Sunday Worship Service
10:00am

October 1st
Title: “The Voice of God”
By Chris Ussery
Coincidence is God’s way of remaining anonymous.

October 8th
Title: “Strength, Vision and Courage: Songs by Women About Women”
By February Sky
As in many other fields, women tend to have a hard time being taken seriously as songwriters. Yes, their writing is subtly different from men’s, and this is seen as making it inferior rather than “different therefore equal.” But many well-crafted and meaningful songs have been written by women about women. This service will focus on a number of them.

October 15th
Title: “Scars”
By Reverend Denise Tracy
What do we do with the injuries of our past? How do we move past them, give them less power and heal ourselves?

October 22nd
Title: “The Tale Wags the Dog”
By Dennis Fisher
Building narratives is a fundamental aspect of the human condition. If we are to strive to be our better selves, shouldn’t the narratives we build have some connection to reality? How do we explain the current phenomena of millions of people embracing fictions as fact?

October 29th
Title: “CUUPS Samhain Service”
By Nancy Irons
Join us for a pagan ritual to celebrate the end of the harvest season and the beginning of winter or the "darker half" of the year. Halloween costumes welcome! Please bring change for our annual UNICEF trick-or-treat collection.

October Forum
(Following the Sunday Service except for the 1st Sunday of the month when we have our Potluck Sunday).

Oct 1 - Community Sunday Potluck: No Forum

October 8th – “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.

October 15th – “Spiritual Matters: Restoring Your True Identity”
with host Dr. Gloria L. Peace and guest Wayne Sebamurti
The primary desire of human beings all over the world is to be free from suffering and to experience enduring peace and happiness. The central message of all sages, since time immemorial, is that peace and happiness are our real nature. We suffer because we have lost the awareness of who we really are. In an insightful dialogue, Dr. Gloria L. Peace and Wayne Sebamurti will discuss the means by which we can experience a restoration of our true identity and thus bring all suffering to an end.

October 22nd – “Know All You Need to Know About the Opioid Epidemic? Wrong!”
The Opioid Epidemic has now been declared as a National Emergency by The White House and a National Epidemic by the Center for Disease Control. Overdose is the leading cause of accidental death for Americans under the age of 50 surpassing car accidents and gun violence. 144 people (per day) die from Opioid Overdose. Community Action is needed to reduce the impact to our families. We will discuss what you know about the opioid epidemic and what you need to know to become part of the solution.

October 29th – To Be Determined
As we head into the Fall, we find our church needing repairs. The Board of Trustees has been dealing with repairing the church from the damage done during the recent water incident. At our meeting on Thursday night, we discussed various proposals from contractors, and we will first be repairing the gutters on the edge of the roof, then re-sealing the duct work under the church, and completing the investigation as to the source of the water. Once all of these items are complete, we will then move on to repairing the flooring.

Since I became President of the Board, we have not had an issue that has divided members until this April. I am not here to talk about the details of the issue, because this is a public forum. What I can say, however is that we have had recommendations on how to move forward, and at the Board meeting on Thursday, we agreed to implement several of these and start the other repair work that is needed, that is, to the communication among members of the church, and with those people I will simply call “friends of the church.”

What I wanted to focus on in this column is the lessons I learned as a “servant leader” of the church in trying to move towards a resolution of the issue.

1. Look for the helpers
Fred Rogers, the Presbyterian minister who became an American television personality and producer of the “Mr. Rogers’ Neighborhood” television program for children, once told the story of when he was young. “When I was a boy and I would see scary things in the news, my mother would say to me, “Look for the helpers. You will always find people who are helping.” In dealing with the issue, there were many people who came forward with helpful suggestions, many of which ended up being adopted by the Board. The fact that there were many members of the congregation who were trying to help was a great morale boost to those of us on the Board who were looking for a solution.

