

# UUCC Community News

NOVEMBER 2023

Unitarian Universalist Community Church



## SUNDAY WORSHIP SERVICE 10:00AM

Sunday services have resumed in the building. Please join us in person or via [Zoom](#).

**UUCC COVID UPDATE:** The UUCC Board of Trustees has lifted Covid restrictions in the church. The congregation can determine their own level of risk and any need to continue to wear a mask in public settings. The only exception to this will be when we have in-church speakers who may request that congregants wear a mask during their service. We will notify you ahead of time if this occurs.

Don't forget to set your clock back Saturday night Nov. 4th or you will be early for church. Enjoy an extra hour of sleep!



## NOVEMBER SUNDAY SERVICES

### Nov 5 Leanne Mull

**Title:** "For Such A Time As This"

In this lifetime each of us is here, now, for a reason. Join us as we explore the light that each of us holds and the hope, even in a season of sadness, for peace and love.

### Nov 12 Beverly Feldt

**Title:** "Welcome"

Hospitality is an important value in many cultures and religions. What does it mean for us today?

### Nov 19 Rev. Denise Tracy

**Title:** "Who's Church Is It Anyway?"

The UUA is in the midst of some changes. What are they? Where have they originated? What are the choices of we people in the pews?

Rev. Tracy will facilitate a discussion after the service about the UUA Article II proposal.

### Nov 26 Bittersweet Christmas Band

**Title:** "Women of Yule"

Before there was Christmas, Santa Clause or Father Christmas, there was Yule, and it was the goddesses who presided over this holiday. There will be personal sharing about women in each of our lives who, knowingly or not, have continued to carry on the spirit of Yule in the traditions of these various ancient goddesses.



## Sunday November 5<sup>th</sup> Potluck and Baby Shower!

Join us for potluck and a baby shower following the service for Mary Kate and Derrick.

Please bring a dish to share. Mary Kate and Derrick would like to build a library of kid's books for their son-to-be. So, bring a book, join the party, enjoy food, friends, fun and cake! Hope to see you there!

## UU Connect Forum

**Sunday, Nov. 12,** starting at about 11:30 a.m., in person in Room 3, with the option to join via Zoom. "UU Connect: Universalism" The video series Long Strange Trip, on the history of Unitarian Universalism, resumes with a showing of the 4th video in that series, followed by a brief discussion of it.

**Sunday, November 19th** Rev. Denise Tracy will discuss the UUA Article II proposal after the service. Information about Article II can be found [HERE](#)



Listening Hearts

## Listening Hearts

November volunteers, Darlene Obejda and Colin Kirchner are available as a source for listening, support and resources.



## The President's Column

### November 2023

by Laurene Lambertino-Urquizo



I would like to tell you a story. It is about a family who lost so much that it is almost impossible to imagine how they would ever recover, and yet they did.

The family lived in a small town near Guatemala City, Guatemala in the 1980s. They were a tight-knit family enjoying their life when a freak accident occurred. A bus transporting many of the family members lost its footing on one of the steep mountainous roads and careened down the side and split in half. Many lives were lost, including children, parents, grandparents, wives, husbands, aunts, uncles, and cousins. More than 16 members of the family ultimately perished. One couple in this family lost two of their children, leaving them with their two remaining sons and a daughter. My story is about them.

How does a family rebound after a catastrophe like that. Where do they find the resolve to pick up the pieces and continue in life. The father suffered spinal injuries from the accident that affected his leg on one side of his body and was told that he would never walk again. But he had other plans, and within a short while he was walking again with the aid of one crutch. He was also contemplating what to do next with his family after the devastation of the accident. He saw that a new life might be possible in the United States for his family.

