Due to the current public health crisis, we will not be meeting in-person at UUCC until at least through the month of May. Sunday services will continue to be held online via “Zoom” and most likely for a while even after we are again open for in-person attendance. You should be receiving emails with each “Meeting ID.” The speakers and topics listed below are tentative and may change as the situation evolves. Please be flexible during this time of uncertainty.

Thank you for your understanding. Click HERE to view a video on how to join a Zoom meeting. You may call in up to 15 minutes before the meeting. For the option to connect by phone, call +1-312-626-6799 (Chicago) then enter the Meeting ID that you receive in your email invitation.

**Sunday Worship Service at 10:00am**

May 3rd
“*When Life Speaks*”  
By: Tia Wilson
We will examine different ways to be more consciously inclusive with yourself and those around you. How can we use more of our human capabilities to live more full and whole lifestyles in these challenging or sometimes isolating times? How can we let more life in during these confining times?

May 10th
“*Be Ours a Religion: Toward a Sacred Humanism*”  
By: Jennifer Cottrill
We are all familiar with the term” secular humanism,” but that phrase doesn't adequately describe the faith orientation of many UU humanists. In this sermon, Jennie will recount her personal evolution toward an identity of ”sacred humanism” and provide some reflections on how UU humanists can adopt the language of reverence to infuse their lives with a sense of awe and wonder.

May 17th
“*Resonant Religion*”  
By: Reverend Denise Tracy
How do we form a faith to sustain us in difficult times? A faith that is sturdy, resilient and has the depth to weather our storms of life.

May 24th
“*Shiny Things*”  
By Dennis Fisher
Humans seem to chase after shiny things that catch their eye. Considering the nature of the shiny things we chase is the topic of today's sermon.

May 31st
“*Flower Stories for a Flower Communion*”  
By Marilyn Ragland
Bring your favorite flower to this sharing of stories that celebrate the flora in our natural world.

**PLEASE NOTE:** Forum is on hold for the time being. Some groups may be meeting via Zoom teleconferencing. Please contact group leaders for any updates.
The very first principle of Unitarian Universalism is the inherent worth and dignity of every person. The second principle is justice, equity, and compassion in human relations.

The problem about trying to live up to the Unitarian Universalist principles is that sometimes they are in tension with each other. The first principle focuses on the inherent worth and dignity of every individual, which is in harmony with the principles of the American ideal of individual liberty as espoused in the Declaration of Independence. This liberty is not something which is derived from any overarching authority, be it political or religious, but is something which is a natural right which is universal and inalienable, i.e., something which cannot be legitimately taken by that authority.

Everyone is both an individual and a member of society, however; as a member of society, the second principle holds in that you need to be treated fairly in your dealings with others on a legal and political basis. The inequality of wealth that led to the Great Depression led President Franklin Delano Roosevelt to add socialist elements to our economic system. There were socialist elements before that had their origin from the time of the Founding Fathers, i.e., police and fire departments, and the public library system, for example, that were paid for out of taxes collected by the government. These were common goods that were paid for by all and were therefore to benefit all members of the society.

The President at that time was willing to try innovative economic measures that were sponsored by the government rather than private enterprise because our economy desperately needed a jump-start after the inaction of the previous administration. The success of the economic programs helped lead us out of the Great Depression, after which we faced another crisis in World War II. After WW II, although many of the social programs disappeared, some of them, such as Social Security, continued.

In the 1970s, however, the backlash against this movement towards economic equality started with the Reagan Revolution which has continued for fifty years in the attempt to reduce the role of government and expand the role of private enterprise. Many people have thought that this movement had gone too far, but the proof of this is in how poorly our country has been served by its tenets when we faced a public health crisis and an ensuing economic crisis with the onslaught of the coronavirus pandemic we are currently facing. The debate now is between the freedom of opportunity of individuals and businesses to go back to work and earn a living, on the one hand, and the compassion in human relations that requires us to take care of each other and not take actions which will harm others. Those politicians who callously disregard the health of individuals, especially those who are more vulnerable, in the pursuit of economic growth, are showing that their values are out of balance when it comes to the first two Unitarian Universalist principles.

In November, the failed policies of the American version of capitalism will be judged by the people when they go to vote.
The President’s Column …continued

They are not rejecting capitalism, per se, but the distorted American version of it that has prevailed for so long. Germany is doing relatively well with handling the coronavirus, and it is also a capitalist country. However, its government, led by Chancellor Angela Merkel who was a scientist before she became a politician, shows that a balance between these two principles is achievable. It is not a zero-sum game as it is framed by some American politicians, where you can have individual economic opportunity OR public health, but not both. This is a false dichotomy which other countries show does not have to be the case.

