Sunday Worship Service at 10:00am

**We’re Home Again!**

The Unitarian Universalist Church
70 Sycamore Drive, Park Forest
708-481-5339

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**February 3rd**

**Title:** Peace

By Beverly Feldt

What do we mean when we say this beautiful word?

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**February 10th**

**Title:** Love

By Reverend Denise Tracy

A service of readings and music for us to reflect upon the greatest word we can ever speak, live, think, remember or meditate upon! LOVE!!!!

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**February 17th**

**Title:** Labels and the Spirit

By Larry McClellan

As people who honor spirit and mystery, how do we reach one another through labels and categories?

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**February 24th**

**Title:** Breakthrough Moments in Life

Self Worth & Respect: working towards an appreciation for community.

By Michael “MJ MVP” Jennings

1). Why is self worth important?... feelings people experience that flow from their sense of worthiness or unworthiness ... which heavily influences people's choices and decisions.

2). "Community Values" which causes us to embrace our differences and support each other’s health, happiness and success.

A discussion of the dynamics that offer us a direction which lead to productive citizens and a life that add value for the humanity of mankind. (See top of next column)

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**Highlight**

Note: Our February 24th Sunday Service will be led by Michael "MJ MVP" Jennings (a former professional athlete, author and motivational speaker) who will deliver an uplifting and inspiring message.

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**Upcoming Dates**

- **March 9th:** Edgar’s Place Coffeehouse presents “Triflemore” - A Transatlantic folk duo
- **April 6th:** Fellowship Dinner
- **April 7th:** Pledge Sunday
- **May 26th:** Annual Meeting
- **April 20th:** Do it Yourself Seder (more info to come)

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**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. Two people are “on duty” each month, but any of the members may be contacted as needed.

The Listening Hearts volunteers for the month of February will be Beverly Feldt and Char Pierce

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Join us at our Community Sunday Potluck on **February 3rd** following the service! Please feel free to bring a dish to share if you are able.

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Following the service on **February 10th**, Green Sanctuary will have a chili fundraiser.
A couple of weeks ago, we had our first worship service in our regular church building since the flooding incident which took place about a year ago. It felt good to see the old, familiar walls of our church, with everything looking newer and brighter after the repair and restoration work had been done.

When we started to take stock in the last Board meeting of what we should do to reach out into the community, we realized pretty quickly that there was a lot that was needed to organize the church, both its contents and congregation members, to get it back up and running the way it was before the flood. Only when those operations are re-established will we have the resources in terms of people to do projects reaching outreach to the community.

After consulting with the Board members, I decided to create a “Kanban”, or Japanese vision board, at our next Board meeting in February. However, a Kanban is not a way to visualize hoped-for results, like vision boards do in the West. Rather, a Kanban is a way of visualizing the process by which those hoped-for results can be realized.

The first step I’m going to take is to reach out to the heads of the various committees, such as the Committee on Ministry and ask them individually, “what tasks or projects do you need to have done to have the members be able to do what they would normally do before the flooding occurred?” Or, it could be a negative action, meaning, “what barriers to action would you need to have removed in order for the members to be able to do what they would normally do before the flooding occurred?

After taking the results from various committees, I will create a Kanban board which lists the projects in what is called a “project backlog” in the first column, where we will prioritize them and then assign Board members plus the relevant committee chairs to each of them in the second column. Then the third column will take the topmost projects and break them down into activities to be undertaken in order to get them accomplished.

This Kanban board will be put back in the office after we create it, and it will be a quick visual picture of what needs to be done next and who is responsible for doing it. I hope this project management method will help us get to speed as soon as possible.

If any of you have suggestions for projects and you don’t know who to contact, you can always send them to me. I will be collecting suggestions up until February 8th. Let’s put the church on a firm foundation going forward!

~Jerome
MEMORIAL FOR NICK LIVINGSTON

After a long bout with dementia, Nick Livingston has passed away peacefully this January 1st, 2019.

Nick was married to Ellen Dohner Livingston, former UU minister of UUCC. Nick Livingston was the architect and moving force in building and getting funds for the current UU building in Park Forest.

Some may remember Nick and Ellen when Ellen was minister and Nick an active supporter of the church back in the 80's. Ellen was called to a church in California where she and Nick remained until her retirement.

A memorial Celebration Of Life service for Nick will be held at

Monte Vista Unitarian Congregational Church
91815 Montevista Avenue - Montclare, CA 91763
909-626-0520

Those wishing to send a note to Ellen can do so at:
630 W. Bonita, Apt 9A - Claremont, CA 91711

February Forum

February 3rd Community Sunday Potluck

February 10th UU Gabfest - 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.