The family settled in the Humboldt Park section of Chicago; an area known for its Puerto Rican population. Their youngest daughter seemed to embrace the new circumstances and assimilate into the culture around them. Much of the family circumstances and stoic resolve had been passed on to her. She told me that because of what happened to her family, she knew that she wanted to help people when she grew up. She studied hard and distinguished herself at Lane Tech High School. Afterwards, she attended the University of Illinois at Chicago and finally entered their College of Medicine to complete her medical training and residency. She settled on medicine as her life's work because she felt this was the best way for her to help people. But what is even more telling is that she chose to specialize in one of the most difficult areas of medicine: surgery. Surgery has traditionally been a field where men have dominated, and many women surgeons have had to bear the brunt of their colleagues' sexism. They know that to gain their colleagues respect and admiration they must be at the top of their class. And Latino doctors in general are rare, making up only 2% of all physicians in the U.S. despite Latinos making up 18% of the nation's population. So, she had an uphill battle from the beginning to make a name for herself.

She decided to specialize in breast cancer surgery perhaps because she knew she was so badly needed in this field. Having a diagnosis of breast cancer is one of the most difficult things any woman will have to go through during their lifetime, and if their primary language is Spanish and if they are an immigrant to this country, they may find themselves feeling very much frightened and alone. This is an area where a doctor can become more than a doctor to these patients...they can become a lifeline and beloved family member. Explaining the facts, laying out the options, and making the patient feel loved and part of a family can vastly improve the chances of survival.

In this way, a family who once lost many of their beloved members within a day created an opportunity to move forward in life and excel. They provided love and support for their only remaining daughter to rise through the academic world to become a vital breast cancer surgeon and a leader in her field. They provide an inspiration to us all and exemplify the classic American story of immigrants coming to this country to seek new opportunities. I am so happy to have had the opportunity to meet this family, and even happier to welcome their lovely young daughter into my family. She is now my Daughter-in-Law.

## LOOKING AHEAD TO 2023-2024

### From the UUC 70<sup>th</sup> Anniversary Committee

The **Unitarian Universalist Community Church of Park Forest, IL** looks forward to an exciting new church year beginning this fall. To focus our future efforts, a congregational survey in the spring of 2023 asked us to prioritize our wants and needs. When the questions, created by our 70<sup>th</sup> Anniversary Committee, were answered and tallied, these priorities emerged:

1. To continue learning from diverse speakers and celebrants.
2. To make social connections with open-minded people.
3. To connect to others by sharing our location and our principles (what we believe).
4. To continue support for human service organizations.
5. To support the human services efforts of other churches and additional non-profit agencies.
6. To engage in community activities that support our members and friends.
7. To share knowledge with each other and all others with similar interests.

After our congregation reviewed these results this summer, they recommended activities for the 2023-2024 church year. We received the suggestions below: **(NOTE: Purple items have already commenced.)**

#### FOR OUR CELEBRANTS

1. Sermons on each of our 7 principles
2. Sermons on homelessness and environmental issues
3. Sermons on personal spiritual experiences, faith journeys, experiences with God, adversities/ challenges faced during faith journeys
4. More Larry McClellan/ Henrietta Byrd
5. Include varieties of vocal performers in our Sunday services

#### FOR INTERNAL SOCIAL ENGAGEMENT

5. **Music concerts featuring Chris Ussery & companion performers**
6. Small "home" dinners for fellowship development
7. Pet Day
8. BYO lunch and sit outside to converse after Sunday service
9. Congregational talent show
10. Progressive dinners
11. **Theater/ museum/ concert outings**
12. Dinners at church
13. Art night: 1) paint & sip, or 2) showcase of members' work
14. Monthly games night: 1) games like UNO, etc. 2) optional table for personal sharing

#### FOR COMMUNITY ENGAGEMENT

15. Share our perspectives at various farmers' markets
16. Participate In PRIDE events
17. Monthly "Spiritual Sharing" Circle
18. Share our celebrants' sermons on YOU TUBE
19. Participate in Park Forest's Main Street Nights
20. Share flyers about UUC
21. **Support secular home-school co-ops, as well as nature-based education programs**