2. The children are our future
I learned from Leanne Roth that our church was started by parents who wanted to develop a liberal religious education program for their children. This RE program became a gathering point of many adults who also had a liberal religious outlook, whether or not they had any children. I had a belief that any resolution to the issue would have to involve the parents whose children are in our Religious and Character Education (RCE) program, and finding out this history of our church has deepened that conviction.

3. First-Tier vs. Second-Tier Thinking
Since I am not discussing the details of the issue itself, suffice it to say that if you put the members of the congregation on different sides of the issue, let’s call them “side A vs. side B”, I found that the real problem was NOT with side A or side B, but the “vs.” in the middle. First-tier thinking, according to Integral Theory, is the mentality of “us vs. them”, but second-tier thinking is more along the lines of “us AND them”, which tries to find a common ground between the two groups so that there are no more “sides”. The recommendations that the Board favors are those that reflect this type of second-tier thinking that will strengthen the communication between members and friends of the church.

To this end, I am hoping that the “listening workshop” that was recently held at the church with about 20 or so people in attendance will become the seed of this improved communication.

4. Geodesic dome
Buckminster Fuller, the visionary architect, popularized the concept of the geodesic dome, a hemisphere made of triangular elements that fit together into the form of a polyhedron. The reason why this structure is able to withstand very heavy loads for its size is because the triangular elements, while individually perhaps not that strong, fit together with all of their neighbors so that any stress on the structure at any one point is distributed and does not cause damage to the structure as a whole.
The work of the church is complex because it is dealing with physical, personal, cultural and legal structures and as the Board, we have to make sure all are working together to create an environment where people will come and feel safe to express their spiritual beliefs. We need to not only make sure that individual communications are strengthened, but that the structures we create through committees distribute the work of the church and make individual members who are on those committees feel empowered to make a difference, so that any stress to the system does not end up damaging it.

With these lessons learned, I feel that we can grow together and re-create that safe space for the people who are currently members of the congregation, and those who may become members in the future.

~Jerome
Recently Reverend Denise Tracy led a service about boundaries titled “Yellow Line.” During the sermon she mentioned that her husband shared something with her that he learned that she never forgot... a profound and useful guideline to honoring our neighbor’s boundaries from the book “Satisfactions - 7 Vital Relationship Skills” by Peter K. Gerlach.

What can we do if somebody else’s yellow line crosses or touches or dissects ours? Before jumping to conclusions we need to check out the “Fy” sisters. The "Fy" sisters are "Clara" and "Vera" (Clara Fy and Vera Fy - or clarify and verify). Clever, huh? Here are some ways to do that:

1) Listen, try to find out the what or why
2) Try to understand from the other’s perspective, why and how
3) Care more about the person than the issue
4) Be willing to sit down and talk and listen
5) Be willing to apologize, if not for the action, for the hurt
6) Be willing to forgive the other person and oneself
7) Do not make up another’s reasons
8) Do not magnify the action in question
9) Until you have clarified and verified, do not involve others

The Rev Denise Tracy
Excerpt from her Sermon Sept 10, 02017 “The Yellow Line”

Welcome New Members

This month we are highlighting our new members
NANCY FRAZIER and RICHARD LEWIS

NANCY FRAZIER - Nancy lives in Flossmoor and works as a Coordinator of Volunteers for the University of Chicago Hospitals. Her interests are Restorative Justice for Youth, Homewood/Flossmoor Teen Peer Jury programs in association with the Homewood/Flossmoor/Chicago Heights police departments, gardening, art, and travel.

RICHARD LEWIS - Richard lives in Matteson and is a retired United Church of Christ minister. He is the former Dean of Students at the Chicago Theological Seminary. His interests are social justice. He is a lifetime student (studying and reading). He is also interested in photography and travel.

Nancy and Richard are partners. Welcome to UUCC, Nancy and Richard!