We can achieve a similar balance, too, but it takes all of us to realize that it is out of balance, and for us to do something to correct the long-standing political imbalance which has caused our country to suffer more during this pandemic than most other democracies around the world. We will have that chance in about six more months … ~Jerome

One of our newer Sunday speakers this month (May 10th) is Jennifer Cottrill.

Jennifer is a member of Beverly Unitarian Church, where she serves on the Worship Committee. She holds a Master of Theological Studies degree from Garrett-Evangelical Theological Seminary. Raised a Methodist, she considers herself a “religious vagabond,” having journeyed through Russian Orthodoxy, the Episcopal Church, Paganism, and Buddhism, to finally find a home in the Unitarian Universalist Association. In her daily life, she is the director of the Midlothian Public Library, a wife, and a mother. We are looking forward to hearing her Sunday service, May 10!

This year the Pledge Drive has gotten off to a slow start. At the April Board Meeting, it was decided to postpone the Annual Congregational Meeting for two weeks, moving it from Sunday May 17th to Sunday May 31st. This will allow a few extra weeks for the Pledge Drive and subsequent Budget Planning process.

It was further decided that the Annual Meeting will be conducted online via the Zoom application. More details will be forthcoming. Stay safe and be well!

We are successfully continuing to meet online via Zoom every Sunday. You should be receiving emails that contain all of the necessary information to join us each week. If you have any questions, please contact the office at 708-481-5339.
"Compassion is a verb" and I've seen many examples of this saying during this pandemic.

- Joyce Semmler started an e-mail chain of "Someday we'll have stories to tell." People shared how much they enjoyed walking and looking at Springtime unfold.

- Others shared Meditation links or funny stories. For example, Emily Zaber was outside with her walker and Jodi Libretti was walking toward her at a distance and an exercise ball came rolling down from another neighbor. Jodi ran after it and they all had a good laugh.

- Susan Lee helped Irene van der Hoek and JoAnn Franczek with the Connections conference calls. The group calls have been happening at 1PM on Wednesdays.

- Angela Denk has made a You Tube video where she sings "Long Time Traveler". To me, she sounds like the opening song of Outlander, the Netflix series.

- Laura Shahtaji has been outside, walking with her walker in the wonder of Nature. I'm reminded of Aldo Leopold's "A Sand County Almanac." He wrote "When we see land as a community to which we belong, we may begin to use it with love and respect." Leopold called this philosophy of conservation "the land ethic."

- "Transitions", the newspaper from The Knowledge Exchange at GSU had a review by Joyce Semmler and a picture of me.

- Rob van der Logt sent out Covid 19 mask making instructions.

- Sheri Haas has been making Owls out of scraps and they are incredible.

- Mayor John Vanderbilt (who used to be a community organizer) set up a Park Forest Parade from 10 to Noon on Monday, April 27th. We all rode in our cars (I took my Boxer dog with me) around the Village of Park Forest. It was so good to see people waving while social distancing. This is Lenore Rendina, from UUCC and teacher from Rich East.

- Tina Clegg got her broken shoulder out of a sling and was happy to be able to play with her granddaughters who came over to dance and try on Tina's clothes.
UUA General Assembly will be entirely virtual

Annual conference, which had been scheduled for June 24–28 in Providence, Rhode Island, will take place entirely online, UUA announces.

For full article, click HERE

By ELAINE MCARDLE | 4/18/2020

The 2020 Unitarian Universalist Association General Assembly, which was to be held in Providence, Rhode Island, June 24–28, will instead be held entirely online as a result of the COVID-19 pandemic. The UUA Board of Trustees voted on April 13 to approve the plan, which the administration has been negotiating and which the UUA announced publicly on April 16.

In making the shift to a virtual event, association leaders weighed options for conducting the required business of GA and allowing UUs to connect with one another while honoring the UUA’s contractual, legal, and fiduciary obligations, said LaTonya Richardson, UUA General Assembly and Conference Services Director. Even if travel and other restrictions are lifted by late June, Richardson noted, 70 percent of GA attendees are typically over 55 years old, an age group more susceptible to COVID-19. Given travel restrictions, stay-at-home orders, restrictions on the size of gatherings of people, and limits on public transportation, in Rhode Island and in so much of the country, UUA leaders were clear that a virtual GA was the best decision. “The accessibility, safety and well-being of people was also critical throughout this whole analysis,” said Richardson.

Registration for virtual GA 2020 is $150. In-person registrations, which cost $400, have been converted to virtual registrations. The UUA is offering registrants options for handling the $250 cost difference, including a refund. Visit UUA.org/ga/registration.

