Sunday Worship Service 10:00am

Our services continue to temporarily be held at Trinity Lutheran Church located at 2901 Western Ave in Park Forest.

October 7
Title: Being Emotionally Considerate of Self and Others
By Henrietta Byrd

October 14 (New Member Induction)
Title: The Power of Listening
By Bill Decker (Rev. Tracy’s Husband)
One of the greatest gifts we human beings have is the skill of listening. Bill Decker, will be speaking on the Art of Listening.

October 21
Title: Hearken Now, the Darkness Comes
A celebration of the last-harvest holiday of Samhain (Celtic New Year or Halloween)
By February Sky (Phil Cooper & Susan Urban)
"Samhain" means “summer’s end.” This holiday is the beginning of Winter and the New Year, the time of giving thanks for a good harvest, and a time for letting go of what no longer serves us. It is also the time of year when the veil between the worlds of the living and the dead is said to be the thinnest, and the dead are invited back for loving remembrance. We will observe all of these ancient traditions and reflect on their significance in our lives. Please bring a picture or other memento of a departed loved one to church to place on our altar.

October 28
Title: Celebrating Samhain
By Nancy Irons & CUUPS
This is the Pagan New Year; a time to give thanks for the harvest, and a time to honor ancestors who have gone before us. Everyone is encouraged to wear Halloween costumes to the service. Please bring change for our annual UNICEF trick-or-treat collection.

Trinity Lutheran at 2901 Western Ave in Park Forest continues to be our home away from home this fall.
We are conducting our Sunday services at this location. We encourage you to contact our group facilitators or check our website to verify the status of any of our EVENTS scheduled in October (before you arrive). Our facilitators’ contact information is on the calendar page inside this newsletter. Our church website is uuccpf.org.

October Events

October 13th: Edgar’s Place Coffeehouse will be starting their new season with Claude Bourbon at 7:30pm. (see more info inside this newsletter).

October 14th: New Member Induction
During the Sunday service on October 14 2018, our community will formally recognize those who became UUCC members since our last induction ceremony. They include: Robert "Chief" Jensen, William Becker, Javier and Sarah Chavira, Alison McDonald, and reactivating new member, Vicki Fotis. Please join us for this welcoming celebration. For more information, contact Marilyn Ragland.

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. 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 church office at 708-481-5339.

Our October Listening Hearts volunteers will be Beverly Feldt and Dick Lewis.

Community Potluck on October 7th!
Please bring a dish to share!
After having gone over the 7 principles of Unitarian-Universalism, I wanted to describe what I think are the strong points of our religion, not in terms of its foundation in the past, but in terms of how well adapted I think it is to be a religion that I hope will continue to flourish in the future.

Simply put, our religion is adaptable to what the future of humanity may bring because it not only respects the diversity of human religions (the Universalist part of our religion), but also the underlying connections between them (the Unitarian part of our religion). To explain what I mean, I would like to make an analogy between religions and human languages, both the diversity among them as well as the connections between them.

I have been interested in studying foreign languages for as long as I remember. When my uncle came to visit us from Honduras when I was six years old, it was simply fascinating to me that he could sit there talking at the table with my mother and father in English, and then suddenly switch to speaking in Spanish. The fact that someone could switch languages like that was mind-blowing to a little kid like me, and it impressed me so much that I determined right then and there that I too would do so when I grew up!

Well, that’s what ended up happening, because I learned Spanish in high school, in college I studied French and German, and then studied Chinese and Japanese when I was in graduate school. Of course, one of the difficulties of learning a foreign language is coping with the language’s grammar, the set of underlying rules which govern how the words in a given sentence are related to each other. The rules of a foreign language sometimes seem different on the surface from the rules of one’s language. The problem is that the rules of grammar are understood by most people at an unconscious level, because they learned them through a process of trial and error when they were very young children. They may have learned the rules of grammar on a conscious level, but that occurred later when they went to school.

But Noam Chomsky, the celebrated linguist from Harvard University, came up with his theory about the similarities of human languages in terms of their deep structure, rather than the differences that appear between them in terms of their surface structure. The similarities in terms of the deep structure of grammar is caused by the fact that structure of the human brain remains the same across different cultures, and the brain is hard-wired to learn the grammar of any language, not just one’s native language. Although “switching codes” by learning the grammar of another language is difficult, it is not impossible. And learning the grammar of another language does not cause you to un-learn the grammar of your own language! It is not only possible to learn other languages, but to switch between them with ease given enough practice.