Our other new members include Gloria Latimore Peace, Rebecca Bruckner, Jane Pask, Giggy Wagner and Beth Rezenka. We will highlight some of our other new members in our November newsletter.
For the time being, Melissa Schwartz has decided to take a break from Religious and Character Education. She needs time to recharge her batteries and to spend more time with her family.

Giggy Wagner has stepped up and taken over as lead instructor for the elementary RCE program. Giggy brings a wealth of education and experience to the position. She received her Bachelor's Degree in Middle School Education from Murray State University in Murray, Kentucky in May 1997. She taught English as a Second Language, Spanish, and English Language Arts in grades three through twelve for seven years in Southeast Missouri, Southern Illinois, and Texas. In 2005 Giggy began graduate school at Central Michigan University in Mt. Pleasant, Michigan, ultimately receiving her Master's of English: Composition and Communication. Since receiving her Master's in 2007 she has taught at the Community College/University Level in Michigan and the South Suburbs of Chicago.

The curriculum that will form the basis of this year’s elementary class work is entitled “Moral Tales.” The program’s authors state, “Every day our children go forth into a complex world where they are often faced with difficult decisions and situations. Moral Tales attempts to provide children with the spiritual and ethical tools they will need to make choices and take actions reflective of their Unitarian Universalist beliefs and values. Stories such as the ones woven throughout Moral Tales can activate and inform children's learning about how to make moral choices. They enlarge our student's minds and hearts. They help them to shed their preoccupation with self and to see what they have the potential to give or do. In other words, stories not only nourish the imagination. They nourish the soul.”

**Moral Tales will:**
1) Provide participants with an ethics- and faith-based framework for thinking about what it means to be just and good, introducing and reinforcing concepts such as interdependence, conscience, faith, empathy, forgiveness, compassion, awe, respect, non-violence, responsibility, courage, perseverance, cooperation, ecological balance, fairness, and being welcoming.

2) Introduce participants to stories drawn from a range of our Unitarian Universalist Sources including Christian and Hebrew scripture; worldwide cultural and religious sources; and biographies of Unitarian Universalists and others who have demonstrated Unitarian Universalist values in their actions.

On November 11, the elementary kids and their parents will be baking “Cookies from the Heart” at the Ronald McDonald House in Hyde Park. These cookies provide a sweet treat for families after they have spent the day with their children, who are patients at Comer Children’s Hospital at the University of Chicago Hospitals.

RCE is looking for teacher aides in the classroom. The aides would assist the kids with their class projects and help them with cleanup after the session. If you want to be an aide, please email Giggy Wagner at giggy_wagner@hotmail.com.
Our new member, Dr. Gloria Latimore Peace is the Host and Producer of The H3O Television program which airs in the Chicago Metropolitan area on Chicago Access Network Television (CAN-TV) Channel 19.

The H3O Show is telecast every Friday from 8:30PM-9:30PM. It repeats on Sundays from 3:30PM-4:30PM. Our program offers interviews with outstanding leaders in the areas of History, Culture, Health, Nutrition and Spirituality.

Friday, October 6th @ 8:30PM and Sunday, October 8th @ 3:30PM "Love The Neighbor, Love Thyself" Featuring Eugene Dumas, Former Executive Director of "The Center for Multicultural Communities" and Carl Wolf, Executive Director of "Respond Now"

Friday, October 13th @ 8:30PM and Sunday, October 15th @ 3:30PM "Candid Conversation " Featuring Prof. Kaba Kamene

Friday, October 20th @ 8:30PM and Sunday, October 22nd @ 3:30PM "Examining Homicide and Suicide in the African American Community" Featuring, Dr. Carl Bell

Friday, October 27th @ 8:30PM and Sunday, October 29th @ 3:30PM "Love The Neighbor, Love Thyself” (Repeat of 10/06/17 program).

Please join us and forward this information to your family, friends, neighbors, and mailing lists. The H3O Show airs on Chicago Access Network/CANTV Channel 19. Comcast is its cable provider.

