Sunday Worship Service at 10:00am
70 Sycamore Drive, Park Forest
708-481-5339

December 1st
Title: I’ll Be Home For Christmas
By Bittersweet Christmas Band
Memories of happy holiday seasons with family and friends form the core of Christmas season celebrations for many of us. Bittersweet Christmas Band will share cherished memories of home at the holidays, along with musical pieces connected with them. But maybe you’re someone who did not have “warm and fuzzy” holiday memories. We will look at the season from your perspective as well.

December 8th
Title: The Spiritual Kinship Between Catholics & UUs,
By Reverend Martin Woulfe
I have often stated that “Catholicism prepared me to love like a Universalist and that the Jesuits taught me to think like a Unitarian.” In this service, I will share some of the ways that these two different traditions are kindred spirits – and other ways in which they diverge.

December 15th
Title: What Is Your Calling?
By Reverend Denise Tracy
We all have a purpose in life, a calling. What is your purpose? What are you called to be and to do? This is part of a larger themed service which was brought into being by Gloria Peace’s Television show. She did an interview with Denise Tracy and we will be using parts of the show over the next few months in Worship and Forums. Today there will also be a forum after church to continue the theme of the service.

December 22nd
Title: RCE Holidaypalooza!
Our delightful children will amaze you with their talent and skill.

December 29th
Title: A Matter of Life and Death
By Tia Wilson
We will briefly discuss different perspectives and traditions on what we call “passing away”. We will also look at how life is full of many small births and passings, involving deaths, new starts and transformations. How is death a celebration? What do we want to make life about?

Highlights
December 12th: Soul Sessions with Oye’
December 14th: Edgars Place presents Todd Donnelly and Sons
December 21st: Candlelight Labyrinth
December 22nd: RCE Holidaypalooza

Forum (Follows the Sunday Service - 11:30am)
December 1st: No Forum - Community Potluck Sunday

December 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.

December 15th: Denise Tracy
What are you called to be and to do? A following up on the interview of Rev. Denise Tracy and Dr. Gloria Peace’s TV Program “Spiritual Matters: Sisters in Ministry” A segment of approximately 15 minutes of the TV program will be shown with Denise telling how she became a minister, followed by individual sharing and group discussion.

December 22nd: Winter Solstice Celebration with CUUPS
Join us for a Family Friendly Ritual to celebrate the dark and welcome back the light. Pizza at Aurelios’ in Crete to follow.

December 29th: No Forum—New Year’s Weekend
President’s Column by Jerome Rowley

I have been reading the first chapter of Ginny Whitelaw’s book on The Zen Leader, and I wanted to share with you some of the insights I’ve gained from it, and how they can apply to everyone during the holiday season.

Of course, the holidays are supposed to bring joy to people because they are events that allow people to get together and enjoy each other’s company. They also represent a turning inward and reflection upon the values that we hold individually and together as a community.

So that’s the positive aspect. But the negative aspect is that they require a lot of preparation on the outside such as buying of presents or arranging get-togethers with our relatives and friends. These activities can be stressful, and of course for those of us who are employed at a company, there are activities related to getting ready for the end of the calendar year.

This can make us feel that time is a constraint that feels like walls closing in around us, and this can create stress. Life is something that is happening to us, rather than something we are participating in. This is when we go from adding our energy to life, and where it seems we are merely coping, which means being on the defensive, and preventing life from withdrawing too much of our energy. If not, we’ll feel drained by the experience of the holidays, rather than being renewed or refreshed.

The first chapter of the Zen Leader book talks about ways of mental transforming your consciousness so that you are no longer playing defense so to speak but going on offense (to use a metaphor from football) by actively meeting the challenges that you face and overcoming them.

Well, that sounds easy, but how do you do that? One of the simplest answers I’ve found comes from the Thanksgiving holiday. If you are feeling stressed out, then switch your focus and find something that you are thankful for. If you want to feel thanks to God, fine. Even if you don’t believe in God, you can still capture that feeling of thanks—whether it is the universe, or just is what it is.

I am reminded of the scene from the movie White Christmas where Bing Crosby sings to Rosemary Clooney, “if you’re worried and you can’t sleep, then count your blessings instead of sleep, and you’ll fall asleep counting your blessings.”

When you do this, your consciousness flips it’s direction, and you are essentially addressing the Universe as a Thou, rather than an It. You have a relationship to it, rather than just seeing it as something outside of you that you observe in the capacity of a third person.

