Sunday Worship Schedule

10:00 AM

January 1st
Title: Should Alpha Kiss Omega then What Will the Future Portend?
By Reverend Tom Burdett
A New Years celebration with Emily Dickinson, including (but not limited to) a New Years cocktail, a gift from her to all of us.

January 8th
Title: Connect the Dots with Spirit
By Monica Regan
All life is connected and we experience glee when we can connect the dots to create a cohesive picture. But, our faith calls upon us to question the obvious. What is a free and responsible search?

January 15th
Title: Be The Light
By Reverend Denise Tracy
It is winter. The season of darkness and the celebration of the coming of the light. How can we share our light and what promises can we make to ourselves, those we know and love and our world, to actually carry and be the light? Part of the service will include a meditation and a sharing of our light.

January 22nd
Title: Writing the Script - Life as Theater
By Dennis Fisher
Our life follows a script. The challenge is to make sure we are writing the script and not someone else.

January 29th
Title: Healing the Heart of Democracy
By Reverend Scott Aaseng
More than false reconciliation or reflexive reactivism, this is a time for re-grounding ourselves in Parker Palmer's "habits for healing the heart of democracy." Rev. Aaseng will explore some foundational elements that underlie our work for justice.

President’s Column
“Setting Effective Goals for 2017”
by Jerome Rowley

Many people have asked me about how I keep organized, and I decided to share some tips on setting goals and accomplishing them, so that people have a successful New Year as they plan out their resolutions. The President's Column for this month is devoted to this. I have attached a copy...

This year I accomplished some major goals, including getting a full-time job which started back in mid-October. Working a full-time job, plus handling my three volunteer positions, namely
- President of the Board of Trustees for the Unitarian-Universalist Church of Park Forest,
- Director of the Executive Council for the Chicagoland Chapter of the Project Management Institute,
- South Division Director and Asst. Club Growth Director for Chicagoland District 30 Toastmasters International
has made me a very busy person, and I started a productivity program called “Train Your Brain for Success” by Roger Seip back in mid-August to help me set effective goals for the year and organize my increased work load so that I get everything done that I need to.

I thought those who are interested in setting New Year’s Resolutions for 2017 might want some tips that I have learned in creating effective goals for the next year.

Here are the five steps I recommend, taken from Roger Seip’s book…
President’s Column (continued)

Step 1—Narrow It Down
I used to write a laundry list of everything that I wanted to accomplish in the following year, and sometimes it made me exhausted just looking at that long list. Narrow your time frame from one year to 90 days, and narrow the number of goals you set to six at most. Why? Goals that are 90 days out are ones that you can highly focus on, as opposed to goals that stretch out for the year. When I had a weight loss goal last year of losing 30 pounds, instead of saying “I want to lose 30 pounds in 2016,” I set a goal of losing 10 pounds the first 90 days. Once this goal was achieved, I then set the goal for the next quarter, and milestone by milestone, I achieved the goal! Notice that I put a specific, measurable amount on my goal, rather than the vague one of “I want to lose some weight.” I wrote the goal down in my planning journal so I would be able to review it later. Neuroscience studies suggest that the old school method of writing things down on a piece of paper engages your brain more than typing into an app on your smartphone.

Step 2—Identify the Keystone
You don’t want to set more than six goals for yourself, because these are most likely the ones that are going to make a big impact on your quality of life. Putting a limit on the number of goals you set for yourself allows you to choose the most important ones for you to focus on. Out of these six goals, one will have the greatest impact on your quality of life; this should be considered your keystone goal.

Step 3—Solidify the Why
Ideally for all of your six goals, but most importantly for your keystone goal, you should be solidifying in your mind your motivation for accomplishing it. What will accomplishment of this goal do for you? How will it make you feel? How will it require you to grow in order to achieve it? What will achieving this goal allow you to do that you can’t do now? Making this mental picture as specific as possible will greatly enhance your subconscious desire to achieve it, because the subconscious deals better with pictures than it does with mere words on paper.

Step 4—Make It Visual
Once you made a mental picture that solidifies your motivations, you can enhance your subconscious desire to achieving a given goal by writing it down and posting it not just in your journal but also on your refrigerator, in your car, at work or wherever your eye will roam during the course of the day. Even better than words on a Post-It note are pictures, which is the purpose behind what is called a vision board, an excellent visual reminder of what your goal is all about.