February 17th Waking Up White Book Discussion with Julie Haverty, Nancy Frazier & Marilyn Ragland
Join us for an ongoing monthly discussion group exploring racism. Please prepare by reading the book, Waking Up White by Debby Irving. This book provides a good starting place for understanding systemic racism and white privilege in our country. Loaner copies are available through UUCC.

February 24th Preparing for the Inevitable: A Workshop on Death and Dying with Jodi Libretti and the Listening Hearts.
Have you thought about how you want to die? Do you have a loved one you'd like to have this conversation with? Many of us put off or avoid planning for death, but preparation can help assure that the end-of-life experience is what we want.

Part 2 of 4 - The Five Wishes
Please see or call Jodi Libretti for more information (312-371-4713) and to sign up so that we can be sure to have enough Five Wishes booklets.

Preparing for the Inevitable:
A Workshop on Death and Dying

The Listening Hearts will offer a 4-session workshop to address important topics related to preparing for the end of life. Please see or call Jodi Libretti for more information (312-371-4713) and to sign up so that we can be sure to have enough Five Wishes booklets.

January 27th – Getting Oriented: What are the end-of-life issues that matter?

February 24th – The Five Wishes: Participants will receive an advance-planning document to complete outside of the session. We will address key points about each wish.

March 31st – Hospice Care: What is it? Who is eligible? Why is it beneficial?

April 28th – After the last breath: Handling the body, arranging for services, dealing with grief and loss.
FLOOD UPDATE  By Nancy Irons

We have returned home! Yeah!!! Thanks go out to all the volunteers who have helped unpack boxes and put things away. There is still much remaining to be done, but it is slowly evolving.

The restoration of our building is not quite complete. There are a number of details that still need to be addressed. Some of the tasks we have dealt with ourselves, such as rehanging whiteboards and bulletin boards. Other tasks are waiting for the contractor to finish, including edging, flooring in one furnace room, register adjustments and paint touch ups. John Kasang and Bruce Swiecicki have both agreed to review the final punch list once the work has been completed.

As we have been putting things back together, a number of items or furnishings have not been found. For some items, such as dish racks in the kitchen, we have gone ahead and bought replacements. For other items, we have had to document the loss and submit it to the insurance company as “additional lost contents.” In particular, it seems some furniture was stored in the Pod unit located in the parking lot, rather than being taken to the climate controlled warehouse. Those pieces ended up very moldy due to condensation from changing temperatures. We have yet to hear back from the insurance company as to how much (if any) additional contents funds they might provide. The way it works, the insurance company estimates the replacement cost for lost contents and then give us half of that amount up front. We can only get some or all of the remaining funds if we document that replacement furnishings have actually been purchased. So, we are in fact on a bit of a spending spree! However, we need to be careful to replace what was lost and not get carried away with overall redecorating!

So far, the new hall mats are on order and should arrive the first week of February. The Gathering Room has an updated feel with a new rug and seating in the discussion area. We are ordering new chairs to go with the round tables, as well as replacement sideboards for coffee service. The new platform stage for the Sanctuary is coming from our contractor any day now. A new hymnal cart has arrived, but needs to be assembled. Two new sofas are on order for Classroom 3, where there is also a new rug. The children’s areas of Classrooms 1 and 2 are shaping up nicely with new rugs and seating. RCE is still looking for donations of children’s books and gently used toys.

It is great to be home again! Feedback on the renovations has been overwhelmingly positive. While we are still pulling things together, it is a great start!

Play that Uke!
Join the Ukulele Orchestra!
The Park Forest Library is forming a Ukulele Orchestra! They are looking for ukulele players from ages 12 to 112 who are well seasoned or are just beginners. They also have a few seats open for Kazoo players over age 65. They will meet on Saturday, February 9th and 23rd at 1pm in the Ringering Room. You must have your own instrument to join. We will provide the sheet music and other supplies. There is no charge. For more info, call George at 708/748-3731 ext 22. Come and have some fun!

LockBox Code to be Changed!