In a similar way, the religions of the world may have different surface structures, but they have similarities between them as well. For example, you have the major Western religions—Judaism, Christianity, and Islam, which form one family of religions, and the major Eastern religions—Hinduism and Buddhism, which form another family. Yet a third family are what we might call the nature religions, which include everything from the mythic systems of the various indigenous peoples of the world including our own native Americans, to those of classical Greece and Rome.

These three families of religions address God in different ways, in the 1st person, 2nd person, and 3rd person. Let’s take a look at each family.

In the Eastern religions, the creation myth goes something like this (taken from the Upanishads):
In the beginning there was only the great self, reflected in the form of a person. Reflecting, it found nothing but itself, and its first word was, ‘This am I.’
In this system, God is seen as imminent in the world, and each person shares a spark of this divine presence. This is a religion addressed to God in the 1st person. The basic form of worship is meditation, which puts you in touch with the divine spark within yourself, which is identical to that which created the world.
In the Western religions, the creation myth goes something like this (taken from the Hebrew Bible):
In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was upon the face of the deep. And the spirit of God was moving over the face of the waters, and God said, ‘Let there be light.’

In this system, God is seen as creating the world, and is therefore transcendent of it. Each person shares the fact that he or she is a creation of the same God. This is a religion addressed to God in the 2nd person.

The basic form of worship is that of prayer, which addresses God.

In the nature religions, an example of a creation myth is the following (taken from the legends of the Pima Indians):

In the beginning there was only darkness everywhere, darkness and water. And the darkness gathered thick in places, crowding together and then separating, crowding and separating.

In the nature religions, the creation is described in such a way that man is a witness to it. The rituals of the nature religions are to put man in touch with creation. This is a religion addressed to God in the 3rd person. The basic form of worship is rituals, which put you in touch with the forces of nature.

Now here comes the punch line of my column: the reason why I think that Unitarian-Universalists are in a unique position is that our religion not only celebrates its own “surface structure” (by the 7 principles I have described in the past few months), derived from its own cultural traditions, but also is open to drawing upon the religious traditions of other people, derived from other cultural traditions than our own. A great example of this is the hymns from the teal-colored hymnal, which do not replace, but rather supplement, the more traditional hymns from the regular hymnal.

We can learn the hymns from other cultural traditions and not have it detract from our enjoyment of hymns that come from our own cultural traditions, like the way that I can enjoy studying foreign languages and not have it detract from the enjoyment of my own language. That puts us Unitarian-Universalists in a great position to be a religion not just of the past, but of the future, as the experience of our world in this day of instant world-wide communication through the Internet puts us in touch with a rich, multicultural experience. If your religion respects multiculturalism as one of its defining principles, then it will equip you and your children well for experiencing that multicultural future. For many of us, that future is now!

REMINDER: Daylight Savings Time Ends
2am Sunday, November 4th. Enjoy your extra hour of sleep on Sunday.
FLOOD UPDATE

By Nancy Irons

Well, mixed message for you this month... The good news is that after three months of negotiations, the auditor and our contractor reached an agreement at the end of August. The reconstruction allocation has been increased by nearly 40%... However, the bad news is that this amount is nearly 20% less than the contractor led us to believe it would be. He is now looking for corners to cut to save money on the project.

The dry walling at UUCC has been completed. We are in the process of deciding upon flooring. The classrooms, kitchen and offices will get commercial vinyl tile (CVT), similar to what was there before. The Sanctuary, Gathering Room and hallways were going to get wood-like vinyl plank tiles, however, as of last Friday, the contractor informed us that option would be nearly four times more expensive than he had anticipated. So, we need to decide (sooner, rather than later) if the extra expense is worth the improved aesthetics for our public rental spaces.

Once the flooring has been installed, the doorways and cabinets can be re-installed.

We selected a light off-white, with a hint of beige, color for the wall paint. The ceiling cracks are not formally part of the flood damage, but they have widened due to the high humidity in the building over the summer. The ceiling repairs are estimated to cost about $7,000. Again, we need to decide sooner, rather than later, on whether to proceed with this.

The furnace / ventilation project is still a bit up in the air. We are currently getting some additional estimates that will help us make decisions on which furnaces and vents to re-use versus replace. The contractor feels confident we can be presentable for the November 6th election, when our site is slated to be a polling place.

