**Sunday Worship Schedule**  
10:00 AM

December 4th  
Title: Spiritual Things Must Be Spiritually Discerned  
By Henrietta Byrd  
During this service you will hear about how to notice when you are in a conversation motivated from empowerment vs. struggle. In conflict, we can practice going high and rise above confusion to look at the situation in another way before coming back from a different vantage point. This service focuses on how we can come from a place in all of our relationships where our empowerment lies.

December 11th  
Title: The White Envelope Christmas  
By Reverend Denise Tracy  
How do we think of the holiday? How can we create a more meaningful holiday season?

December 18th  
Title: A Holiday Spectacular  
Come join our elementary school kiddoes and celebrate the holiday season! More info here.

December 24th  
Christmas Eve Service  
By Reverend Denise Tracy

December 25th  
No Service: Christmas Day

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**Winter Solstice Celebrations**

*Four Winds CUUPS Gathering Ritual*  
Sunday December 18th  
Gather 4:30pm  
Ritual 5pm

*Winter Solstice Candlelight Labyrinth*  
Tuesday, December 20th  
6-9pm

See inside for more details on these two events

**A Holiday Spectacular !!!!**

On December 18, come join our elementary school kiddoes and celebrate the holiday season! For this year’s program, they draw their inspiration from the First Principle, “everyone is important.” There will be visual art, singing and dancing! There might even be a silver glove. Oh, and sugar plum fairies will dance their way into your hearts! Don’t miss it on December 18. Remember, everyone is important and all are welcome!!

**Christmas Eve Service**

A traditional Christmas Eve Service with Carols and Candlelight celebration will be held on December 24th at 7pm. This service will be led by Rev. Denise Tracy and is titled “The Best Christmas Present Ever.” Join us for this special holiday evening.
In the last piece I wrote for the UUCC Community newsletter, I wrote about resilience and concluded by saying “our church can help bind the members of its congregation together so that we can, individually and collectively, weather whatever storms may come our way.” Well, with the election results of 2016, we can say for sure that a storm has definitely arrived.

Reverend Denise Tracy has spoken several times at our church reminding us that Unitarian Universalists have stood throughout history at the forefront of social evolution. We now face a situation where the electorate has chosen an authoritarian who wants not only to stem the tide of that evolution, but to turn back the hands of time to when social injustice was even more prevalent than it is today. I’m writing to give you some historical perspective on why his effort will ultimately fail and how you can all help the forces that will move our country forward again in the direction of social evolution.

First, some perspective on evolution. According to the theory of Spiral Dynamics, society has evolved throughout time in six stages which have arbitrarily been given colors to designate them and which are described in the following way.

**BEIGE**—following natural instincts, organized around extended families or clans

**PURPLE**—following magical thinking, organized around tribes or races

**RED**—following dominance, organized around chiefdoms

**BLUE**—following higher authority, organized around religious institutions or nation-states

**ORANGE**—following rules, organized around constitutions or corporations

**GREEN**—following human needs, organized around distributive economics and justice

Using the language of spiral dynamics, here is what the election looks like. The Republicans had a RED leader who utilized their longing for an authoritarian strongman to harness a coalition together that included the ORANGE Wall Street Republicans and the BLUE fundamentalist Christians, and those PURPLE Republicans who are advocating for the white supremacy, a sort of Ghost Dance revival of the Confederacy. Together they were able to defeat the GREEN Democrats. However, there is a higher level of evolution that is emerging, and that is

**YELLOW**—following human evolution, organized around distributive technology (social media)

The first six stages all see each other as a potential threat and therefore all have the common underlying theme of fear of the other. The seventh stage is the one where I see Unitarian-Universalists strive to be, where they recognize the other stages as simply that, stages of evolution, and so they are not threatened by their existence. The common underlying theme of this stage is love, even for those who have fallen victim to being in a stage of “arrested development.” This is how we can reach out to those at different levels of cultural evolution, by recognizing them as fellow human beings who are all on the path and who are not necessarily enemies. For example, it is important to recognize that the economic grievances of those who voted for Donald Trump are very real, even if they have been exploited by their political leaders to other ends.

