As I’ve been settling into the position as President of the Board of Trustees, one of my goals is to make sure the congregation thrives both internally and externally. I want the congregation to grow in strength, not just in terms of the number of members, but also in the quality of service that the church provides to its members. However, part of the strength we have as a congregation draws from the connections we have to the community. I’m not just talking about the town of Park Forest, but from the community of Unitarian Universalist churches in the area, and beyond that, the other communities of faith in the area as well.

One of the opportunities we have to come together as a congregation is the Town Hall Meeting, which we started in the fall of 2014 as a means of brainstorming ideas for increasing the health and prosperity of the congregation in four areas: Attracting New Members, Retaining Existing Members, Upkeep of the Facility and Grounds, and Community Outreach. The internal strength of the church comes from the categories of Retaining Existing Members, and the Upkeep of the Facility and Grounds (the spiritual and physical components of our church’s strength), and the external strength of the church comes from the categories of Attracting New Members and Community Outreach (the spiritual and social connections we make with the outside world).

The next Town Hall is on September 25th, and the results from that meeting will be communicated to all of those in the congregation. My hope is to chart where the local Unitarian Universalist churches are and to visit them in the course of this coming fiscal year, and to make connections with the leaders of other faith communities. On the social rather than spiritual side of community outreach, we are hosting in late November a meeting that the Park Forest Police are hosting in order to discuss issues affecting the local community.

And, of course, another symbol of our social connections not just with our town, but with the country, is the November elections on the first Tuesday of that month. We are also hosting a polling place for the convenience of those in the surrounding area. I hope that my visits starting in October with the faith communities in the area, and our hosting of community events in November, will start to strengthen our ties of our church with the surrounding community. Any suggestions from members of the congregation of how to improve this effort would be appreciated: I’ve only been in the area for 3 years and many of you know the area a lot better than I do.

I hope to leave the church a stronger community after my term in office here at the Board of Trustees, but I will need everybody’s help to do so.
All Ages Workshop

Our next “All Ages Workshop” will be Sunday, after church on October 23rd. It will be an Art workshop, taught by our own Jenni Lake, whose kids attend our RCE program. Jenni has been an Art teacher for 15 years and co-owns and operates a business teaching painting parties. Jenni will help us make something spooktacular for Halloween! $10 for adults, $5 for kids.

October Forum

October 2nd: Community Sunday - No Forum
October 9th: Care of the Earth: To be announced
October 16th: Oct 16 - UU Gabfest - Dan Feldt
A conversation about issues important to UUs, drawn from the UU World magazine.

October 23rd: Asset Based Community Development (ABCD) - Glen Barwegen
ABCD builds on the assets that are already found in the community and mobilizes individuals, associations, and institutions to come together to build on their assets; not concentrate on their needs.

October 30th: Our Theology, Our Covenant - Monica Regan & Committee on Ministry
Unitarian Universalism is a covenantal theology, not a creedal one. A covenant is about relationships. The UUA describes it as: "the commitments and promises we make to each other about the journey (mission) we share on our way to the Beloved Community or Promised Land (our vision)." How is the UUCC covenant serving our mission and vision?

No Free Movie & Discussion Night in October, November and December. We plan to resume Free Movie Night in January.

There will be a free spooky story reading on Sunday, October 30th
after church ranging from cute picture books, Scary Stories to tell in the Dark, thru Mr. Edgar Allen Poe. All Church members are invited to attend. Halloween Refreshments will be provided.

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
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.

Oct: Char Pierce & Joyce Semmler
Nov: Bev Feldt & Jodi Libretti
Dec: Colin Kirchner & Monica Regan

PADs News

South Suburban PADs Fund Raiser. Coming up on Oct. 2nd, 2016, at our Community Sunday Potluck (not a soup kitchen) we will be raising money for the biggest social service project in our church.

PADs mission is to prevent and end homelessness. We begin in October and end in April, providing supper, a lunch and a lite breakfast meal, the second and fifth Monday of each month.

Please help us support this worthwhile cause.

Carol Mortensen and the whole PADs team.

More PADs News

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

To learn more about our program, call (708-748-2217) ~Pat Segner

The Church of the Holy Family in Park Forest at Orchard and Sauk Trail, has asked if we could provide any volunteers for their PADs program. They have women and children only on Tuesday evening to Wednesday morning. Any shift is available.

Some of their members have new commitments which prevent them from volunteering at this time. The person to contact is Sally Hundley at 708-898-7560.

St. Irenaeus Catholic Church at 78 Cherry Street in Park Forest has also asked for volunteers to help serve meals. They have also asked for groups to provide the meal and serve it on Thursday evenings.

The person to contact is Stacy Padden at 708-382-0038. Any questions please contact me.

~Carol Mortensen
PLEASE WELCOME SOME OF OUR NEWEST MEMBERS:

JENNIFER WESTBROOK-KRUSZA

Jennifer is a Travel Agent that specializes in Disney vacations and she works from home. She also homeschools her daughter, Kayla, and runs a local Homeschool Group in the South Suburbs. She's a Troop Leader for her daughter's Girl Scout Troop. Several of the other girls in the UU RCE are in the troop too.

