckored Jeans

**Fisher Price Activity Center**
for toddlers

**Toddler Booster Chair.** Hard plastic. Very sturdy.

**Vintage Hot Tea/ Coffee Carafe.**

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If you are interested in any of these items, contact Diane at 708-758-5715.

**Yoga Mat**

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**Hip Hop Workshop**

(instructed by Ms. Katie from Room To Move Dance Studio in Steger, IL)

Held in the UUCC Sanctuary. Open to all ages!
Sept 24th (Saturday) at 10:30am $10 for adults, 5 for kids.
This is #1 in a series of trial workshops Melissa Schwartz is planning. (1 each month)
The days and times will vary based on the instructors availability.
The event is open to anyone who is interested.
CALLING FOR HELP

I am getting together my team to work at Blackhawk Elementary School in Park Forest. Can you volunteer an hour or two each week during the school day? (8:30am - 2:30pm)

No formal training needed. We read to students or have students read to us or assist the teacher with other activities. If interested call Pat Segner (708-748-2217) to learn more about our program.

~Pat Segner
Here’s the first addition to our kids’ play area. Melissa and Mark Schwartz will be bringing in a refurbished swing set soon. Way to go, Melissa and Mark!! The RCE picnic is coming up on September 17. It’s a chance for everyone to have some fun and get to know each other. Last year’s picnic was a blast! The RCE picnic is a potluck and will be held on Saturday, Sept 17th from 2pm-6pm. There will be music, games, and a make-your-own-sundae bar.

At our RCE parents’ meeting on August 13, we discussed the goals for the upcoming year. As Melissa summed it up, “The consensus was to focus on what is a UU and different aspects of our practice. Then use the Unitarian principles to branch off into other religions, service projects, etc.”

Our OWL 7th to 9th grade sessions are taking shape. Colin Kirchner and Jodi Libretti will be the co-facilitators. Colin will be going to facilitator training later in the month. We’re planning to have our parent orientation meeting in early October and start the sessions soon after that.

Don’t forget to come to the Forum’s UU Gabfest every third Sunday starting in September.
Men’s group will continue to meet but will have some changes to be determined soon.

For more information, contact Colin Kirchner at colinkirchner@gmail.com

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Free Documentary Movie & Discussion
"PlantPure Nation"
Saturday, September 24, 7pm

"PlantPure Nation" tells the story of three people on a quest to spread the message of one of the most important health breakthroughs of all time: the health benefits of a plant-based diet. Plant-based nutrition has been shown to prevent and can even reverse some of the biggest diseases and illnesses we face today including Heart Disease, Type II Diabetes, Obesity, and Cancer.

1 hour, 36 minutes

For more information: www.PlantPureNation.com
Free on-line PlantPure Summit, Sept. 7-16, 2016: http://www.plantpuresummit.com

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

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September Forum

September 4th: Community Sunday - No Forum

September 11th: Care of the Earth: To be announced

September 18th: UUGabfest - Dan Feldt
A conversation about issues important to UUs, drawn from the UU World magazine.

September 25th: Fall Town Hall Meeting
An opportunity for discussion and updates on issues important to UUCC
**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.

**September 16th movie: Holding the Man**

Tim and John fell in love while teenagers at their all-boys’ high school. John was captain of the football team, Tim an aspiring actor playing a minor part in Romeo and Juliet. Their romance endured for 15 years to laugh in the face of everything life threw at it - the separations, the discriminations, the temptations, the jealousies and the losses - until the only problem that love can’t solve, tried to destroy them. Based on Timothy Conigrave's cult-classic and hilarious memoir, and the inspiration for the award winning stage play, HOLDING THE MAN is the remarkable true-life love story that speaks across generations, sexualities and cultures.

**Sacred Communication Workshops**

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 Information Call**

Rev. Henrietta Byrd: 312-593-4732

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**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.

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**The Medical Cannabis Education Association meets every month on the First Sunday at Noon.**

The next meeting is scheduled to be held on September 4th

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**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

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**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

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**UU Trivia Question:**

The Universalists were the first denomination in the United States to ordain ________ , in 1863?

**Answer:** a female minister

Olympia Brown, the first female ordained minister in the United States, demonstrating the Universalists' commitment to equality in religion.
Green Sanctuary Committee - Jeff Green

This figure is from the website, climate central, showing how the heat index above 105°F will increase if we don’t change our emissions. We go from 4 days in the year 2000 to 32 days in 2050. Since 1970 Chicago actually has 8.6 fewer days above 90°F. We are lucky to be in the Midwest. That won’t last for long based on the chart to the left. The last data is at the link below.


Hooked! The Unyielding Grip of Fossil Fuels on Global Life

Success in any global drive to avert climate catastrophe will involve tackling addictive behavior at its roots and promoting lasting changes in lifestyle. To do that, it will be necessary to learn from the anti-drug and anti-tobacco communities about best practices, and apply them to fossil fuels.

http://www.commondreams.org/views/2016/07/14/hooked-unyielding-grip-fossil-fuels-global-life

It is a slow process for us to change in the UU community of Park Forest. I hope to see more changes coming to our home in the UU church.