#### FOR HUMAN SERVICE ORGANIZATION SUPPORT

22. **Continue food and monetary donations to PADS**
23. Engage with REVIVE
24. **Engage with HABITAT FOR HUMANITY**
25. **Support RESPOND NOW with donations, and a 4-person volunteer team**

#### FOR PERSONAL KNOWLEDGE SHARING

26. Share voice memos to an accessible electronic folder
27. Investigate/ use UUA workshop curriculums during interest group discussions
28. **Create "special interest" groups for activity sharing (crafting, gardening, etc.)**

## Financial Update

Do you have a knack for numbers? Please consider joining the Finance Committee. The workload is minimal, with meetings quarterly or less. Come help set financial policies and procedures. The Board would love to appoint you! Similarly, we need one volunteer to join this year's Audit Committee to review the financial transactions of the 2020-2021 fiscal year. Please let us know if you are interested.



We are taking bids for the repair of the front walkway canopy. Some of the wooden support posts on the north side are rotting and the canopy is leaning. We hope to have this task accomplished before freezing weather sets in.

Nancy Irons, UUCP Treasurer

## Volunteer Recognitions

Thanks go out to Frank Markowitz for converting the office ceiling light fixture to LED. Thanks to Dave Bartlett for donating a number of metal folding chairs to add to our stash. We welcome back Angela Denk and her pagan evening offerings!

## Volunteer Opportunities!

There are many interesting tasks that need attention. Would you like to help?

Are you willing to commit to a Sunday or two each month? We need Ushers and Greeters, Zoom hosts and Sexton setup assistance. Please get involved! Contact Marilyn Ragland ([mexmasrag@aol.com](mailto:mexmasrag@aol.com)) for details on the Sexton team; Joyce Sligar ([jsligar02@gmail.com](mailto:jsligar02@gmail.com)) for Ushers and Greeters; and Jodi Libretti ([jlibretti@sbcglobal.net](mailto:jlibretti@sbcglobal.net)) for the Zoom hosts.

We also need volunteers who are willing to help with setup, cleanup and to be on-hand for rentals. We need hospitable people to encourage and enable success of our rentals to help fund the church.

Do you prefer handi-person work? Lights on the front walkway canopy need to have bulbs replaced. Furnace filters for all three furnaces need to be changed seasonally. Books on the shelves in the Gathering Room need to be arranged and tidied regularly. Artwork needs to be rehung around the building. Lots of opportunities to help beautify and maintain our building! Please get involved. Adopt a spot or task that you will be responsible for. Please contact with the office (708-481-5339 or [churchadmin@uucpf.org](mailto:churchadmin@uucpf.org)) for more information or to arrange access to the building and supplies.



## UUCP 70<sup>th</sup> Anniversary

Did you miss the chance to order a T-shirt or a Sweatshirt? We ordered extras, just in case! You can purchase your shirt in the Gathering Room before or after Sunday service. Not all sizes are still available, please see Nancy Irons.



T-Shirts \$10  
(Additional \$2.50 for XXL, XXXL)  
Sweatshirts \$20  
(Additional \$2.50 for XXL, XXXL)

## Religious and Character Education

We are very glad to have Candy Allen-Smith as our regular child care provider. She is teamed up with Allan Lindrup (first Sunday), Darlene Obejda (second Sunday), Melanie Pittman (third Sunday), Monica Regan (fourth Sunday) and Beccie Bruckner (fifth Sundays, plus subbing on some other Sundays). Our classes for children in the early grade school years are based on the stories from the book Ancient Stories for Modern Times.





## Connections

by Barb Anderson Morris



Choir performed at UUCU for the 1st time since the 2020 Covid epidemic. Director, Bev Feldt chose the song, Voy Ya Ya, which sings "We are going - Heaven knows how we will get there - But we know we will!".

**Edgar's Place Coffee House**, a music venue at our Unitarian Church features **Donna Herula** this month.



A **New Moon Ritual**, facilitated by Angela Denk, meets Sunday November 12th at our church. The gathering meets at 5pm, ritual starts at 5:30. There will be an indoor potluck to follow. Please bring a dish to share and a beverage.