The H3O Art of Life show is now on You Tube! Dr. Gloria Latimore Peace – Host and Producer

We are grateful to announce that The H3O Art of Life Show now has its own You Tube Channel!

While not all shows are currently available, you are invited to view those that are, including: “Spiritual Matters: Freeing Yourself “, Featuring Wayne Sebamurti Gentry. This program focuses on the addiction to technology that seduces our attention and prevents our directing it toward our Spiritual development.

The H3O Art of Life Show airs Fridays at 8:30PM and Sundays at 3:30PM on CANTV, Channel 19. Dr. Gloria Latimore Peace is Host and Producer.

The Book of Joy

On December 10th Rev. Denise Tracy will be preaching on the Book of Joy.

The Congregational is invited to read "The Book Of Joy" in preparation for this service.

The Book of Joy is a delightful book written by Bishop Desmond Tutu of South Africa and The Dalai Lama of Tibet. These two remarkable leaders spend a week together talking about joy in their lives. We invite as many people as possible to read this book or listen to the audio book. The sermon will be about the book and then we will talk more about the book after worship in the Forum.

To purchase from Amazon, click HERE.
Free Movie and Discussion “13th”
Friday, October 27th at 7PM

The documentary 13th explores the intersection of race, justice, and mass incarceration in the United States. It is titled after the Thirteenth Amendment to the US Constitution, which freed the slaves and prohibited slavery (unless as punishment for a crime). 2016
1 hour, 40 minutes

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

“Building Community for Justice”

Nancy Frazier, Joyce Semmler and Barb Morris joined together to create a "Listening Campaign" facilitated by Rev. Scott Aaseng and powered by our church members & friends.

The 20 people who attended the “Building Community for Justice” workshop last month will split the responsibility of contacting all of our church members and friends by November for a short conversation.

The idea is to build relationships by having conversations. By listening to each other and sharing our stories, we will be more connected. We can share stories about how we came into the church, children, nature, how we can flourish in the natural world - what we are passionate about, etc.

The focus would be to develop Spiritual Growth, Listening Skills, Community Growth and the Power (together) to do good. Hopefully, we can join with other churches on Justice issues. Rev. Scott is from the UU Advocacy Network of IL uuani.org

Come join the twenty of us. We will meet at 10am to 11:30 in Church on October 21st and November 11th to check in. No potluck. Bring a sack lunch if you’re planning to stay after.

~Barb Morris & Nancy Frazier
Hurricanes and Climate Change - What We Know
(from an article by “Climate Central”)

Warm water provides the fuel for hurricanes. Climate change has heated up ocean waters around the world by 1-3°F over the past century, including in regions where hurricanes develop. That allows hurricanes to grow stronger, potentially increasing their maximum wind speed. One study indicates that hurricanes are intensifying more quickly than 30 years ago. Of course, there are other factors that can limit how powerful a hurricane becomes, such as how the wind changes directions and speed upward through the atmosphere.

Warming oceans and melting land ice have also caused about seven inches of global sea level rise over the past century. This gives storm surge — the coastal flooding that hits suddenly before landfall — a springboard to send floodwaters higher and push further inland than they used to. That in turn can cause more damage to infrastructure and puts additional lives at risk.

There has already been an increase in frequency and intensity of the strongest hurricanes in the Atlantic since the satellite era began. Looking forward, hurricanes are projected to produce more rain. The strongest storms are also expected to become more common. However, the overall frequency of hurricanes is projected to be nearly the same, or perhaps even decrease.

Why is the earth warming? Humans have polluted green house gases into the atmosphere.

What does this do to our weather? Ghg’s help to raise the temperature of the earth adding energy to our oceans. This allows evaporation of our oceans to put more water vapor into the air feeding our weather systems. Water vapor is a higher energy form of water. When it condenses inside the storm, water vapor releases its energy into the storm. More water vapor, more energy, more rain, higher winds. Stronger hurricanes.

