Sunday Worship Schedule

10:00 AM

February 5th
Title: “Groundhog Spirituality”
By Jennifer Cottrill
Today, Groundhog Day is regarded as a trivial holiday, but it has its roots in the ancient pagan festival of Imbolc. This sermon explores the psychological need for celebration amidst the bleakness of late winter and considers the broader themes of endurance and hope.

February 12th
Title: “Stars in Their Crown – The Grace and Glory of Long-Lasting Love”
By February Sky
Around Valentine’s Day, we hear a lot about the heart-pounding, brain-draining excitement of new love. But some lovers are blessed, when the romantic stage passes, with a love that grows in depth and complexity until they become almost like one person inhabiting two different bodies. People worry about losing themselves in that other person, but the truth is that this type of love can put us more in touch with who we really are than new love ever dreams of.

February 19th
Title: “Three Texts to Build a Faith On”
By Rev. Denise Tracy
Ever go to dinner and sit with someone who is clearly religiously conservative and ask you about your faith? Ever meet someone whose faith is founded in the Bible and you want to reach them using their own language? This service offers tools and texts to speak about our UU Faith using the Bible.

February 26th
Title: “A Faith for Both/And”
By Otto O’Connor
Black and white thinking is all around us but often fails to paint a full picture. UU is a faith that embraces a theology of "both/and," as in BOTH this AND that can be of value, BOTH this AND that can be true. This sermon explores how this way of engaging with the world can help us to live our UU values.

The President’s Column
by Jerome Rowley

February is the month of Valentine’s Day, where we celebrate romantic relationships. I was remembering that my pathway towards becoming a Unitarian started with my watching the interviews that Bill Moyers did with Joseph Campbell, who taught mythology at Sarah Lawrence College for many years. One of his most compelling interviews was on the subject of the mythology of love. Love in the sense of choosing one’s own partner for a relationship or eventually for marriage, is a romantic ideal which, according to Joseph Campbell was supported by mythology in the Middle Ages by such stories as Tristan and Isolde. In that story, Tristan was supposed to bring back Isolde for his uncle King Mark, and the nurse accompanying Isolde had a love potion made to help seal the deal upon their arrival. Unfortunately, Tristan and Isolde drank the love potion by mistake and fell head over heels in love with each other, and were forced to flee in order to avoid being punished for having disobeyed the plans of the King.

When I heard this story, it occurred to me that heterosexual romance, the idea of two people choosing each other for a relationship, rather than the relationship being arranged by the family of the two people, was once in the same position that homosexual romance was in our society at least until recently. Unitarian Universalists have been supportive of the LGBT community and that is one of the reasons why I feel very comfortable as a member of the UUCC Park Forest community. (Continued)
Another reason has to do with people’s relationships, not with each other, but to the divine. Whether you believe in God or not, you must have some sort of relationship to principles and values. Joseph Campbell said there were “five love languages” when it came to dealing with the divine. These are metaphors of people’s relationship with God or with eternal principles that take various human relationships as their model: parent, friend, child, spouse, lover.

The first or lowest level of relationship is seeing the divine as your parent. This is the level of conventional morality, where you do what you are told because society tells you that is what is right. Those with no sense of morality at the level of the community are sometimes said to have pre-conventional morality, which is only based on the principle, “what’s in it for me?”

The next level of relationship is seeing the divine as your friend. This takes the universe from the language of being an “It”—the third person, to the language of being a “Thou”—the second person. When you have a relationship with the divine, the universe becomes a lot friendlier place.

The third level of relationship is seeing the divine as a child, where YOU are a parent. This represents the nurturing of the spiritual within you, and is represented in Christianity by the image of Jesus as an infant. Compassion towards an infant, a natural response in adults, is carried over by analogy to compassion towards that soft and tender heart we all possess.

The fourth level of relationship is seeing the divine as a spouse, and this is represented by the idea of a covenant with the divine, rather than just obeying a set of laws. With a set of religious laws, it’s like the laws of the state: you are punished for transgressing them, but you don’t necessarily get anything positive for having followed them. But with a covenant, there is a sense of going into it willingly on the part of both parties, like the parties to a marriage. In the Hebrew Bible, the covenantal model is what is behind the 10 Commandments, both positive injunctions (“honor thy father and mother”) as well a negative ones (“do not kill”). In the case of a covenant, you will be punished for not living up to the terms of the agreement, but unlike living under a law code, you can be rewarded for having lived up to those terms.