Richardson said she hopes that the nearly 2,000 people who have registered for in-person GA will choose to attend online and that thousands more also will attend. Virtual GA removes the barriers of travel costs, time, and accessibility concerns, she said, and reduces the event’s carbon footprint. “We have the potential to make this our highest-attendance GA ever, and I would very much like it to be,” she said.

While many details are still being worked out, virtual GA 2020 will be a streamlined version of a full General Assembly. “We definitely want everyone to feel good about their investment in attending virtually,” Richardson said. Virtual GA will include popular programs such as the Ware Lecture, featuring Naomi Klein this year, and worship services, including the Service of the Living Tradition, with a sermon by the Rev. Danielle Di Bona.
Beltane / May Day Lore – by Selena Fox

Beltane, also known as May Eve, happens at the beginning of May. It celebrates the height of Spring and the flowering of life. The Goddess manifests as the May Queen and Flora. The God emerges as the May King and Jack in the Green. The danced Maypole represents their unity, with the pole itself being the God and the ribbons that encompass it, the Goddess. Colors are the Rainbow spectrum. Beltane is a festival of flowers, fertility, sensuality, and delight.

Financial Update - Pledge Drive & Capital Campaign

This year the Pledge Drive is being conducted primarily via email. Pledge requests have gone out to everyone who has been a regular donor, or who pledged for the current fiscal year. Nearly a quarter of those recipients have responded so far.

Thank you so much! To date, only a few have reduced their pledges. If you have not looked yet, please check your email for the Pledge Request Letter. We request your response by the end of April so that we can begin the budget planning process. A proposed budget will be presented as part of the Annual Meeting via Zoom on Sunday, May 31st.

If you have never made a pledge and would like to commit to supporting our church feel free to call me (708-712-3228) or email me (irons.nancy@gmail.com) to discuss it further. We welcome both pledges and one-time donations.

If you usually place your pledge check in the basket at church, please mail it in instead. I will be at church at least once per week to process deposits and pay bills. We very much appreciate your ongoing support during this stressful time.

Unitarian Universalist Community Church, 70 Sycamore Drive, Park Forest, IL  60466

The “Waking Up” Forum discussion group is on lockdown ONLY until the end of the pandemic. The committee is planning next steps. If you have suggestions or resources, we (Julie Haverty, Marilyn Ragland, Bev Feldt, Nancy Frazier) would really appreciate your sharing them with us. Looking forward to seeing you all when we are unlocked. ~ Nancy Frazier

Coming Events: UUCC has an Indiana Dunes Camp-out scheduled by Barb Morris on Saturday night, June 20th, at Nisaki Group Camp #2. Free with the entrance fee of $12/car. Save the date!
Here we are in the middle of a pandemic and I’m going to talk about global warming. How could I talk about something like this when we are living in one of the strangest times to us that we have ever experienced? In the United States we have already lived with what the two (global warming and covid19) have in common. A dithering government on AGW (anthropogenic global warming) and covid19.

See full article HERE.

In the second picture or graph down in this article there is a model worked out about how to stay under 1.5*C. The scientists can show us what it takes to do so. If you take your mouse and touch the first line on the left, you will see that it starts at the year 2000. Touch your mouse all the way down through, and a little window pops up to tell us the percentage cut in emissions. The year 2000 starts at 1% per year and then glides down to zero at the right of the graph. This would be aggressive but also the easiest to accomplish, should we commit to it.

Starting cuts in the year 2000
2004 emissions need to fall by 1% per year.
Same line 2008 emissions need to now fall 2% per year
Same bottom yellow line, 2015, emissions need to now fall 3% per year.
About 2031 now emissions cut by 4% per year.
2063 emissions cut by 5% per year
2100 emissions still need to be cut by 5% per year

Starting in 2019, this is the black line through the graph.
2020 emissions to fall by 2%
2022  9%
2023  11%
2024  13%
2025  14%
2033  18%
2036  19%
2050  20%

It’s clear to see starting in 2019 is very difficult to do. Now compare this to our virus time. Flatten the curve. Our country after a short economic downturn is now itching to get out of the house and go back to normal. There is a different future ahead of us compared to our past on this. We are getting resistance to change with some wealthy people fanning the flames for covid19. Same pattern for AGW with a wealthy few dragging their feet on this. In terms of changing our habits on AGW, its actually easier than going through a virus time. About a 1% of our economy and we can roll this AGW right up and have a better future. 20/20 hindsight isn’t needed, but a great deal of foresight and planning is needed. The societies that follow and trust their leaders do the best on creation of a better future. United States is having a great deal of trouble with leadership and trust. Our best future is with speed of gaining a clean energy world to live in. The slower we go, the more problems down the road for our future generations. Coming together as 1 on this, gives us our best possibilities. It is a true test of our faith in humanity.