Click HERE for complete article.
Fall Rummage Sale –
Saturday October 28th 8:30 am to 4:00 pm

Help us raise funds to offset our flood related expenses!

We will be holding a Rummage Sale, open the public, on Saturday October 28th here at UUCC. Come sell your own items ($10 for a space, $15 for a space with a table and chair), crafters welcome OR donate items for the church to sell. Donations must be received by October 22nd.

We particularly want nice things deserving of a good home. A donation drop-off box will be in the Gathering Room.

Come get a jump on your Holiday shopping! Lots of goodies to buy! Be sure to bring your wallets and checkbooks!

Are you willing to help with this sale? Please be in touch with Nancy Irons to volunteer.

FLOOD UPDATE – On Tuesday August 22nd water was found throughout the building. While there had been a rainstorm the night before, it is unclear how all of the water got into our building. It is probable that several factors contributed to the problem. Our insurance will cover expenses incurred for damage repair; however we will need to cover the expense of fixing the underlying problems.

An Ad Hoc committee has been established to coordinate the investigations and to make recommendations. Nancy Irons is serving as committee chair. Areas being looked into include: the condition of our gutters and downspouts, runoff water drainage at the front of the building, groundwater seepage into our underground ducts and the possible need for a new sump pit and pump. The Board of Trustees has requested that likely causes of the flooding be identified and addressed before we replace the flooring. Please be patient with the Masonite board temporarily covering the damaged floor tiles in the hall and Sanctuary.

OUR UUCC CARE BOOK

For 15 years the Caring Ministry members have provided thoughtful, loving comfort and support to our members and friends in need through the CARE BOOK. An example of "service is our prayer."

The CARE BOOK is divided into categories such as dire need, serious, on-going, keep in touch, etc. Each individual has a separate page. Requests are coordinated through the office Administrator, Virginia Jackson.

Overall keepers of the CARE BOOK are Pat Segner (708-748-2217) and Joyce Semmler (708-798-0392). A team of caring associates keep the book on a 3 week rotation and the list is in the church office.

Typically a keeper of the CARE BOOK will make phone calls send notes, arrange food or transportation as needed. We do a little more since we do not have a minister and communicate with Listening Hearts when appropriate. The CARE BOOK is a way for us, in an organized fashion, to minister to each other and strengthen our community. If you are interested in joining the Caring Ministry please contact Pat or Joyce.

In Respect, Appreciation and Fellowship
Pat Segner
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.

October 20th
Rainbow Café Movie:
“Do You Take This Man?”

Daniel, 40, (Anthony Rapp) and Christopher, early 30's, (Jonathan Bennett) are very different men - in their interests, their choice of friends, their ways of handling life's stresses - but they are very much in love, and they are getting married tomorrow, at least that's the plan. Triggered by the unexpected arrival of a long-lost childhood friend of Christopher's, the grooms-to-be confront their differences, and lean on their friends and family to get through a day filled with surprises, stresses, and uncertainty about their future together.

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
October 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 UUCC Men’s Group

Men’s Group meets at 7pm on October 9th and 23rd

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

Medical Cannabis Education Association meets every month on the First Sunday at Noon.
The next time MCEA meets will be on October 1st

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 15th
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<td>11am Heal the Land Workshop Part 2</td>
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<td>7pm Free Movie and Discussion</td>
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Henrietta Byrd will be conducting a “Heal the Land Workshop: Part 2” on October 14th from 11am till 3pm. $40 in advance, $50 at the door. Please contact Henrietta if you are interested in attending at transformativetalk@gmail.com.
Church Information
70 Sycamore Drive
Park Forest, IL  60466
Office Phone:  708-481-5339
E-Mail: churchadmin@uuccpf.org
Website:  www.uuccpf.org

This newsletter is designed and published by
Diane O’Connor
diane.oconnor@att.net
708-758-5715

(Please contact Diane for anything related to the newsletter).
The newsletter deadline is always the 20th of every month.

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