Reconstruction at UUCC is nearing completion. While we appreciate all of the workmen who have put in time and effort on our building, they really do not need continued access to our building. Therefore, it is time to change the code on the lockbox that holds the front door key. Please be aware, the code is scheduled to be changed in mid-February. If you are a Board Member or Coordinator of a group that meets at UUCC or have previously had access to the lockbox code, please be in touch with the office (churcadmin@uuccpf.org or 708-481-5993) to get the new combination.
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 February 2019 Schedule follows:

**February 1st and 3rd** - "Framing Reality; The Role of Propaganda" featuring Hunter Havelin Adams III and Dr. Josef Ben Levi

**February 8th and 10th** - "Family Matters; The Role of the Parents" featuring Wayne Sebamurtti Gentry and Dr. Asantewaa Oppong Wadie

**February 15th and 17th** - "Speaking of Margaret: Dr. Margaret T. G. Burroughs” featuring Dr. Burroughs Friends and Mentees

**February 22nd and 24th** - "History According to Black" featuring Prof. Timuel Black

**February 24th and March 1st** - "Know Thy Addiction: Know Thyself" featuring Dr. Adeyemi Fatoki and Jamelia R. Hand

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Regional Assembly Registration

Registration is now open for the 2019 MidAmerica Regional Assembly. This year, our Regional Assembly will be held in St. Louis, Missouri, at the Marriott St. Louis Airport Hotel, April 5-7, 2019. Please see the following link to find out more information about Regional Assembly including pricing, hotel information, our schedule of events, workshop information, information on volunteering, how to register, and much more:

[https://www.uua.org/midamerica/ra](https://www.uua.org/midamerica/ra)

The theme is “Intersectionalities.” Presentations and workshops will explore identities we encounter and embody, the challenges of social inequality, and tools and skills we need in order to work more effectively with one another, as well as the general “nuts and bolts” of congregational life, such as leadership, stewardship, membership, and religious education. Our Keynote Presenter will be UUA President, Rev. Susan Frederick-Gray.

Twenty-eight years ago, Kimberlé Crenshaw coined the term “intersectionality” in a paper as a way to help explain the oppression of African-American women. A leading thinker and scholar in the field of critical race theory, Crenshaw, a professor at Columbia Law School, directs the Center for Intersectionality and Social Policy Studies and is a co-founder of the African American Policy Forum.

As she explains, “Intersectionality is a lens through which you can see where power comes and collides, where it interlocks and intersects. It’s not simply that there’s a race problem here, a gender problem here, and a class or LBGTQ problem there. Many times that framework erases what happens to people who are subject to all of these things.”

• Valerie Birk will host a Route One Concert at her home featuring Amelia Sweet Bluebird on February 9th at 7PM. Contact Valerie for more information.

• Our church, UUCC will transform into a concert venue called Edgar's Place (named after a beloved former minister, Edgar Peara) on March 9th for Triflemore (a Scottish Acoustic Folkgroup). I read that the Beverly UU Church (housed in the Irish Castle on Longwood Dr.) will be hosting concerts too.

• Thanks to Nancy Frazier, Julie Haverty and Marilyn Ragland for the "Waking Up White" book Forums. Those "awakening sessions" brought diversity and good attendance to our church.

• It was so good to see Rich Treptow and Maria Markowicz holding the Pledge Drive banner "In Our Hands" that was designed by Joyce Semmler's daughter. It was preserved when our church flooded. Maria helped to stretch the banner out when we re-opened. May we all "stretch out" in this new beginning.

• Our own famous Artist and Teacher, John Ray got a 2019 Park Forest Community Oscar. John was celebrated at Freedom Hall with a Laugh Out Loud award and a reception including wine, appetizers, refreshments and live performances.

• Here's some words from Mary Anne McLean's eulogy of Pat Strange, a fellow birder. "In Pat Strange - Thorn Creek Audubon has lost a dedicated, gifted and gracious birder and friend. .... To say that she will be missed is an understatement. ...Pat transitioned from a life lived in faith, with humor, and in deep appreciation of nature and family...."

• A few of us Unitarians are taking Suzanne Patterson's film class at GSU. Here's one of John Huston's quotes "The directing of a picture involves coming out of your individual loneliness and taking a controlling part in putting together a small world." We viewed the Maltese Falcon. Next week it's The Treasure of the Sierra Madre.

• The Committee on Ministry, with new member Lenore Rendina, is asking for social gathering ideas like dinners and parties to foster fellowship. Please e-mail me ideas bmorris.anderson@gmail.com. RCE kids ideas welcome. In the past we've done Camp-Outs, Beach parties, Eagle watches, Nature hikes, dinners, dances and Birthday parties.

• On February 6th at 7:00-7:30pm St. Irenaeus will hold their February Park Forest Peace Prayers service. Gather to hear words of wisdom and offer prayers for peace and goodness in our village, world and entire universe. St. Irenaeus is located at 78 Cherry Street in Park Forest.
Welcome New Members! This month we are welcoming Karilynn Vicari to UUCC! In her own words....