And to use another famous Christmas scene, when the Whos of Whoville wake up on Christmas morning and find that their Christmas presents have all been stolen, the Grinch is expecting them to have a negative reaction and start crying. But instead they collectively flipped their consciousness from negative to positive by realizing that they may not have Christmas presents, but they have each other. Instead of crying, they come out singing and holding hands by the Christmas tree. And, as you may recall, this first puzzles the Grinch, but after a while he himself understands why they are doing it, and his consciousness flips from negative to positive (“and his heart grew three sizes that day”).

So if you are merely coping with the holidays, try to find something you are grateful for, and your consciousness will transform as well, so that you can, in the words of the Christmas song sung by Judy Garland in the movie “Meet me in St. Louis”, “hang a shining star upon the highest bough.”
Financial Update – Reminder for Pledge Payments

Did you make a pledge last spring? Pledges cover our day-to-day operating expenses. The end of December will mark the halfway point in our fiscal year. Are you halfway through paying your pledge? If not, please feel free to get caught up. All of your pledge donations are tax deductible.

If you did not pledge last spring, would you like to make a pledge now? If so, please talk to me, your Treasurer, Nancy Irons. It is never too late to pledge!!

Perhaps you would like to make a one-time donation? You can specify whether it should go towards day-to-day expenses or to the Building Capital Campaign. We need to begin raising funds to replace the roof, to replace the dishwasher, to repave the parking lot, etc., etc., etc. So many projects looking for funding! Perhaps you can help?

May your generosity bring you joy in this holiday season!
The famous Lotton Art Glass Factory, located on Exchange just west of 394 in Crete, has an exhibit at Governors State U. I've visited there for a free tour and watched the glass being blown.

John Ray was honored for his service as a Meals on Wheels volunteer. Because of John and a Network of volunteers, 623,000 meals were personally driven to older adults who got more than physical nourishment. Their days were brightened by food being brought by a caring person.

Joyce Sligar, Vicki Fotis and Nancy Frazier read to the kids at a program set up by Pat Segner. "The Best way to find yourself, is to lose yourself in the service of others!" Elizabeth Morales

Holiday Lights is scheduled for December 6th from 6 to 9PM at the Irwin Center Park in Homewood on Ridge road just East of Dixie Highway. Tree lighting, Santa visits and hot chocolate are featured.

The Daytime Connections Group will meet on December 11th from 1 to 2:30PM to talk about and share favorite snacks.

UUCC Candlelight Labyrinth is scheduled for Saturday, December 21st from 6 to 9PM in the Sanctuary.

Angela Denk shared a blog honoring Veterans that she wrote for GSU. (see our UUCC Facebook Page).

Rev. Randy Becker, a former minister of UUCC and resident of Key West has chronicled his travels to New York for a group Minster's meeting. Rev. Randy is a good writer and I hope to have his website link posted in next month's column.

The Winter Solstice is the shortest day of the year. It represents new beginnings and great new possibilities. Leaving behind what does not serve us, and embracing that which does.

Come celebrate the New Year at our candle Labyrinth. Enjoy a calming, yet invigorating meditation. Peacefully walk the Labyrinth to consider the passing year, and the coming new year. Reconnect with your Spiritual center. Sit and pray for peace, health, Mother Earth, freedom from, and freedom for; in the warmth and serenity of our Labyrinth.

A $10 donation is requested from non-UUCC members.

Safety note: Please do not wear long, loose, draping or dragging clothing. We use open topped glass candle holders, but we want to be extra careful.
We offer two different Connections groups for those seeking to build and strengthen personal relationships and bonds of community, as well as ways to grow spiritually. Connections groups provide a space to share your perspectives and experiences, learn about and support each other, and discover what we have in common. All are welcome to attend, whether church members or not. Come join us!

The **DAYTIME CONNECTIONS GROUP** usually meets the 2nd and 4th Wednesday of every month, from 1-2:30 pm at UUCC. For more information contact JoAnn Franczek 219/629-0815 or Irene vanderHoek 708/305-4913 tulip51girl@gmail.com. **This month the Daytime Connections group will meet only once ...December 11th.**

The **EVENING CONNECTIONS GROUP** usually meets twice a month from 7–8:30 p.m. at the church. Contact Rob van de Logt (708-973-1088) or Jodi Libretti (312-371-4713) for more information. **This month the Evening Connections group will meet on December 4th and 18th.**

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**Let's Talk About Slavery**

A Lively Discussion Open to the Public

Let's Talk About Slavery will be held from 6:30 to 8:30 p.m. on Thursday, Dec. 5, 2019, at the Flossmoor Public Library. Four presenters will share parts of The 1619 Project for group discussion. Some say the first slaves were forcibly brought to our "land of the free" in 1619, exactly 400 years ago. How did slavery begin? How have slavery and the contributions of Black people shaped our nation? The event is open to everyone.