Kayla just started her 2nd year in the RCE program at UUCC. She's homeschooled and in the 1st grade. She's involved in a lot of activities...Irish Dancing, gymnastics, choir, ballet, and Girl Scouts. Jennifer's husband is an Accounting Supervisor.

Jennifer’s parents believed that her and her sister should choose their own religion. They mostly taught about religion at home, and allowed them to visit different churches with their friends. Jennifer’s mom was raised Catholic, but wasn't a practicing Catholic by the time Jennifer was born. Jennifer’s dad was raised Baptist. Her sister and her family attend a local Lutheran church. Jennifer considers herself Christian, but she is very liberal and feels that it's okay to have questions.

So, how did Jennifer find UUCC? Jennifer wanted to get Kayla involved in a Sunday school, but since Jennifer is not comfortable with organized religion, she was having a hard time finding something that worked for them. She went to high school with Melissa Schwartz, and Melissa told her about UUCC and invited her to attend a parent planning meeting in the summer of 2015. Next thing she knew, she was helping plan the RCE program for last year. They’ve been with the church for over a year now and Kayla loves it. It's been a good fit for both of them.

Jennifer helps with the RCE program by taking pictures, assisting with projects, helping plan the RCE agenda for the year, etc. She grew up in Park Forest and has lived in the area all of her life. Welcome Jennifer and Kayla!!

ALSO, MEET BRAD AND RENEE FETTERER

Brad and Renee Fetterer live in Bourbonnais. Brad was a Spanish/French teacher for 34 years and retired in 2014. He is currently a long-term Spanish substitute teacher through December and his hobbies include cycling, playing the guitar and fishing.

Renee is a former special ed teacher and likes to play cards, journal, and keeping in touch with friends and family.

They have been married for 41 years!

Brad and Renee have two children Emily and John and 5 grand children (4 boys and 1 girl).

Brad is a lifelong Catholic and Renee born and raised Catholic. Both of them have been disappointed for years with both the culture of the parish and the church's doctrine.

Brad’s friend Dennis Fisher has spoken to him for years about the UU church. Their visits to UUCC reinforced all the good things they had heard about the church.

They have been enjoying attending Sunday service but would like to do more and will make a point to stay after service and get to know more people. Welcome Brad and Renee!
Claudia Nygaard’s affable connection with an audience has led reviewers to describe her as “Will Rogers without the rope.” She is a born storyteller, and with her quick wit and a disarming emotional vulnerability, she introduces her songs with tales nearly as captivating as the songs themselves. To learn more about Claudia and hear some of her music, visit her website at claudianygaard.com.

Current month: October 8th, 2016
Claudia Nygaard, claudianygaard.com

November 12, 2016: Buddy Mondlock with Mike Lindauer and Donna Adler; buddymondlock.com; donnaadler.com.

December 10, 2016: Sandy Andina and Stephen Lee Rich: andinaandrich.com

February 11, 2017: Michael Smith: michaelpetersmith.com

March 11, 2017: Kristin Lems: kristinlems.com

April 8, 2017: Cosy Sheridan: cosysheridan.com

May 13, 2017: Mark Dvorak and Tom Rasely: markdvorak.com, rasely.com
First, I’d like to thank the congregation and the Board for sponsoring the Our Whole Lives sex education series for 7th to 9th graders. Most of the 12 youth are from our church, but we have two from the Joliet UU church and one from 1st UU in Hyde Park. Considering the recent incidents on college campuses (I’m thinking specifically about what happened at Stanford), this program is timely, important, and valuable.

A great time was had by all 13 people who attended the first UU Gabfest. The discussion was based on the UU World Magazine’s article “Gap widens between UU’s and GOP.” If you wish to join future discussions, please send me your email address. All of our discussions will be related to articles from the UU World. I’ll be emailing the article to everyone so we’re all ready to go when we meet next on October 16.

The RCE picnic was a great success, as these pictures show.

RCE is supporting home school parents. We have an overabundance of some craft supplies, which we’ll be sharing with these parents. When they come to pick up the supplies, Melissa will show them around our loving and child-friendly church.

~Dan
The American Psychological Association is seeking individuals (18 years or older) to take part in a therapy session for an educational training video on

**Wednesday, October 5, 2016.**

*(Available time slots: 2pm, 3pm or 4pm)*

The video demonstration will focus on integrated healthcare and psychotherapy as it relates to breast cancer diagnosis counseling.

**Featured Guest Therapist:**

Dr. Ellen Dornelas

Participants will each receive a $50 gift card after the session for their contributions to the educational program.