If you are interested in helping to plan the Capital Campaign, to raise additional funds for our reconstruction, please contact Nancy Irons (irons.nancy@gmail.com).

There is something for everyone! Haunted House at 361 Artists Way, Park Forest, starts Friday, October 26 through Wednesday, October 31. Haunts Against Hunger collects canned goods & funds to donate to Rich & Monee Township Food Pantries.

Fall Fest Picnic at Somonauk Park, 250 Somonauk Street, Park Forest will be held on Saturday, October 27. Chili Cook off, stories around the Bon-Fire, scavenger hunt, S’mores, Truck n’Treat and more!

Wednesday, October 31 is the Downtown Park Forest Candy Walk with a costume contest for the little ones.

For questions about Fall Fest, contact esterling@vopf.com.
About People and Happenings in our Community

- Thorn Creek Audubon went on a field trip to Kankakee Grasslands led by Marianne Mclean. I worked with Marianne at PADS along with Jan Krumm, Joan Adams, John Hurtibise and Bruce Swiecicki (morning shift) under the direction of Ann Kawaters probably 9 years ago. Our "Unitarian Women" play was performed at Marianne's Presbyterian Church. It's good to be re-connected. Here's a picture of a Great Spotted Fritillary Butterfly on a Thistle taken by David Gruver. We also saw a herd of Bison. You may say "What does Audubon have to do with UUCC"? I feel that all things are connected. I worked on a PADS team, 9 years ago, comprised of many churches. I made friends with Marianne and started going on Audubon trips. Many people love to watch birds. Our 7th principle involves the "Interdependent Web of Life".

- I'm on the Committee on Ministry team comprised of Beccie Bruckner, Joyce Semmler and Richard Lewis. Richard Lewis came up with the idea of a re-dedication of our Church when we get back. He is also taking a course at The Well called "Towards a More Beautiful World." Contact Richard at 708-748-5344 if you want to go together. We will be asking for "Kitchen crews" and help for Marilyn (setting up chairs) soon. The COM set up the picnic at Izaak Walton Preserve in Homewood on the Autumn Equinox. The COM is the arm of the church to come to for Spiritual and Emotional needs.

- Since we have no paid minister, we all need to be lay ministers to each other.

- Listening Hearts is another group to go to for Emotional needs. Those Listeners are Darlene Obejda, Barb Morris, Bev Feldt, Dick Lewis, Pat Segner, Colin Kirchner, Joyce Semmler, Chief Bob Jensen, Monica Reagan, Jodi Libretti and Dr. Char Pierce. Any one of us will listen to a "Life Challenge" 3 times and then offer a referral if wanted. Everything is confidential.

- The Care Committee will bring food or give rides as well as listening and offering help to members in need. Pat Segner is the liaison for the Care Book. Contact Pat for further information at 708-748-2217.

- The Board facilitates: Policy, Staff, Finance, Building and Grounds, Legal and other Executive duties.

- There is a UUCC Group Contact List in the new Directory with names and e-mails of people to contact for the specific group. The Directories can be picked up at church. Big "Shout Out" to Virginia Jackson and Nancy Irons for getting out the Directory under difficult (cold, wet and moldy) situations.

- Darlene Obejda was featured in the Homewood-Flossmoor Chronicle, enjoying the camaraderie of the "Vegging Out" group. See full article HERE.

- Thanks to Diane O'Connor for the publicity on our UUCC Facebook page. There were 288 hits last week.

- Lynn Lidbury and Jeff Fields of Oakwoods Center and the Unitarian Church/ Park Forest have been through many life struggles and have experienced an abundance of love and support. Lynn feels connected and wants to extend that Love. "How can we make the world a better place? Not through anything we had been doing so far through the government. Rather, through human connection, through therapy (which heals through human connection and empathy) and through other forms of treatment like EMDR, Mindfulness, diet, education etc. Caring about these individuals and not seeing them as evil - rather seeing them as in pain or mentally sick. Let's do something to change how we and others perceive these suffering souls. Use the Love in our hearts to move past the fear and to see the struggle in people like Cashmier (the young man who took Lynn & Jeff's son's life)"
Rosalie Jane Cramer, died peacefully Thursday night August 30th at Augustana Care Center in Minneapolis. A memorial for Rosalie will be held at First Unitarian Society of Minneapolis, 900 Mt Curve Ave., on October 27th 10am noon. In lieu of flowers, financial contributions may be sent in her memory to Planned Parenthood of Minnesota.