That being said, there is no guarantee that people at the other levels of cultural evolution will view UUs in a loving manner, and in fact they may be threatened by them. Here’s 10 things you can do to help protect yourself and the various communities that may be threatened by the attempt to roll back the progress that our country has made in social evolution.
1. **Do not be taken in by attempts to normalize this event**

Social activism can be neutralized by falsely reassuring words about how the world as we know it has not ended. Do not believe the attempts by the mainstream media to normalize the election of an authoritarian to the highest governmental office in the United States. One way to do this is by looking at alternative media such as blogs (like Digby’s Hullaballoo) or podcasts (like The Professional Left).

2. **Save institutions**

Rather than looking to institutions to save you, you must focus on saving institutions that end up doing a lot of the social justice work that is needed in this country now more than ever. The good news is that I’ve already heard from people in the congregation who have volunteered to help various institutions, and I encourage this. It will make you feel better for having done something, and it will of course reassure the institutions that there are people out there that care for their mission.

3. **Believe the autocrat**

Despite reassuring words that Trump does not intend to pursue criminal charges against Hillary Clinton on his first day in office, you should take seriously what he has repeatedly vowed to do during his campaign, of using the levers of governmental power to punish his political enemies. This is why it is important not just to focus on what is happening with the presidency, but also what is happening in the judicial branch of government, particularly attempts to wreak havoc with the culture of the high courts of our country.

4. **Be outraged**

Although I do not want people in the congregation to succumb to the emotions of depression or despair in the aftermath of the election, there is one emotion that I do not want to discourage, and that is anger. I remember during the Bush administration that the writ of habeas corpus, the basic right not to be imprisoned without a statement of the charges, was being suspended for prisoners at Guantanamo Bay. I was outraged that this basic right, which was enshrined not only in our constitution, but in the Magna Carta as far back as 1215, was being waived away by President Bush. And yet, there was practically NO discussion of this in the mainstream media, which enraged me even further. I went to the library and saw a flyer for a Unitarian Universalist church near where I lived that was having an Adult Forum on just that topic and I was so glad to find a group of people who were equally outraged by this assault on basic human liberty. Anticipating the assaults on our liberty to come, I would like for our Adult Forum to focus on issues pertaining to them so we can make sure people’s voices are heard.

5. **Do not compromise**

Although I said we need to approach individuals in a loving manner, this does not mean that we simply accept attacks on the seven principles that inform our religion or the principles that inform our country’s basic protection of individual liberties. We are trying to protect the future from those who would drag us into the past. Politics is the art of the possible, but when you are dealing with an authoritarian, compromise may be immoral, as was the attempt to compromise with the forces promoting slavery in the 18th and 19th centuries.

6. **Remember the past**

We have dealt with conservative presidencies before, and many of their characteristics can be seen by looking at historical works, particularly those of Rick Perlstein, who is an historian of the conservative movement in the 1960s and 1970s. I recommend his books Nixonland and The Invisible Bridge about the fall of Nixon and the rise of Reagan, which started the rightward movement of the Republican party that still continues today.
7. Remember the future: politics is also local

Although it is true that the GOP controls both the White House and Congress, it is also true that Republicans control more than 30 governors who are Republican, and of these, 25 states have Republican control of both state legislative chambers. However, there are a total of 38 gubernatorial contests that will occur in the next two years, including the one in Illinois in 2017.

I can encourage people to follow these races and get involved in supporting candidates that you feel DO reflect your principles.

8. Be a patriot

This does not mean taking a “love it or leave it” attitude towards the country or unreflectively waving around symbols of patriotism. It means taking pride of ownership for what really does make the country great, the fact that we are a country literally built on immigration and sustained by the forward march of social justice to make sure that the principles that stood behind our country’s founding documents are preserved. In this sense, you are not a liberal, but a conservative: you are conserving the gains made by the Civil Rights movement, the New Deal, and going back all the way to the Bill of Rights. Those trying to reverse those gains are not conservatives, they are reactionaries, and must be told that what they are doing is, in the end analysis, un-American. It is not un-American to disagree with those in power if they are the ones trying to undermine our Constitution and the promise that it holds to present and future generations.

9. Reach out

There are so many minorities at risk, such as African-Americans, Hispanics, and Muslims, that it is hard to know where to start when it comes to helping them face potential oppression from their own government. Here’s where to start: do you know any people in these communities? Contact them and let them know you are there and that you care. In the meanwhile, if you have any connections or links to people who are in the African-American, Hispanic, or Muslim communities, let me know so I can contact them and express our church’s support of their communities during the next four years!