I’m a shamanic practitioner and the founder/owner of Rainbow Tree Healing Arts, which is my healing practice. We have a Facebook group and page, if you’re interested to learn more about us. We do all kinds of awesome things, including charity work, such as cleaning up trash in our neighborhoods. I’m also an artist, writer and poet. I work with many different mediums, but mainly drawing, painting and photography. I’m currently working on an autobiography titled Rainbow Medicine. I love music, traveling, and spending time with my family. I also love spending time in nature and am a major animal lover and advocate. I’m actually a board certified veterinary technician, but I do not work as one. Long story short, I started my career when our economy was at its worst since the Great Depression. It was no cake walk trying to find employment, something our teachers warned us about prior to graduating. But everything happens for a reason!

My fiance Jason and I have 2 children. Our daughter, Delilah, is ten and our son, Jason, (otherwise known as JJ) is six. We currently live in Steger with our cat, Snow, turtle, Napoleon, and bearded dragon, Lemongrabb. We are life long residents of this area. I grew up in Park Forest and Jason grew up in Midlothian.

As a typical Chicago Heights Italian kid, I was raised Roman Catholic. I attended CCD classes and received the holy sacraments. When I was about 12 years old, I really began to question things. From what I’d come to understand at the time, I came to the conclusion that I didn't really agree with "organized religion", so to speak. I realized I didn't need a priest to be an intermediary between God and myself, which consequently led me to the path I'm on today. It's been a long road of spiritual self discovery. For many years, I did not attend church regularly because I never found one that felt like home to me. I would go to one occasionally when I was going through a lot and needed some kind of solace, but never found "the one" until I learned about and attended a Unitarian Universalist church (the one in Hobart, to be more specific). It was then that I knew that I finally found where I belonged. I've known for quite some time that I'm a Universalist, but had no idea there was a church for people like me until more recently. Since Hobart is a bit of a drive for me, I decided to search for a UU church that was closer to home, and that's how I found UUCCPF.

Since becoming a member of this congregation, I have been attending church with my family every Sunday. We love it here and I'm so grateful that we've finally found a church that is the right fit for us. I have volunteered in helping to get the church in order for us to move back in, which was my first introduction to the building, since I joined when the building was still being repaired. I plan on facilitating monthly drum circles at UUCCPF in the near future, and may even give a sermon at some point, as well. I look forward to becoming a well known member of this congregation.
Religious and Character Education
by Dan Feldt

RCE is grateful and excited about our new digs

Congratulations to Paloma Chavira who was assigned Concert Master for the Preparatory Strings spring 2019 Orchestra.
Click [HERE](#) for an article that explores the timings and various impacts of EVs on Big Oil, and the ICE (internal combustion engines) automotive industries, including shale oil plays, Ford, GM, Tesla, Rivian and others.

Better yet...Click [HERE](#) for a youtube video episode of "In Depth." Zac and Jesse talk about The Impending Big Auto/Oil Implosion!

**Summary**

I find that ICE auto sales will drop 50% by 2025. Passenger car sales are down already with SUVs and Pickup sales to follow with Rivian and Tesla entering the space.

EV penetration into the global auto fleet should initiate an oil glut by 2023. Shale oil (high extraction cost) operations should become stressed first.

By 2031, there will be ~1 billion EVs in the global fleet of cars. This timing is 2 decades faster than many analysts are projecting.

Caveats: Dramatically lower oil prices will delay these projections and operational autonomous vehicle control will accelerate them. Some companies will soar, others will collapse.

If you take the time to look through the article, you will come across a graph showing the disruptive technologies adaption in the United States. The time for change is getting shorter and shorter for adoption of new technologies. With possible rapid adoption on the way, car companies and oil companies will have to adapt or go out of business.

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<tr>
<th>Year</th>
<th>ICE sales (M)</th>
<th>EV sales(M)</th>
<th>CARS/yr(M)</th>
<th>MBBL/yr</th>
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<td>2018</td>
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Above is the short version of the articles table of change of ICE EV’s and oil. This is a huge shift in the world economy. If this is reasonably accurate, get out your popcorn and watch the show. The ICE autos and oil just aren’t ready for this. Take care everyone. Stay warm in this icy time of winter.

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**Homewood Indoor Farmers Market**

is taking place on the last Saturday of every month until April, which is Feb. 23, March 30 and April 27. The events run from 8am—12pm.

The location is the Irwin Park Community Center, 18120 Highland Ave. Enjoy Live Music!

Kids events featured at each Indoor Farmers Market includes a henna artist Feb. 23, face painting on March 30, and an interactive bicycle activity with Good Speed Cycles on April 27.

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**Birthday Celebration**

Friday, February 1st, 4-8pm

All UUCC Members and Friends are invited to celebrate DeAnn Wilson's Birthday!