Rosalie grew up in Eldora, Iowa, the fourth child of Marie Dufur and John Risse. She attended Iowa State Teachers College in Cedar Falls. She met and married Bill Cramer, who was in the Air National Guard stationed in Waverly, Iowa. They moved to Minneapolis, where their 5 sons were born, and, with the youngest still a toddler, Rosalie went back to school to complete her teaching degree. After their divorce in 1964, Rosalie took teaching jobs in Illinois. After retirement from teaching in 1987, Rosalie and her partner Marvin Weiner traveled around the world as tourists. Marvin died in 1996. When her health began to fail in 2011, she moved back to Minneapolis. Rosalie lived 8 years with a pre-leukemic condition. Rosalie loved animals, mystery books, holidays and supported numerous progressive political organizations. She was a lovely, graceful woman who turned heads wherever she went, a confirmed Unitarian humanist and a beloved grandmother. Rosalie is survived by her former husband Bill, her five sons Scott, Todd, Wynn, Kipp, Trentt and seven grandchildren & three step-grandchildren. To see published obituary, click HERE.

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. The October 2018 Schedule:

October 5th and 7th - "Chicago: A Tale of Two and a Half Cities" featuring Dr. Kasey Hendricks
October 12th and 14th - “Holistic Health ” featuring Dr. Terry Mason
October 19th and 21st - "African Consciousness" featuring Dr. Kobi Kambon and Prof. Robert T. Starks
October 26th and 28th - "Spiritual Healing” featuring Wayne Sebamurti Gentry

October 13th at 7:30PM
EDGAR’S PLACE COFFEEHOUSE PROUDLY PRESENTS
CLAUDE BOURBON
MEDIEVAL AND SPANISH BLUES
TO BE HELD AT TRINITY LUTHERAN CHURCH
2901 WESTERN AVE, PARK FOREST
$15 AT THE DOOR, CASH ONLY PLEASE

It’s not easy to begin to describe the breadth or mastery of the music you will hear if you are fortunate to catch one of Claude’s gigs, it is a sort of sensory experience like no other. A top master of his craft and never appearing to be rushed, he has impeccable timing and makes things that one can only marvel at seem simple.

www.ClaudeBourbon.org
Vicki shares with us that she originally signed the membership book in 1989. She recently re-signed the book thinking those ancient records must surely have disappeared by now, but apparently not! It should really not be a surprise that a lot of people do not know her, she says she is “only a part-time extrovert.” She is happy to sit in the back row listening and leaving after closing circle and coffee.

Vicki describes herself as a right-wing Unitarian, who enjoys the services as much as reading the bumper stickers on the cars in the parking lot or joining in UU Karaoke at a recent Sunday Service honoring Aretha Franklin. She can honestly say there is not a Sunday where she does not bring home a nugget of wisdom or song she would like quoted or sung at her memorial service!

Vicki credits her introduction to the church to the Segners and the Humberts who she met while substitute teaching in the Park Forest Schools. She still wears the calligraphed name tag made by Pat.

At the time she was “church shopping”, since the Lutheran Church she belonged to as a child was very different from the one she encountered when she moved to the south suburbs. The minister of her youth preached philosophy as much as religion, so she was not looking for evangelism and bible stories in a new church. Her two sons were approaching confirmation age and Vicki felt that it was time to travel a different religious road where they could explore other beliefs. (Her sons often comment that she took away Jesus as their Savior and Santa Claus in the same year…. trauma from which they have now recovered.) The family attended a number of Edgar Peara’s services and decided UUCC was a good fit for them and has remained so through the ministers they have had over the years.

Vicki has retired from Matteson Schools where she was a teacher and finished her career as a librarian. Last year she began working in Youth Services at the Matteson Public Library and volunteered as a Master Naturalist with the U of I Extension Service and Cook County Forest Preserves.

Her husband of 46 years is a pharmacist, who is semiretired and teaches Pharmacology at Northwestern University.

Her two sons are both comedians. No really they are! Mike is a part owner of Strike theater in Minneapolis where he manages acts and directs. He also has a day job in advertising at General Mills. Her other son Matt, is Department Head of Theater at Albright college in Reading, Pennsylvania. They are both married and Vicki has three grandchildren.

Vicki comes on Sundays with a check, but is amazed at the energy and dedication of those who do all the hard work. (She will not name them because she may leave someone out). However, she says “Thanks to them and all of you. Maybe one of these weeks I’ll move forward a few rows and bring a coffee cake!”