The **Potpourri Lectures** (scheduled by Dave Bartlett) are again in person. Come to the Park Forest Library at 10:30 on Thursday mornings.

## Potpourri of Lectures Series

Location: Park Forest Public Library

### Lecture Dates & Topics

11/2 - "PFAS- History, Analysis, and Treatment." with Gary Griffin

11/9 - "State of the Village of Park Forest" with Joe Woods

11/16 - "David Hockney" with Maureen Cribbs

11/30 - "Waste Reduction Tips for the Holiday's" by Carrie Malfeo, VOPF Sustainability Coordinator

For Potpourri Lecture dates & times visit <https://www.pfpl.org/events/>



**continued**

## Connections continued



Joyce Sligar, Chief Bob Jensen (in uniform) and Barb Anderson took the Metra - along with peaceful protesters - downtown on Saturday 10/21/23. We were going to a US Marine Band concert at Orchestra Hall. The protesters got on the train at Hyde Park to walk for Peace in Palestine and we were all together - journeying down Michigan Avenue.



*What a great city - Chicago "my kind of town".*



Rev. Denise Tracy knitted 20 scarves that will be displayed at church and will be sold at \$10 each to raise money for the good work the International Women's Convocation does. The IWC started a Kindergarten in Ukraine when that war first broke out. With Rev. Tracy's help, UUCC has been awarded the Chalice Award for raising over a thousand dollars for IWC (which has an office in the United Nations building in New York). The Unitarian women from all over the World, work for Peace, Justice, Equality, Liberty, Education and Climate Change. If you would like the IWC monthly Zoom link please contact me, it is excellent.

Barbara Anderson



# GREEN SANCTUARY

## BY JEFF GREEN - NOVEMBER 2023



We are in a very interesting time when it comes to how we use energy to do our work. Gas powered tools are starting to see their end in sight. We are going from gas to batteries or something nonpolluting. Mostly batteries though. As a normal society we have those that don't like the change to come about. And yet California is mostly the leader of change in our energy to do yard work.

<https://www.canarymedia.com/articles/electrification/heres-why-electric-lawn-mowers-are-cutting-down-the-gas-fueled-competition? hsmi=278603791& hsenc=p2ANqtz--4hvQCtetVAgQdocHmC85EZKqtHhplpup-NckDp0WvEdxmEj5hE9vLcUxMT5x881MGTEZ2Lc3WpWArjf5pZDbA01YwCg>

The underlined text below are quotes from the article in Canary Media.

California has set a zero-emissions (i.e., electric) standard for manufacturers of leaf blowers, lawn mowers and other machines with small off-road engines, which goes into effect on Jan. 1, 2024.

There are things that I didn't expect to happen with the transition taking place. But it is surprising that these steps would take place. Of course it starts in California who has been the leader in going clean all along.

Texas Governor Greg Abbott (R) recently bragged about signing a law that bars cities and counties from banning gas-powered engines, including in lawn equipment. "I will ALWAYS protect Texas' energy industry," he wrote on X (R.I.P. Twitter) in August.

Of course the counter movement to going clean energy is alive and well. Watching the different states either adapt or resist change sets the stage for loyalties to fossil fuels or a direction of clean energy.

Even Home Depot is encouraging the uptake of electric lawn equipment. In June, the big-box retailer announced a goal to have battery-powered products drive more of its outdoor lawn equipment sales by 2028.

Hopefully it won't be only Home Depot that has this goal. One time as I was mowing my lawn with electric, someone came by to ask me how much my small battery lawn mower could do. For his lawn at that time it wouldn't do the job since it didn't have enough battery. Now there are riding lawnmowers that run strictly on batteries.