Potluck (bring a dish or drinks to share)

Optional:

- Bring Games
- Bring Music CDs to play or perform music
- Help Set up or Clean up

Contact DeAnn for more info: 708-748-2392
**Park Forest Library Knitting Weekly Studio:**

Price: $10 per session/individual date  
Day: Every Friday in January thru May/ Time: 1pm to 3pm  

This is a weekly drop in project-based class. All skill levels welcomed. Bring one pair of size 8 knitting needles, one skein worsted weight yarn #4, and any project that you may be working on. Prior registration is not required for this weekly pay as you go class. **The library is located at 400 Lakewood Blvd in Pk Forest.**

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**Anshe Sholom offers Dance For Parkinson's. This program is open to those with Parkinson's Disease in our community along with their supporters and caretakers.**

The dance program is built on the idea that professionally-trained dancers are movement experts whose knowledge is useful to persons with PD. Dancers know about stretching and strengthening muscles, about balance and rhythm and they know how powerfully dance concentrates the mind, body, and emotion on movement.

The classes foster a safe and creative environment for participants and their friends, family, and caregivers. Through an engaging approach, students learn to enhance their aesthetic awareness and grace while addressing such PD-specific concerns as balance, flexibility, coordination, gait, and depression. Teaching artists introduce movement from modern dance, musical theater, ballet, folk dance, tap, improvisation, and choreography.

“A hands-down success... one of the most important programs for Parkinson’s disease in the country.”

—Mary Ellen Thibodeau, RN, RI Chapter of the American Parkinson Disease Association

When: Fridays, 12:15pm - 1:30pm: Feb. 8, Mar. 8, Apr. 19, May 10, Jun. 7  
Where: Temple Anshe Sholom: 20820 Western Ave., Olympia Fields, IL  
Fee: $10/person (no fee for caregivers)  
Instructor: Louise Boyd: Born in Scotland, trained as a professional dancer graduating with Honors from Laine Theatre Arts, London UK, Louise has danced worldwide with various dance companies and cruise liners, finally moving to Chicago in 2006. As a fully certified fitness/dance instructor, her focus is with people with Parkinson’s disease. In 2017, she was selected to study for the “Dance for Parkinson’s” program at Julliard School in New York, and again for an Advanced Training Workshop at the Mark Morris Dance Center Brooklyn, NY, in 2018.
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. Doors open at approximately 6:30pm and the movie starts at 7pm. Movie: “I Do” February 15th at UUCC
Winner of 12 Festival Awards, “I Do” is a ‘heartfelt and timely’ family drama about marriage and immigration equality in America. A British gay man living in New York loses his immigration status while helping to raise his deceased brother’s daughter. Faced with deportation, he marries his lesbian best friend to remain in the country. Things get complicated when he meets the love of his life, a Spanish architect. The pressures of the past and present collide forcing him to make an impossible choice.

Food for Thought:
All you really need to do is accept this moment fully. You are then at ease in the here and now and at ease with yourself.

Eckhart Tolle
Author of “The Power of NOW”

Medical Cannabis Education Association
MCEA information can be received by emailing Joy Grainge at joygrainge@me.com

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

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: February 17th

Dream Exploration Group
1st Saturday of the month at 10am. Limited to 10. Contact Geri to register at 312-813-4411 or gkbiamonte@yahoo.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 every other Tuesday night from 7-9pm at church. Upcoming gathering dates are Feb 5 and 19, Mar 5 and 19, Apr 2, 16, and 30. Contact Colin Kirchner at colinkirchner@gmail.com.
Now that we have returned to our home, please contact your event facilitator to confirm the location of your event before arriving. See list of facilitators below.

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<td>11:30am Forum</td>
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**Event Facilitators**

- **Medical Cannabis:** Joy Grainge 708-491-7593 joygrainge@me.com
- **Family First Friday:** Dan Feldt 708-212-3637 ddfldt@gmail.com
- **Yoga:** Karen Nielsen 708-755-3577 shanti-one@comcast.net
- **Men’s Group:** Colin Kirchner 708-497-0293 colinkirchner@gmail.com
- **Dances of Universal Peace:** Pat Segner 708-748-2217 segnerpatricia@yahoo.com
- **Rainbow Café:** Charles Barnett 708-843-2005 chazbarnett@yahoo.com
- **Dream Group:** Geri Biamonte 312-813-4411 gkbiamonte@yahoo.com
- **Forum:** Nancy Irons 708-712-3228 irons.nancy@gmail.com
- **Movie Night:** Currently seeking a new facilitator
- **Edgar’s Place:** Valerie Birk 708-704-0590 valeriebirk@gmail.com
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The newsletter deadline is always the 20th of every month.

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