Welcome, Vicki!!
Religious and Character Education
by Dan Feldt

RCE is off to an interesting and varying start.

One (possibly two) of our youth are attending the Coming of Age program at First Unitarian in Hyde Park. Beth Moss, the coordinator of the program at First, describes the program “as a UU rite of passage that marks our youth’s transition to UU adulthood. A yearlong endeavor, COA programs encompass MANY important lessons and learning opportunities. This includes time for self-reflection, sessions on easing the transition from childhood to adulthood, credo (belief) building, work to support connections within the UU community and to UU history, and more. The class culminates in youth creating a worship service for the church.”

Our elementary grade RCE group has started working with Moral Tales, a curriculum developed by the UUA. The authors of the program state that “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. As Kevin Ryan and Karen Bohlin suggest in their book, Building Character in Schools (San Francisco: Jossey-Bass Publishers, 1999), stories such as the ones woven throughout Moral Tales can activate and inform children's learning about how to make moral choices.”

“The first five sessions make up the Seeking Truth/Discernment unit of Moral Tales. These sessions introduce tools for discerning truth and justice in a complex world. Participants are encouraged to draw upon inner resources such as conscience, intuition and empathy; spiritual resources such as faith, prayer and forgiveness; and external resources that include wise teachers and the larger community.”

So far, we’ve explored conscience, the inner voice, and, interdependence, the seventh UU principle. The seventh principle is “Respect for the interdependent web of all existence of which we are a part.” Each story in Moral Tales illustrates and brings to life each concept presented. The story dealing with the seventh principle has ants helping a blind woman find an herb that will cure her and others in her village of the blinding disease.

Native American spirituality and various Native American creation stories are also part of our class exploration. (Check out our totem pole outside the classroom!) As part of the Cherokee creation story, “When the animals and plants were first made—we do not know by whom—they were told to watch and keep awake for seven nights, just as young men now fast and keep awake when they pray to their medicine. They tried to do this, and nearly all were awake through the first night, but the next night several dropped off to sleep, and the third night others were asleep, and then others, until, on the seventh night, of all of the animals only the owl, the panther, and one or two more were still awake. To these were given the power to see and to go about in the dark, and to make prey of the birds and animals which must sleep at night. Of the trees only the cedar, the pine, the spruce, the holly, and the laurel were awake to the end, and to them it was given to be always green and to be the greatest for medicine, but to the others it was said: “Because you have not endured to the end you shall lose your hair every winter.”

If you’d like to join us as a part time class leader, talk to Dan Feldt or Giggy Wagner.
Below is a quote out of climate crock denial of the week. I found this important to talk about since our power systems are so important to us. How did they do during Hurricane Florence? With my strong bias for renewable energy, I was hoping for a great success of renewable energy resilience during these strong tests by nature. For full article, click [HERE](#).

People of the Carolinas are picking up the pieces after Hurricane Florence, the wettest tropical cyclone on record. Among the news of dozens of deaths, overflowing pig-manure lagoons, and flooded coal-ash fields, there are some bright spots. Solar-power installations were largely able to escape without harm.

Before the storm hit, Duke Energy's 40 solar-power sites were "de-energized" and set up horizontally to minimize wind damage. Although it’s too soon to say what, if any, damage occurred, the signs are good. Soon after the storm passed, all the installations had begun producing power.

Rooftop solar installations fared well too. Only six out of 800 customers of Yes Solar Solutions reported that there was a problem with their system.

Hurricane Florence tested solar energy and it basically passed very well. The hurricane also spread our pollution around quite liberally.

Florence’s Rains: Coal Ash Landfill Collapses in Carolinas

“Heavy rains from Florence caused a slope to collapse at a coal ash landfill at a closed power station near the North Carolina coast," Duke Energy says.

Duke spokeswoman Paige Sheehan said late Saturday about 2,000 cubic yards of ash were displaced at the L. V. Sutton Power Station outside Wilmington and that contaminated runoff likely flowed into the plant's cooling pond.

Not only is coal a more expensive form of power in today's market, it is also with a myriad of problems even after we are done with coal. The coal ash has to be dealt with for quite some time almost in the same way as nuclear. It is a responsibility that does not quit.

Both nuclear energy and coal energy are our poorest market producers of economic energy which our present president wants to support and yet here we see that solar is turning out to be a real champion in our worst of times.