15th Annual Illinois Energy and Lifestyle Fair
August 20th and 21st
Oregon Illinois
http://www.illinoisrenew.org/
815 732 7332
sonia.vogl@gmail.com
Register Now for the HUB 5 K!

Why run for the HUB? For families in crisis some problems are insurmountable and overwhelm their ability to cope. The HUB can come to the rescue. Proceeds from the 2016 Hub 5K on September 24th in Olympia fields will benefit four agencies in Chicago's southern suburbs that provide basic needs to families in crisis.

Formerly an event sponsored by Respond Now in Chicago Heights this year that agency is joined by 3 others in the region to raise awareness of their missions in the community. The Hub is a network of agencies and individuals created to help people cope with life-changing events that come with a housing crisis. Obtaining shelter is a top concern followed by urgent needs such as food, clothing, legal assistance, medical help and job readiness and job re-training.

The agencies that make up Hub are; Ford Heights Community Service org, Respond Now, PADs, and Together We Cope. To register, click here: https://www.signmeup.com/site/online-event-registration/115238

Thanks for your continuing support.
Carol Mortensen

WERQ! LGBTQ Job Fair September 16 in Chicago

WERQ! LGBTQ Job Fair September 16th in Chicago

CHICAGO–(ENEWSPF)–August 19, 2016. More than 30 major corporations, small businesses, government agencies and nonprofits will participate in the Windy City Times WERQ! LGBTQ job fair Friday, September 16, 11am-4pm at Center on Halsted, 3656 N. Halsted, Chicago. The event, which is free and open to the public, is hosted by Windy City Times with Center on Halsted, Pride Action Tank, Chicago House, Association of Latino/as Motivating Action, Affinity Community Services, TransTech Social Enterprises, AIDS Foundation of Chicago, Out & Equal Chicagoland, Lambda Legal, LGBT Chamber of Commerce of Illinois and the Northalsted Business Alliance.

This is the second WERQ! LGBTQ Job Fair. The first focused primarily on youth experiencing homelessness. This fair is open to all, and will have special workshops focused on youth, transgender employment, and seniors. The workshops include:

Noon-1 p.m.: Getting Started (or Starting Again): Job Searching for “First” Timers

1-2 p.m.: Stronger and Wiser: Job Searching For LGBTQ Older Adults

2-3 p.m.: Transgender and the Workplace - Moderator: Alexis Paige, Lambda Legal

3-4 p.m.: From Resumes to Interviews: Making a Good First Impression
Moderator: Michael Erwin, Director, Global Corporate Communications and Social Media CareerBuilder

For more info: http://enewspf.com/2016/08/19/werq-lgbtq-job-fair-september-16-chicago/
David Matteson has served many roles in his life: author, professor, counselor, minister, father, husband and lover. He taught psychology and counseling Governor's State University and holds an undergraduate degree in psychology from Alfred University, a graduate degree in theology from Colgate Rochester Crozer Divinity School and a Ph.D. in counseling from Boston University.

When he realized his bisexuality in the 1960s and came out to his wife and children, his lifestyle changed drastically. Windy City Times sat down with the local author to discuss his recently released memoir, I Took Both Roads: My Journey as a Bisexual Husband.

Windy City Times: What made you step away from academic writing and take on a memoir?
David Matteson: Well I'd already published some 15 or 20 academic journal research articles on men who have sex with both men and women. I felt that again that was pure journal kind of stuff. If you want people to go through personal change, it's got to reach their gut not just their brains. That's what made me decide to write a personal story.

WCT: How was writing this book different for you than the past writings you've done? Did it teach you anything about yourself?
DM: Yes—very much so. In fact, I'm going to teach a class at the U.U. (Second Unitarian Universalist) Church, right in the gay area. The course is going to be called Memoir Writing for Personal Growth. The whole genre has become very popular, but it's very hard. Print publishing is getting difficult in almost every field, but in the memoir field it's almost impossible unless you're famous. I lucked out and found a small publisher that wanted to take a chance on it, so it is out in print. I love books and I really wanted it out in that form, not just in the eBook form.
And the other thing is that the gay community is a huge span of socioeconomic groups. Those of us that use computers every day can easily get eBooks, but there are a lot of people that don't have that access and I wanted it to be accessible to them as well.

WCT: As a minister, religion has played a big role in your life. How did your spirituality affect your perception of your identity when you first realized you were bisexual?
DM: When I first realized I was bisexual, I already had moved away from the mainstream Protestant churches into very liberal churches. And they were churches of social action. ... So there was this interplay all along that I was moving toward churches that are inclusive—racially inclusive, ones that accept women as fully ordained ministers and so on.
In some ways, I like the word "spirituality" more than "religion." The real issue isn't the terminology; it's whether a group is inclusive or whether it sees itself as the only one with true knowledge and views the rest as inferior.

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Family First Friday will not meet in September.
Church Information
70 Sycamore Drive
Park Forest, IL  60466
PHONE:  708-481-5339
E-Mail:  churchadmin@uuccpf.org
Web:  www.uuccpf.org

Newsletter deadline is always the 20th of every month
This newsletter is designed and published by Diane O'Connor

*You can help save a tree and a stamp by simply picking up your newsletter or receiving it electronically via email.*