The final level of relationship is seeing the divine as a lover, and this transcends the boundaries of what is considered by society as being “proper.” Those who adhere to principles EVEN if the society rejects them or refuses to follow them are living in a post-conventional morality. The perfect example of this would be the marches that occurred the day after the inauguration not only in Washington, D.C., but across the nation and indeed around the world. Unitarian Universalists have always been at the forefront of civil disobedience, when the government or the state stand for laws that go against their conscience. This was as true back in the days of the Civil War, when Unitarian Universalists supported the abolition of slavery, as it was after the inauguration when the record-breaking protests occurred across the country.

I was particularly proud that many members of our congregation were at those protests, both here in Chicago but even in Washington, D.C. Our love of the principles that sustain us is stronger than any coercion that the government may bring to bear upon us.

And that is the love that really matters this year—our love for our fellow members of the community and our country at large. This is why I feel hopeful, because those protests were grounded in love for fellow members of the community as much as or even more than the fear and anger that brought this new administration upon us.

That’s why it’s important to fall in love with the divine, even if that divinity is only seen to exist in the eyes of others! I wish you all a Happy Valentine’s Day and a year that is filled with great relationships.
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 February Listening Hearts volunteers will be announced at our Sunday services.

Salam Neighbor

Free Movie and Discussion
Friday, February 24th at 7pm

Salam Neighbor is an award winning film about Syrian refugees, told by two young filmmakers who fully embed themselves in a Syrian refugee camp, providing an intimate look at our world’s most dire humanitarian crisis.

Join in the lively discussion following this documentary film.
Free coffee, tea, and popcorn. Invite friends!
Donations appreciated. 1 hour 15 minutes.

Coming in March: Edgar’s Place Coffeehouse
March 11, 2017 - Kristin Lems
Wherever you go. Whatever you do. He stays in your head…

One of the most captivating songwriters in the folk arena, celebrated musician Michael Peter Smith has toured the US and Canada for nearly five decades. He creates new work on a constant basis, and music’s finest performers record his songs. His song, *The Dutchman*, is considered a classic.

Wherever he is… touring concert venues, clubs, theaters, folk festivals at house concerts, or teaching song writing workshops, in powerful songs, award winning musical scores, and unforgettable recordings… Musical mastery is in whatever Michael does.

“Hearing the songs of Michael Smith in this day and age is like reading an anthology of Hemingway’s short stories after decades of only comic books. It’s a realization that songs can hold a whole lot more than they’re usually expected to hold, they can possess a genuine sense of place and time as evocative and magical as the finest literature.” Paul Zollo, Song Talk Magazine

For more information: <http://michaelpetersmith.com/>

See a sneak peak of Michael Smith performing “The Dutchman” on youtube

**What else is happening in Park Forest?**

**INDOOR FARMERS MARKET - 2017**
February 25
March 25
April 29
8 AM - Noon | Marie Irwin Center

**PERCUSSION INSTRUMENT WORKSHOP**
February 11
1-2pm at THE PARK FOREST LIBRARY (400 Lakewood Blvd)
No registration required.
If you are interested in any of these FREE items, or if you have items you would like us to post, contact Diane at 708-758-5715 or email her at diane.oconnor@att.net.

**UUCC Recycle:**
**Repurposing one man’s trash into another man’s treasure!**

**Mary Kay Consultant Start Up Bag:** The bag has never been used (still has plastic around handles), comes with organizer insert and several Mary Kay Consultant accessories.

**Conn organ:** Plays well but has one broken key which is on the far left side, lower level. Top level works great. Lower level volume plays low. Lots of various tones and rhythms come with this fun machine. Also has bass pedals. Beautiful wood finish. Great for amateur musicians who don’t want to spend money! You must pick up, tho. (Located in Glenwood).

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**UUCC February Forum**

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

**Feb. 5th - Community Sunday/No Forum**

**Feb 12th - Standing Rock - Protecting Native Land & Lives with Frank Esposito.** Frank will update UUCC on the status of the Dakota Access Pipeline at Standing Rock, as well as actions occurring here in Illinois. He will also discuss his personal experiences at Standing Rock and the history and culture of Native Americans, and their concerns regarding the pipeline, possible effects it would have on the Missouri River, and the Native Americans’ sacred burial grounds.

**Feb 19th – UU Gabfest with Dan Feldt**
A conversation about issues important to UUs, drawn from the UU World magazine. Contact Dan in advance for links to articles to be discussed.

**Feb 26th - Charter Schools: Why the LWV is Cautiously Pessimistic—with Jean Pierce.** This forum will discuss the LWV charter school position approved by Illiinois League members in 2015. (see:http://www.lwvil.org/updated-charter-schools-position.html). Experiences in Richton Park, with the state mandated Southland College Prep Charter High School, will be addressed.