Amen, blessed be, shalom.
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 April 2020 Schedule follows:

May 1st and May 3rd - “Holistic Health DIY” featuring Dr. Terry Mason

May 8th and May 10th - “A Gathering of Griots, Part 2” featuring Kwabena Jack childs, Dr. Maisha Hamilton, Hunter Havlin Adams III and Janelle LaVigne

May 15th and May 17th - “Spiritual Healing, An Inside Job” featuring Wayne Sebamurti Gentry

May 22nd and May 24th - “Spiritual Matters: Freeing Yourself” featuring Wayne Sebamurti Gentry

May 29th and May 31st - “Black History: From Spirituality to Religion” featuring Dr. Josef Ben Levi and Wayne Sebamurti Gentry

The Capital Campaign to Replace the Roof

The Capital Campaign is still making progress, the fund has climbed to $21,000. When matched by our anonymous benefactor, that comes to $42,000!! Well done everyone! . . . However, we still need to reach our goal of $50,000. If you have not yet donated, please consider making a contribution.

To donate, you may send in a check or use the online donation button at: https://www.uuccpf.org/donations/

Almost there!
$20,000 Raised
When matched by Benefactor = $40,000!
Our Goal is $50,000.
We can make it if you all participate.
Thank you for sharing the love!

The online donation button is specifically for Capital Campaign contributions. Thank you for what you can give.

May your generosity bring you joy!
The Mountain.

If the mountain seems too big today then climb a hill instead.
If the morning brings you sadness it’s ok to stay in bed.
If the day ahead weighs heavy and your plans feel like a curse, there’s no shame in rearranging, don’t make yourself feel worse.
If a shower stings like needles and a bath feels like you’ll drown, if you haven’t washed your hair for days, don’t throw away your crown.
A day is not a lifetime a rest is not defeat, don’t think of it as failure, just a quiet, kind retreat. It’s ok to take a moment from an anxious, fractured mind, the world will not stop turning while you get realigned. The mountain will still be there when you want to try again, you can climb it in your own time, just love yourself til then.
— Laura Ding-Edwards

Looking for something to do?
The Center for Nutrition Studies is offering a FREE “Plant-Based Health Mini Course.” This short option addresses many topics that guide the novice in the plant-based world. It delivers a lot of information in a short format.
Click HERE for this option.

If you’re feeling disconnected...
The UUCC Men’s Group is meeting online via Zoom every other week.
The UUCC Connections Group is meeting via phone every other week.
To find more info, go the calendar page in this newsletter.

ISOLATION WELL-BEING CHECKLIST

- Shower
- Medication / Vitamins
- Drink Water
- Clean One Thing or Space
- Tend to Something Growing or Living
- Be Mindfully Present To…
  - a sound or song
  - a sensory feeling
  - something you see
  - a spiritual practice
- Reach out to a Human Outside Your Home
- Do One Thing to Get Your Heart Rate Up
- Do One Thing You’ll Be Glad You Did Later
- Do One Thing Just Because You Want To
- Get in at Least One Good Laugh

Lenore Rendina is seeking members who are willing to help her to perform a trial run with pursuing a UUCC online game night before actually committing to it (in order to see how it works). If you would like to participate and/or possibly help with facilitating an online game night, please contact Lenore at lenorerendina@yahoo.com
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. Every 3rd Friday of the month.

THE MAY RAINBOW CAFE HAS BEEN CANCELLED.

The next planned Rainbow Cafe movie will be Friday, June 19th. (“Something Like Summer”).

Drum Circle Cancelled

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.

Buddhist Meditation

CURRENTLY NOT MEETING

Learn and enjoy the simple, straightforward 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

Connections Group

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!

YAY!! THIS GROUP IS MEETING BY PHONE
Contact facilitator

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

CURRENTLY NOT MEETING

Due to the current public health crisis, we will not be meeting in-person at UUCC through the end of May. However, please contact the facilitator to see if any online arrangements have been made for the event of your choice. Facilitator list is at bottom of the following page. (Calendar page)
Due to the current public health crisis, we will not be meeting in-person at UUCC at least until the end of May. Please contact the facilitator to see if any online arrangements have been made for the event of your choice. Facilitator list is at bottom of this page.

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No in-person meetings during the month of May

Event Facilitators

Monthly Drumming Circle: Raegan Bricks raegan.bricks@gmail.com  
Buddhist Meditation: Beverly Feldt bevfeldt@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  
Forum: Currently looking for a facilitator  
Edgar’s Place: Dave Rudolf daverudolf50@gmail.com  
Connections Group Day: JoAnn Franczek 219/629-0815, Irene vanDerHoek 708/305-4913 tulip51girl@gmail.com  
Connections Group Eve: Jodi Libretti (312-371-4713)
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This newsletter is designed, edited and
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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