The discussion is based on The 1619 Project, a publication and podcast series published this year by The New York Times.

The Flossmoor Public Library is located at 1000 Sterling Ave., Flossmoor, IL. The Center for MultiCultural Communities is an all-volunteer, nonprofit organization. For details about the event location, call the Flossmoor library at 708-798-3600.

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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. The Listening Hearts volunteers for the month of December will be Darlene Obejda and Pat Segner.

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**Happy Holidays!**

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One of our church members is looking for a good working digital tv converter box. Please contact me if you have one that you are willing to part with. Diane 708-758-5715
I want to give a hand to the Waking Up team and Jodi Libretti for creating the adult programming that they developed and presented this fall.

I also want to put in a plug for UU Gabfest which I facilitate. I choose an article from UU World as a discussion starter. Here are two excerpts from articles that I’ve chosen this fall.

**From Corruption of Democracy**
In more detail, the fascist political message includes

- idealizing a mythic past when “we” were dominant;
- glorifying the patriarchal values of that mythic past;
- stoking and exaggerating “our” current grievances;
- scapegoating “them” as the cause of those grievances;
- demonizing and delegitimizing any institutions (like academia, the press, and the courts) that attempt to establish a basis for public discussion in objective truth;
- raising the “pure” countryside against the cosmopolitan (and therefore corrupted) cities.

**From An Essential Spiritual and Moral Value**
When my son was just 2 years old, I found him bringing all his stuffed animals into the shower. When I asked what he was up to, he answered, “It’s shower church.”

I smiled and asked, “Oh yeah, what’s happening at shower church?”

He told me he would be preaching. When I asked what he was preaching about he answered simply, “Love, mommy. It’s always love.”

Each Sunday, reciting the covenant beginning with the words “Love is the doctrine of this congregation,” I was and am reminded that love is the core teaching and practice of what it means to be a Unitarian Universalist.

As you can see, our topics are far-ranging and I hope provocative. Please join us every second Sunday of the month at 11:30.

**Make sure that you circle your calendar for December 22. Our talented children will amaze you with their talent and skill. It will be a Holidaypalooza!!**
The Soul Garden Salon presents~

A monthly workshop beginning on Thursday, December 12th from 3-7pm. The topic of this session will be the 3rd Airport. A guest speaker will be there to discuss this subject.

Look for future Soul Session workshop dates in the upcoming newsletters or the church website.

Soul Sessions with Oye are monthly explorations of matters that matter to people who care.

Join us as we deepen our experience of life through Arts & Culture, Civics & Soul, Nature & other thoughtful provocative and joyful sides of life.

We are a welcoming community. All are warmly welcomed.

~Beverly ‘Oye’ Reed Scott (Minister, Social Justice Advocate and Thought Leader) lrsoulgarden@gmail.com
Arbitration Update

We are continuing to pursue arbitration to resolve our financial dispute with the contractor Craftsmanworks Restoration Services (CRS). Nancy Irons and Virginia Jackson submitted the UUCC evidence, including a descriptive narrative, emails, spreadsheets, witness affidavits, copies of checks, contract, etc. CRS also received copies of these materials and has two weeks to make a response.

The arbitrator will review all of the materials once the response period has ended and render a decision. We are fairly confident that the case will be decided in our favor. However, we are much less confident that we will be able to collect any settlement from CRS. The corporation has formally been dissolved and the president, Brian Leight, has filed for personal bankruptcy. We did consult an attorney, who advised us to continue at least through arbitration since we have already done so much preparation for it. We shall see what we shall see. . . .

Donate Children’s Hats, Gloves, Scarves

Please bring in donations of children’s winter wear by Sunday December 15th. A box for donations is near the front of the Sanctuary, next to the Christmas tree. Respond Now will distribute these items to needy families at their annual holiday celebration.

Winter Solstice Ritual Celebration with Nancy Irons and CUUPs

Join us for a Family Friendly ritual to celebrate the dark and welcome back the light. The Winter Solstice is the shortest day of the year and the longest night. Learn how to welcome the dark and use its energy for reflection and inner peace. Pizza at Aurelio’s in Crete to follow.