10. Have a private life

When all seems chaotic in the external world, it is important to establish a sense of order in your internal world, either with spiritual practices such as yoga and meditation, or artistic or personal endeavors that help you create meaning in your life. When the angry world comes a-knocking, you’ll be in your cradle rocking!

For further information on how to deal with the upcoming administration, you can take look at the following articles.


David Snyder (American historian) [https://www.facebook.com/timothy.david.snyder/posts/1206636702716110](https://www.facebook.com/timothy.david.snyder/posts/1206636702716110)


Let me end with the words from David Mitchell’s book Cloud Atlas, which also appeared in the movie:

“Our lives are not our own. We are bound to others, past and present, and by each crime and every kindness, we birth our future.”

~Jerome
CUUPs Winter Solstice Celebration

Sunday Dec 18th  4:30 Gather, 5:00 Ritual

Join us for a family friendly ritual as we mark the shortest day and longest night. Embrace the darkness by looking inward to assess the year that has gone by. Grow the light and look forward to the New Year yet to come. Mark this time of transition and of new beginnings.

Pizza at Aurelio’s in Crete afterwards!!  Hope to see you there.

For more information contact Nancy Irons (irons.nancy@gmail.com).

Winter Solstice Candlelight Labyrinth

December 20th from 6-9pm

The Winter Solstice is the shortest day of the year. It is the border between the past and coming years; the past, present, and future. It represents new beginnings and great new possibilities. Leaving behind what does not serve us, and embracing that which does.

Come celebrate the New Year at our candle Labyrinth. Enjoy a calming, yet invigorating meditation. Peacefully walk the Labyrinth to consider the passing year, and the coming new year. Reconnect with your Spiritual center. Sit and pray for peace, health, Mother Earth, freedom from, and freedom for; in the warmth and serenity of our Labyrinth.

A $10 donation is requested from non-UUCC members.

Safety note: Please do not wear long, loose, draping or dragging clothing. We use open topped glass candle holders, but we want to be extra careful.

Share the Season - Donate New Children’s Hats, Gloves & Scarves

Please bring in donations of new children’s winter wear by Sunday, Dec. 11th. The donation box is next to the Christmas tree in the Sanctuary. Respond Now will distribute them to families in need at their annual holiday celebration.
Edgar’s Place Coffee House Proudly Presents
Andina and Rich
Saturday, December 10th at 7:30pm
Adults: $15   Kids: $10

Mix Sandy Andina (Chicago’s resident singing/guitar-and-dulcimer-slinging smart aleck) with Stephen Lee Rich (Madison, WI’s friendly neighborhood yodeling cowboy), add harmony and humor, then shake and stir. Result: Andina and Rich! Their new CD, “Two Guitars, A Dulcimer and an Attitude” shows a musical diversity that most duos just don’t have. From the delta style of “Porchlight Blues” to the contemporary feel of “Talkin’ To The Vines” to the wild comedy of “Caffeine” you get a show with something wonderful for every family member.

Click here for a video sneak peak: https://youtu.be/Iwz9szntf-M

The UUCC
MEN’S GROUP

Men’s group is scheduled for the following dates. December 13th and 27th at 7PM. 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.

Dec: Colin Kirchner & Monica Regan

December Forum

December 4th: Community Sunday- No Forum
December 11th: Care of the Earth - Jeff Green
Bees by Mike Rusnak
December 18th: UU Gabfest - Dan Feldt
A conversation about issues important to UUs, drawn from the UU World Magazine.
December 25th: No Forum– Christmas
Religious and Character Education
by Dan Feldt

A Holiday Spectacular!!!

On December 18, come join our elementary school kiddoes and celebrate the holiday season! (See front page for more information).

The kids collected $167.34 for UNICEF. I believe that’s a new record. Thank you all for your generous contribution. The money will help buy food and medicine for many, many children.

We’ve got a great bunch of youth in the Our Whole Lives sexual education program for 7th through 9th grade. Their mutual respect, openness, and acceptance of each other have created a wonderful group, according to Jodi Libretti. Jodi and Colin Kirchner are doing a terrific job as leaders. Special thanks to Beccie Bruckner for being one of the chaperones for the October sleepover. The couches in the Gathering Room are a bit too short for comfort!