Step 5—Create Supporting Rituals
You should put your goals on index cards which you have at your bedside table so that you review them as part of your ritual of getting up in the morning or preparing for bed the night before.

These five steps are what has helped me set effective goals. Now how do I find the time to accomplish them? Here’s where the Two-Hour Solution comes into play.

The Two-Hour Solution
This is the technique I use to mentally create the blocks of time I plan to use in the following week to get things accomplished. It requires a two-hour block of uninterrupted time between the end of one workweek and the beginning of the next. Here are the 7 steps of the Two-Hour Solution. You can use a spreadsheet like EXCEL or get a physical planner like Day-Timer or something similar to do the planning. It uses colors to designate certain blocks of time and it is a great way of giving yourself enough time to recharge your batteries throughout the week.
Step 1. Reconnect with your Goals (GOLD time)
You should review the six goals you set for yourself for the next 90 days, and see if there is something you can be doing THIS WEEK to set them in motion.

Step 2. Review and Block off your Commitments (ORANGE time)
Your commitments are those meetings or appointments that were already scheduled going into the week. I call this ORANGE time because when you are driving down the road, orange signs means that something is under construction and you need to slow down and make sure you drive safely. You not only want to block off these meetings, but include in the ORANGE time the preparation you need to do for them.

Step 3. Schedule Excellence (PURPLE time)
After you schedule your appointments in step 2, the next step is to build in time to make yourself a better person. Roger Seip calls this “Excellence Time”, and this includes time for exercise, reading, meditating, sleep, and of course the two hours of planning time you will be doing by using this method. I put this in PURPLE because you are treating yourself like royalty by putting your excellence time in your schedule first before anything else. Is this selfish? Well yes, but remember when you’re in an airplane, the safety announcement says that in a case of an emergency, you should put your oxygen mask on first before assisting others. Why? Because if you don’t, you may not be able to help others.

Step 4. Schedule your work (GREEN Time)
This relates to your professional life if you are working. Green is the color of money, and this is any activity that directly makes you money or improves your quality of life. (Going to group association meetings would be an example of the latter.)

Step 5. Schedule your paperwork (RED time)
These are the support activities that we do either in our professional or personal life. For example, a person in sales would count the actual time making the sales as “green” time, but filling out the paperwork afterwards as “red” time. Red time has less priority than green time, but that is why green time is scheduled first. However, red time (for example, doing laundry) must be included somewhere, because if you don’t schedule it, it may interfere with your regular work life or reduce your quality of life.

Step 6. Schedule Flex Time (YELLOW time)
If you look at your days so far, you should see that there are some blank spaces left where nothing is planned. Take some of those chunks of time and assign them as flex or YELLOW time. This gives you flexibility to stay the course if something unexpected comes up.

Step 7. Schedule Re-Creation (BLUE time)
There are some times when you need to schedule some creative activity that is relaxing to you in mind, body, or spirit. Playing games, playing a musical instrument, or engaging in a hobby or pastime are examples here. During this time, you are NOT trying to get a specific goal done but rather you are just having fun and letting your spirit roam free. We all need this, so don’t forget this last step!

These 7 steps are what I use to build my schedule for the following week. If any of you have any questions or need an EXCEL template for the two-hour solution, just let me know via e-mail and I’ll send you one! Take care, and have a great beginning to 2017!

~Jerome
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.

Our January Listening Hearts volunteer will be announced at our Sunday services.

Men’s group is scheduled to meet on the following dates at 7pm.

January 2 & 23
February 6 & 20
March 6 & 20
April 3 & 17

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

Free Movie and Discussion Night
Eating You Alive
Friday, January 27 at 7:00 pm

Eating You Alive reveals the truth about why Americans are so sick and what we can do about it. Featuring leading medical experts and researchers, Eating You Alive takes a scientific look at the reasons we’re so sick, who’s responsible for feeding us wrong information, and how we can use whole-food, plant-based nutrition to take control of our health one bite at a time.

Donations appreciated. We purchased the rights to show this film so we could share this important information with you! Join in the lively discussion. Invite friends! Free coffee, tea, and popcorn.