11:30am Forum on Sunday December 22nd

The December 2019 Schedule follows:

December 6th and December 8th - "Spiritual Matters: Sisters in Ministry Part 2” featuring Rev. Henrietta Byrd
December 13th and December 15th - "The African Philosophy of MAAT” featuring Wayne Sebamurti Gentry and Prof. Hunter Havlin Adams, III
December 20th and December 22nd - “A Tale of Two and One Half Cities” featuring Dr. Kasey Hendricks
December 27th and December 29th - “Hollywood or History: The Rebirth of a Nation” featuring Prof. Hunter Havlin Adams, III, Dr. Asantewaa Oppong Wadie, and Atty, Jack Childs

Go to www.youtube.com to view previous H3O TV programs and search Gloria Peace on tool bar.
Click [HERE](#) for a link to a Facebook video of 6 things scientists want us to do to save the planet. Eventually we all reach a tipping point where it is time to change some part of the way we live. I have experienced 27 years as a renewable energy advocate and 13 years studying global warming. Things don’t change overnight by choice. In one sense I am filled with hope that all of this change will come about in the world. In another sense I am filled with dread for all of the damage that will occur on earth. We work to be aware of both.

Our November holiday is coming up and the Green Sanctuary wishes everyone a Happy Thanksgiving.

~Jeff

### 6 Things that 11,000 Climate scientists want us to do to save the planet

1) Stop chopping down forests.

![Deforestation is bad.](image)

- We should:
  1. Tell people to stop cutting down trees
  2. Plant a new tree
  3. Take care of the trees in our environment

2) Switch to a mainly plant-based diet, eat less meat and cut food waste.

![Switch to a mainly plant-based diet.](image)

3) Shift economics away from a focus on GDP growth and a reliance on fossil fuels.

![Less reliance on fossil fuels.](image)

4) Slow down the world’s population growth (currently at 200,000 people per day).

![Slow down the world’s population growth.](image)

- Sir David Attenborough

5) Put people off using fossil fuels by imposing carbon fees.

![Carbon Fees](image)

6) Cut pollutants like methane and soot to reduce warming by 50%.

![Cut pollutants like methane and soot.](image)
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 Café is open every 3rd Friday of the month. **Doors open approximately 6:30pm.** Movie starts at 7pm. Soft drinks are served.

**Movie: “1985” December 20th**

Having been gone for three years, closeted Adrian, returns to his Texas hometown for the holidays during the first wave of the AIDS crisis. Burdened with an unspeakable tragedy in New York City, Adrian looks to reconnect with his preteen brother Andrew while navigating his relationship with his religious parents Eileen and Dale. When he reaches out to his estranged childhood friend Carly, their unresolved issues force Adrian to confront an uncertain future that will significantly alter the lives of those around him. Shot on black-and-white super 16mm film, “1985” takes a unique look at a pivotal moment in American history through the prism of empathy, love, and family. Watch trailer [HERE](#).

**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 class is FREE. Call (708) 755-3577 for more information.

**Drum Circle December 6th at 7PM**

Bring your drums, rattles or any other percussion instrument and join us! Extra instruments will be provided if you don't have one. A love donation of $5 is greatly appreciated. All donations will go to UUCC.

**Love to Sing?**

Join the UUCC Choir! The Choir sings on the **2nd and 4th Sundays** 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 Theravadin Buddhist traditions. This is an ongoing event led by Steve McCabe and Beverly Feldt.

**Saturdays at 9am -10:30am**

**Location:** UUCC

**Cost:** Free Will offering (proceeds go to UUCC)

For questions, contact Beverly Feldt bevfeldt@gmail.com

**Connections Group**

**Daytime Group** meets: December 11th at 1pm.

**Evening Group** meets: December 4th and 18th at 7pm.

**Dances of Universal Peace:**

**Meets (Sept-June)**

Dances of Universal Peace are held on the 2nd or 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. [More info](#)

**Contact certified dance leader, Pat Segner, at 708-748-2217.**

**DUP next meets on December 15th at 2pm**

**The UUCC Men’s Group**

Men’s group meets every other **Tuesday night from 7-9pm** at the church.

Upcoming gathering date is **December 10th**

Contact Colin Kirchner at colinkirchner@gmail.com
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Unfortunately, due to health concerns, Joy Grainge will not be able to continue to run the Medical Cannabis Education Association meetings.

**Event Facilitators**

- Monthly Drumming Circle: Raegan Bricks  raegan.bricks@gmail.com
- Family First Friday: (currently on break) Dan Feldt  708-212-3637  ddfeldt@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: (off July & Aug) Pat Segner  708-748-2217  segnerpatricia@yahoo.com
- Rainbow Café: Charles Barnett  708-843-2005  chazbarnett@yahoo.com
- Currently looking for a facilitator
- Movie Night: Jerome Rowley  714-930-6134  jerome_rowley@gmail.com
- Edgar’s Place: Dave Rudolf  daverudolf50@gmail.com
A MOMENT

The midnight dance of branch and breeze frees the frozen limb, caught by time and temperature, and convinces the willow to sip; erupting the fragile lace of ice enough to glimpse the full moon's reflection and its silent, cascading fireworks display.

Eric Steggall

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