The adult education UU Gabfest is off to a lively start. We’ve had some wide-ranging discussions based on articles in the “UU World.” On December 18, the talk will be centered around the Rev. Dr. William J. Barber’s book, The Third Reconstruction. Some of you might remember him from his speech at the Democratic Convention. I’ll have excerpts from the book and a discussion outline available in the gathering room on December 11. Please plan to join us.

Now some pictures of recent class work.

Future Voter
UUCC “Celebrating Samhain”
October 30th Service led by
Nancy Irons and CUUPS.
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.

December movie: “Make the Yuletide Gay”

Having to spend Christmas apart was always going to be difficult for new boyfriends Nathan and Gunn. After all, Nathan has to spend the festive season with his distant, cold Mum and Dad and Gunn is going to have to go right back in the closet to survive the holidays with his wacky parents. But when Nathan surprises everyone by turning up unannounced on the doorstep Gunn is forced to juggle his desperate charade whilst curbing the couple's ever-growing desire to be in each other's arms. It soon becomes clear that he is going to have to make a tough call - come out of that Christmas closet or spend this vacation a virgin!

A worldwide festival hit with a heart of gold and filled with bright, witty dialogue, Make The Yuletide Gay is one holiday treat you will want to savor.

Sacred Communication Workshops RETURNING December Date: 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.

If you would like to attend, contact: Rev. Henrietta Byrd at 312-593-4732 or email her at iforgiveforme@gmail.com

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.

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.

DUP will meet on December 18th

There will not be a Free Movie & Discussion Night in December. We plan to resume in January.

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

The next meeting is scheduled to be held on 12/04/16

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.
A lot of us are stunned with what the nation chose for a path into the future. We all share the same earth with our conservative neighbors. How do we dialogue with them in a constructive way. Possibly this is a start of learning about listening and communicating about issues that are toxic.

“I’m Right And You’re An Idiot” By James Hoggan
(Note: This is an inflammatory title and does not live up to our UU Principles, however the content is sound.)

Just as the natural environment can be polluted, so too can public discourse. I’m Right and You’re an Idiot: The Toxic State of Public Discourse and How to Clean it Up examines the sorry state of today’s public square, showing how polluted, polarized conversations discourage people from taking action on critical issues such as climate change, and demonstrating how we can clear the air and become more powerful and effective communicators.

The biggest challenge we have is to listen to conservatives and making relationships with them. In a polarized world that is challenging. There is our desire to win the argument, but the relationship just may be more important than winning the argument. Frank, Marie and I were at the Citizens Climate Lobby in October. We received training in just that. If we aren’t listening, we probably are not being heard either.

The most urgent environmental threat today is not climate change, species extinction or the declining health of oceans, argues author Jim Hoggan in his latest book. The more pressing problem is resistance to change that results from pollution in the public square. A smog of adversarial rhetoric, propaganda and polarization that comes from all sides, is stifling discussion and our ability to solve problems collectively.

How can we lead in this discussion? It starts by listening and reaffirming the values of the person you are talking to. Suggest your point of view without them having to accept you as right. Give them their space to digest over days and maybe years.

Just a side note: Discovering Non Violent Communication by Diane O’Connor

Recently I have been studying and attempting to practice the principles of “non-violent communication.” NVC is a technique that was developed in the 1960’s by Marshall Rosenberg PhD.

NVC guides us in reframing how we express ourselves and hear others. Instead of being habitual, automatic reactions, our words become conscious responses based firmly on an awareness of what we are perceiving, feeling and wanting. We are led to express ourselves with honesty and clarity, while simultaneously paying others respectful and emphatic attention. In any exchange we come to hear our own deeper needs as well as the deeper needs of others.

You can find a number of youtube videos featuring Marshall Rosenberg teaching the basics of NVC. You can also click on this link for a free PDF Ebook: http://www.ayahuasca-wasi.com/english/articles/NVC.pdf

My experience with NVC has been very positive thus far and I see this as being a potentially life changing practice.
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Church Information

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E-Mail:  churchadmin@uuccpf.org
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Newsletter deadline is always the 20th of every month
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Diane O’Connor

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