In just one hour, a commercial lawn mower emits as much smog-forming pollution as a car driving for four hours — equivalent to a trip from Los Angeles to Las Vegas, or about 300 miles, according to the California Air Resources Board, backpack leaf blower is even worse; running one for an hour emits as much pollution as a 1,100-mile journey.

Continued



## Green Sanctuary Continued

To ride on an electric mower is just quieter and cleaner. It is actually surprising to me how polluting gas yard equipment is. Our lives are quite embedded in fossil fuel energy. Being that a great deal of wealth in the United States, there will always be resistance until the money runs to low to support the politics of resistance to change. But change we must. I invite everyone to be the change you want to see. Thank you for letting Green Sanctuary come into your lives. Take care everyone.

## Multi-UU Church Environmental Book Club

**Monday Nov. 20 from 7 to about 8:30 p.m. via Zoom**

The group will be discussing the final chapter of the book *Regeneration* and then discussing and deciding which book to read and discuss next. Anyone wanting to join this book club should contact Allan Lindrup at 773-595-4921 or [uusj@sbcglobal.net](mailto:uusj@sbcglobal.net)



## Petition to Prevent World War III

**Please sign today**

*Please check the information table in the Gathering Room* and sign the petition calling on our elected legislators to work towards “détente” (peaceful, respectful negotiations) between the three great nuclear powers – Russia, China and the USA. The UU Multi-Racial Action Council is counting on your support.



**Now Collecting Children's Hats,  
Gloves, Scarves, etc. for Respond Now**  
**Unwrapped Children's Toys are also being collected.**  
**Donation Box is in the Sanctuary. Donations are  
needed by Sunday December 10<sup>th</sup>.**







## HOW "WHITE GUILT" HARMS EVERYONE

A Convocation of the UU Multiracial Unity Action Council  
UUMUAC.org

Saturday, Nov 4, 2023, 1:00pm-2:30pm Central time  
(Starts at 2:00pm Eastern, noon Mountain, 11:00am Pacific)

To register send an email to [UUMUAC@gmail.com](mailto:UUMUAC@gmail.com);

Zoom codes will be sent the day before

Session 1. **"White Supremacy Culture" Is Not a Problem**

Rev. Richard Trudeau

--Discussion--

Session 2. **How Much Guilt Is About Right?**

Dr. Kenneth Christiansen

--Discussion--

Session 3. **Getting Past "White Guilt"**

Rev. Richard Trudeau

--Discussion--

## The Unitarian Universalist Multiracial Unity Action Council

UUMUAC Monthly Third Wednesday Worship Service

**Wednesday, November 15th at 7:00 pm Central Time**

For Zoom information, please send name, email, and congregation (if any)

to [richard3point@gmail.com](mailto:richard3point@gmail.com)

For past services, type "Third Wednesday UUMUAC services" in the YouTube search box.

## A Moment in Balance ~ Yoga Classes by Karen Nielsen

**Monday & Thursday 9:30 – 11am**

**Wednesday evenings 7:00 – 8:30pm**

**At UUC 70 Sycamore Dr. Park Forest**



This class is for everyone, beginner to experienced.  
No reservations needed. Drop-in fee is \$10 per class.

Call Karen (708) 755-3577

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### VALUES

- SELF-WORTH
- SEXUAL HEALTH
- RESPONSIBILITY
- JUSTICE & INCLUSIVITY



**TO SIGN-UP:**



219-942-1611



[office@firstunitarian-hobart.org](mailto:office@firstunitarian-hobart.org)





**FRI, NOV 3RD, 7:30PM**



*Donna Herula*  
**INDEPENDENT BLUES  
AWARDS 2022 WINNER!**

- ♦ Best Acoustic Blues Album  
"BANG AT THE DOOR"
- ♦ Best Traditional Blues Artist

**\$15 COVER**



Donna Herula is a Chicago-born blues singer, songwriter, and slide guitarist that has a passion for playing traditional Delta and Country Blues, early Chicago Blues, folk, Americana, and roots music. Using electrified resonator guitars, her sound combines her love for the music of the Deep South and Chicago with her love of blues guitar improvisation. Her songwriting tips the hat to the tradition while creating fresh, contemporary perspectives on blues and roots music.