**Participants should meet the following criteria:**

* Female (18 years or older) diagnosed with first occurrence or reoccurrence of cancer within past 18 months
* Experiencing depression and anxiety about recurrence/progression of disease

For additional information, please contact:

Meghan Dudek, Video Participant Coordinator, at (312)-450-0366 or mdudek19@gmail.com

**Ellen A. Dornelas, Ph.D.** is a health psychologist who oversees the Quality of Life Program at Hartford Healthcare Cancer Institute in Connecticut and Associate Professor of Medicine at University of Connecticut School of Medicine. She is the editor of the American Psychological Association’s *Clinical Health Psychology* series and the author of *Psychological Treatment for Cancer Patients*.

Dr. Dornelas is a Fellow in Division 29, Division of Psychotherapy and has more than 20 years of experience in providing psychological services to medical patients. Dr. Dornelas has been a co-investigator on multiple research studies funded by the National Institutes of Health and is nationally recognized for her expertise in applied clinical health psychology.
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.

October 21st movie: “Those People”
On Manhattan's gilded Upper East Side, a young painter, Charlie, finds the man of his dreams in an older pianist from across the globe, Tim. If only Charlie weren't secretly in love with his own manipulative best friend, Sebastian, who is embroiled in a financial scandal. In the wake of Sebastian's notoriety, their tight-knit group of friends must confront the new realities of adulthood.

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 Noon.
The next meeting is scheduled to be held on October 2nd

Sacred Communication Workshops
October 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

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 on October 16th

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.

UU Trivia Question:
This sentimental yet thought-provoking author is probably best known for the maxim: "All I really needed to know I learned in kindergarten", which served as the title for his best-known book in 1986. Who is this former Unitarian Universalist minister?
See answer on last page (mailing page)
I intended this to be my article for last month. In my own busyness, I sent in the wrong article.

My Apologies. Here is the article I intended to send.

In one more month Autumn will begin signaling the end to summer. On Sunday August 14th I started out on my adventure with my red raspberry electric car.

Being smaller than my pick up truck, it took a little more planning. If there are things that I cannot bring, I need to get other people to bring in that item. I usually bring two large ladders to the fair and this time I brought one. My largest ladder fits in through the back of the car with the front seat folded down only a few inches from the front dash. I’ve always been a little uncomfortable with that close a fit with the possibility of damage to the dash. I also took a large ice chest in the truck before, but this time lets reduce that down to less than half the size. Anything that can be downsized and still be nicely functional, that’s where I want to go.

That Saturday before, I spent the whole day getting ready for my 9-day excursion to help run the energy fair. The trip there becomes part of the sustainability. The car at the fair becomes part of the discussion. The car while at Oregon Illinois becomes part of the work to get the fair ready. Part of the reason I have purchased the car is to have the conversation about changing our mode of transportation in our local areas and focus on the rest of the world.

I was put on the schedule to have a talk on Sunday, August 21st - the last class of the day. In the meantime, I was displaying the car on both Saturday and Sunday, generating conversation about the different points of having an electric car.

I will have to admit, one of the none selling points of my particular car is long distance drive. I went from Frankfort to Edward Hospital in Plainfield, 1 hr. charge, Elnor Hospital in Geneva, 2 to 3 hr. charge, GMC dealer in Sycamore for about 1 ½ hour charge. My times on this may be a little off on charging, but the total time was 9 hours to get to Bob and Sonia Vogl’s farm in Oregon, Illinois. My selling point on this is “If I can do this on a short range car like mine, just imagine what you can do with the longer range cars coming to market soon.

We all have hurdles to get over in our lives simply because we don’t believe that something is just too hard, difficult, just can’t imagine doing it. I am taking advantage of charge time now writing the Green Sanctuary column. What is it, that you think you can’t do, that just maybe you really can. Want to give it a try?
Beyond Boundaries: Controversies, Frontiers, and Growth in Unitarian Universalism
Third Triennial Convocation: October 27-30, 2016
Airport Hilton, Bloomington, Minnesota

Featured Speakers —

UU Collegium Scholar
Rosemary Bray McNatt
President and Professor of UU Ministry and Heritage at Starr King School for the Ministry, Reverend McNatt is currently co-editing a forthcoming anthology of UU historical writings and continuing research into the multiracial liberal religious coalitions of early 20th century Chicago.

UU History and Heritage Society Special Speaker
Tisa Wenger
Dr. Wenger is Associate Professor of Religious History at Yale University Divinity School. Her interests include the relation between American discourses on religious freedom and the politics of race and empire, the American West, and struggles of Native Americans for religious freedom.

Speaker on Midwest UU History
Stefan Jonasson
A resident of Winnipeg and long-time Consultant for Large Congregations for the UUA, Reverend Jonasson has spent years amassing historical data on liberal religion on the Prairies and Plains on both sides of the 48th parallel. He crafts illuminating, diverting—and quite accurate—tales from his discoveries.

Full Program and Registration: uu convo.org
Sponsors: UU Collegium and UU History and Heritage Society
Registration deadline: October 15, 2016
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Please note that on October 23rd any Refugee One Donation Kits are due.
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.

Answer to this months Trivia Question:
Robert Fulghum

Visit us on the web @ www.uuccpf.org