When we care for the earth, we chose what is best for the earth. It is easy and clear in this event which energy is best for us and the rest of life on earth.
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.

The next Rainbow Café meets on October 19th at 6:30pm.
Movie: Man in an Orange Shirt

From best-selling British novelist Patrick Gale, “Man in an Orange Shirt” tells two powerful love stories set 60 years apart, linked by family and a painting with a secret that echoes back through generations. The film explores a forbidden relationship made impossible by societal pressures during WW II, and vividly contrasts it with a present-day romance that is nearly derailed by the consequences of the 1940’s tale with which it is deeply intertwined. This is a tender, powerful film sure to spark conversation about outdated attitudes and equal rights.

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.
Call (708) 755-3577 for information

There will be NO MOVIE NIGHT in October, November and December.
Darlene Obejda is officially stepping down as the Movie Night coordinator and we are looking for someone who would be willing to take her place. Darlene will be available to assist if needed. Thank you, Darlene, for many years of commitment and hard work officiating the UUCC Free Movie and Discussion Night.

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.

Dream Exploration Group
1st Saturday of the month at 10am in Gathering Room. Limited to 10. Contact Geri to register at 312-813-4411 or gkbiamonte@yahoo.com.

Medical Cannabis Education Association

DOES NOT MEET IN OCTOBER

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.
Next DUP: October 21st

The UUCC MEN’S GROUP

For more information contact Colin Kirchner at colinkirchner@gmail.com or contact Virginia at the church office. 708-481-5339
Not ALL of our usual EVENTS will be scheduled at Trinity Lutheran so therefore we encourage you to contact the group facilitator or check our website to verify the status of any of our events scheduled in October before you arrive. Contact information is listed below.

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>6:30pm Family First Friday</td>
</tr>
<tr>
<td>7</td>
<td>8:30am Yoga</td>
<td>9</td>
<td>10 7pm Yoga</td>
<td>11 9:30am Yoga</td>
<td>12</td>
<td>7pm Yoga</td>
</tr>
<tr>
<td>13 10am Worship/RE</td>
<td>11:30am Potluck</td>
<td>14 10am Worship/RE</td>
<td>11:30am Forum</td>
<td>15 9:30am Yoga</td>
<td>16</td>
<td>9:30am Yoga</td>
</tr>
<tr>
<td>21 10am Worship/RE</td>
<td>2pm Dances of Universal Peace</td>
<td>22 9:30am Yoga</td>
<td>23</td>
<td>7pm Yoga</td>
<td>24 9:30am Yoga</td>
<td>25 6:30pm Rainbow Café</td>
</tr>
<tr>
<td>28 10am Worship/RE</td>
<td>11:30am Forum</td>
<td>29 9:30am Yoga</td>
<td>30</td>
<td>7pm Yoga</td>
<td>31 7pm Yoga</td>
<td>32</td>
</tr>
</tbody>
</table>

**REMINDER:** Daylight Savings Time Ends 2am Sunday Nov 4th. Enjoy your extra hour of sleep on Sunday.

---

**Event Facilitators**

- **Medical Cannabis:** does not meet in October  
  Joy Grainge  joygrainge@me.com

- **Family First Friday:** meets at Trinity Lutheran  
  Dan Feldt  ddfeldt@gmail.com (off for the summer)
  Karen Nielsen  708-755-3577  shanti-one@comcast.net

- **Yoga:** meets at Room to Move Studio  
  Colin Kirchner  colinkirchner@gmail.com
  Karen Nielsen  708-755-3577  shanti-one@comcast.net

- **Men’s Group:** email Colin for info  
  Pat Segner  708-748-2217

- **Dances of Universal Peace:** call Pat for location  
  Charles Barnett  chazbarnett@yahoo.com

- **Rainbow Café:** meets at Trinity Lutheran  
  Geri Biamonte  312– 813-4411  gkbiamonte@yahoo.com

- **Dream Group:** meets at member’s homes  
  Nancy Irons  irons.nancy@gmail.com (off for the summer)

- **Forum:** meets at Trinity Lutheran  
  Currently seeking a new facilitator starting January 2019

- **Movie Night:** does not meet in Oct, Nov, Dec  
  Valerie Birk  valeriebirk@gmail.com (off for the summer)

- **Edgar’s Place:** meets at Trinity Lutheran  
  Valerie Birk  valeriebirk@gmail.com (off for the summer)
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, edited 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.

Visit us on the web @ www.uuccpf.org