Free Movie and Discussion Coming in February
“Salam Neighbor”
We will have a new president on January 20, 2017. In anticipation, hate crimes have increased against Muslims and other minorities who are not WASPs. This is a documentary about our long standing relationship with Israel, to which we have presented $3.1 billion each January since 1974. In 1982, when Israel invaded Lebanon, where a Palestinian refugee camp was, the devastation of civilians garnered world wide opposition. This film is about Israel’s response and what our tax money buys.

**THE OCCUPATION OF THE AMERICAN MIND**

(Held shortly after our Sunday Services except for the first Sunday of the month when we have Community Sunday Potluck).

**About January 8th: “Indivisible: A Practical Guide for Resisting the Trump Agenda”**
**By Jerome Rowley**

I wanted to extend a thank you to all those who gave me positive comments on the contents of last month’s President's column, namely, a list of 10 actions people can take to respond to the changed political environment we now live in. For those interested in discussing the topic further, I am holding an Adult Forum on Sunday, January 8th from 12 PM to 1 PM called “Indivisible: A Practical Guide for Resisting the Trump Agenda.” All those who want to attend are encouraged to go to the following web address and read the 24-page guide before the meeting: Click [HERE](#) for the 24-page guide. This guide has been put together by congressional staff members who have observed the most effective ways of putting pressure on Congressmen to vote either for or against proposed legislation. I will be making a limited number of copies available for people at the meeting, and I hope that our discussion generates some action steps our congregation can get involved in NOW even before the inauguration takes place. For those who have expressed concern that we will be discussing politics in a religious institution, I am not using the forum to advocate for or against any specific policy position, but rather using it as a way to give people in the congregation the tools they will need to be more effective in putting pressure on local governmental officials to listen to what they, their constituents, have to say.
What more can be said?

The Religious and Character Education Spectacular was spectacular!!!
Rainbow Cafe

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 Cafe is open every 3rd Friday of the month from 6:30-10:30 pm.

January 20th movie: “Other People”

A struggling comedy writer, fresh from breaking up with his boyfriend, moves to Sacramento to help his sick mother. Living with his conservative father and younger sisters, David feels like a stranger in his childhood home. As his mother worsens, he tries to convince everyone including himself that he’s doing ok.

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.

Sacred Communication Workshops RETURNING
January 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

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

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

This month there will not be a MCEA meeting due to the New Year Holiday.

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 January 22nd

PADs News

Thanks so much for bringing in the pill bottles for PADs. We have a ton of them right now and we will stop collecting them. Maybe in the Spring we can start up again.

~Carol Mortensen
With the change in our political landscape, it appears that global warming action is going to be slowed down. Hopefully that is all that will happen. But there are things, that negative politics will not disrupt. One of my favorite fields of interest is batteries. Here is an article showing what they think will be the projection of the cost of batteries into the future.

My car price was $6500 before all the extra fees added on. My battery back is 16 kwhr. Just dividing 16 into $6500, gives $406.25 per kw. I bought the car in essence for about the cost of the battery pack alone.


The red columns in the graph stand for the total battery pack cost. Notice that the cost of the battery packs are consistently declining out to the year 2025. Whether it hits $100 per kw-hr sooner or later, battery packs are going to decline in cost.

Is this good for the Earth? The answer is an unqualified yes. Especially in the area of electric cars. Tying this in with Bloomberg News projection of future electric car production, electric cars will cause a glut of oil to happen in the world from lowered demand. 2 million electric cars worldwide is all that is needed. By Bloomberg projections this could happen as soon as 2023.

Tesla has had 400,000 reservations for their Model 3 to come out in late 2017. It appears the market is ready for this to happen. When I finally registered for EV (electric vehicle) license plates for Illinois, the currency exchange didn’t really know how to handle the procedure. They called the owner and the guy gushed, is this a TESLA! No,........ sadly it’s not. I just have a plain old Mitsubishi i-miev. Another stat that is interesting is that Tesla has 32% of the large luxury car market. Our leaders are the wealthy and they have spoken with their money. With the change in federal leadership, this is one of the bright avenues ahead.

~Jeff
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**Please note:** The Medical Cannabis Education Association will not meet in the month of January. Also note that there will not be an Edgar’s Place Coffeehouse this month. Please join us on February 11th when Edgar’s Place will proudly present Michael Smith.
Church Information

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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.

Visit us on the web @ www.uuccpf.org