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**Congratulations and best wishes to Suzie Brown and Bill Rodgers who were married on December 10, 2016!**
RCE is Busy on all Fronts!

At the last Adult RCE UU Gabfest, we had a very substantive discussion based on two articles in the UU World. We talked about belongings: not in the material sense, but the importance of belonging to a community/congregation. We also talked about sharing stories, the revealing stories we share about ourselves. These could be stories of an important event in our lives or our faith journey. Through the bravery of the teller and the acceptance of the congregation, a stronger bond is created. Please join the twelve people that were at the January Gabfest on the third Sunday of this month, February 19.

Our youth group is organizing a cook team to provide a brunch at the Ronald McDonald House in Hyde Park. They’re looking at Saturdays in May or early June. A cook team is 8 to 12 people. More information coming soon!

Using the Second Principle, “all people should be treated fairly and kindly,” our elementary kids are exploring how to tell a buddy from a bully. They wrote their buddy, Maggie (Angela’s daughter) some we-miss-you cards.

They’re also learning about “fidgets.” A fidget is something you do when you have to sit for a long time and listen. Some people knit, others doodle or hug their favorite stuffed animal. Here’s some pictures of the elementary kids hard at work.
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.

Gerald (Jacob York), a semi-alcoholic trust-fund baby, wakes up every morning in some sort of pain, and can't figure out why. His doctors are just as stumped--he's tried everything from acupuncture to reflexology with no results. Is Gerald really ill? Or is he merely a hypochondriac? At his wits' end--and against the explicit wishes of his practical partner, Charles (Jonathan Everett)--Gerald takes the advice of a friend and consults with an energy healer. He visits May (Kathy Cash), a foul-mouthed, chain-smoking jeweler, and is shocked when the gemstones she sells him magically ease his pain. This unexpected stroke of luck prompts Gerald to reexamine his life in new and unexpected ways.

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

MCEA will meet on February 5th. All are welcome!

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 February 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. DUP will meet on February 19th

Did you know?.... That February is the only month that can pass with no full moon. This will next occur in 2018. And... Even Americans have trouble with the word February. Last year, a press release from the White House consistently spelt it as “Feburary”.

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.

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
I was asked by a friend to write on low level radiation exposure. There is concern for adverse effects on this issue in how it effects our lives from a health point of issue. When I started looking into this, I cannot begin to cover this well, the area of this discussion is so large. Admittedly I rarely feel I am adversely effected by different things in my surroundings. So I am not coming from a point of view that radiation at low levels is hurting or adversely effecting me. This isn’t to diminish in any way how others feel about this issue.

I will approach this as best I can from a science point of view. My background in engineering tech is about taking information and applying this from neutral unbiased information. This has been studied on animals (rats) to see what and how they were effected. Rats may not transfer over to humans. Let me start out with basics. I was impressed with a few articles that I have read.


{The Inverse-square law is a physical law which states that the quantity or intensity of linear-wave radiation is directly inverse to the distance the observing/affected body is from the source of the radiation. In the illustration above, you can see how the further the given area (A) is from the source of the radiation (S), the less exposure it receives. This law applies to radio, microwaves, visible light, and all manner of waves we experience around us in the natural world.}

If you are concerned with radiation, this illustration above tells you, that the further away you are from the source of radiation, the less you will receive. If your source is wifi, that you are concerned about, then put your wifi at one end of the house while you are at the other end.


{Asked for specifics, Foster says it helps to understand how Wi-Fi works. While most people assume their wireless router is constantly sending and receiving information, Foster says these devices actually transmit just 0.1% of the time. } This is another way radiation exposure is reduced. Wifi seems to be off most of the time. It is waiting for you to make a move.

I have not even touched the surface for addressing the concerns of health effects of low level radiation. If you are concerned about this issue, then there are ways to reduce the effect of intensity of radiation, reducing your exposure. One is establish a longer distance from the wifi lowering the intensity of radiation. Another upside is wifi, cell phones, smart meters (which use cell phones) are on for very short durations. Limiting the time of exposure. There are articles addressing both sides of the issue. I have just presented the physical side to give a picture as best I know. There are many more sides to this that can also be discussed.

What do YOU think? Have you had any experiences that you are convinced were caused by exposure to wi-fi, smart meters, smart phones, etc? Feel free to share! Send your thoughts to diane.oconnor@att.net. If we print your comment you will remain anonymous if you choose.
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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.

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