**Unitarian Universalist  
Community Church**

70 Sycamore, Park Forest, IL  
708-481-5339



# RAINBOW CAFE

Rainbow Cafe will meet on Friday, November 17th, 2023.

Doors to the church open around 6:30 pm.

The film starts around 7:00 pm. Soft drinks and snacks are served.



## THE WINNER TAKES IT ALL

What do you get when you throw an outrageous Drag Queen, her bestie, a smoking hot gigolo and a porn star in to a blender? The most hilarious, sexiest, Aussie film since 'Priscilla' of course!

'The Winner Takes It All' sees drag megastar Maxi Shield embark on a crass crusade of revenge after her best friend finds her super hot, maybe not so straight (ok, he's super gay), husband cheating on her. What follows can only be described as the most insane, hysterical and unashamedly steamy saga ever set to celluloid!

Rainbow Café is a social event that provides a welcoming and safe environment for single or partnered gay, lesbian, bisexual, and transgender adults, and their allies. Group is open to anyone regardless of their sexual orientation.

**We meet every third Friday at 7PM to watch a LGBTQ film.**

Join the discussion after the film.

Invite friends!

Optional - bring snacks to share.



Unitarian Universalist Community Church  
70 Sycamore Drive, Park Forest, IL 60466  
708-481-5339 [uucpf.org](http://uucpf.org)



# LGBTQ

Welcoming Congregation



## WE LOVE OUR NEIGHBORS

**IMMIGRANT LGBTQ**  
**OF COLOR WITH DISABILITIES**  
**OF ALL AND ANY FAITHS**

UUA.ORG/IMAGES

## PLEASE NOTE THE DATE CHANGE



### NEW MOON RITUAL SUNDAY, NOVEMBER 12, 2023 5:00–8:00

Come celebrate the new moon under the stars at the little church in the woods. This will be a Wiccan-inspired Neo-Pagan ritual, and it will be held outdoors, so dress for the weather. There will be a small fire. All genders are welcome.

The new moon is a time for new beginnings, and this November one follows the sabbat of Samhain, the "witches' New Year." It's a double-whammy of fresh starts!

The gathering begins at 5 p.m., ritual starts at 5:30 p.m. and there will be an indoor potluck to follow. Please bring a dish to share and a beverage.

Contact Angela Denk at [angcladenk@gmail.com](mailto:angcladenk@gmail.com) or 8153028976 for more information.



**Get involved, get supported, support others.**

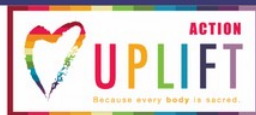
<https://sidewithlove.org/>



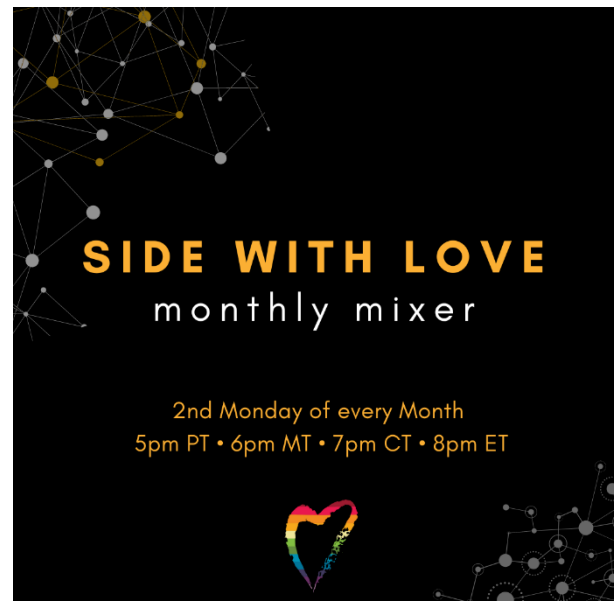
**—CREATE—**  
**CLIMATE JUSTICE**



LOVE  
**RESISTS**



**UU the VOTE** 



### Faithful Gathering

Join our Side with Love Fun & Spiritual Nourishment Squad for an hour of spiritual sustenance and grounding with others organizing on the side of love.

Show up as you are, with whatever is in your heart, and have your camera on or off as you need. Come drink in the music, meditation, play, and prayer. We end with a Connection Cafe for those who wish to talk together.

This gathering happens monthly on the 4th Thursday of the month at 6:30 CT. Register at <https://sidewithlove.org/>

# What's Happening at UUCC?



## First Sunday Potluck November 5th after worship

At UUCC, the first Sunday of each month after worship service we share a potluck luncheon while we meet to conduct church business or just enjoy each other's company.

Please bring a food item to share. We especially need main dishes and vegetarian dishes. Be sure to list the dish's ingredients so all can enjoy a safe and delicious meal together.

Please join us for this time of Fellowship!



## Sunday November 5<sup>th</sup> - Potluck and Baby Shower!

Join us for potluck and a baby shower for Mary Kate and Derrick

following the service on Sunday, November 5<sup>th</sup>.

Please bring a dish to share, as well as a children's book for the parents to be. They have so enjoyed the Children's Stories during Sunday services, that they suggested we help them build a library of kid's books for their son-to-be. So, bring a book, join the party, enjoy food, friends, fun and cake! Hope to see you there!



## UUCC Men's Group Sunday, November 5th 6:30 PM

**Please Note:** The UUCC Men's Group has changed monthly Zoom meeting day and time to the **FIRST SUNDAY of the month, from 6:30 to 8:00 p.m.** The group will meet via Zoom, with the option of an in-person gathering at the home of Dick Lewis. Anyone identifying as male who has not been participating, but who would like to join, should contact Allan Lindrup at [uusj@sbcglobal.net](mailto:uusj@sbcglobal.net) or 773-595-4921

## UUCC Connections Small Group

**Thursday, November 9th from 1:00-2:30 p.m.**

Join this small group so we can connect and share to get to know one another. The group meets on the **SECOND THURSDAY** each month in person at UUCC with the option of joining via Zoom. Questions? Contact Irene van der Hoek at [tulip51girl@gmail.com](mailto:tulip51girl@gmail.com)



## DO YOU LOVE STITCHING? TUESDAY NOVEMBER 7TH AT 10:00 AM

Join us on **FIRST TUESDAY of the month from 10am-noon** at UUCC classroom 3. Do you like to knit, and want to run some thoughts across others? Do you like to crochet, but want something new and not sure where to look? Do you quilt but need somewhere quiet to really get into your craft? Whether you knit, crochet, cross stitch, needlepoint, quilt, or any other hand stitch craft that you enjoy, let's get together to craft, talk and mingle.

For more information contact **KAREN BERAN 708-532-6024**



## JOIN THE UCC PADS TEAM

Every first Thursday of each month, a group of 11 UCC members and friends provide dinner for 50 South Suburban PADS clients, housed at a facility in South Holland. If you would like to join our team, please contact Allan Lindrup at 773-595-4921 or [uusj@sbcglobal.net](mailto:uusj@sbcglobal.net)

You may send donations to PADS, 414 Lincoln Highway, Chicago Heights IL 60411, or place your donation, marked to PADS in the memo line, in the donation basket during a church service.



## Join UCC Respond Now Team

We could use a couple more volunteers to help take turns at one of the Respond Now food pantries in Chicago Heights or Sauk Village. talk to Darlene Obejda or email [dobejda@gmail.com](mailto:dobejda@gmail.com)

UCC has a donation bin in the hall for non perishable food items or self care essentials. Respond Now is always in need of Non perishable foods (not expired), toiletries and feminine hygiene products, NEW adult underwear & socks and school supplies.

You may also donate directly at Respond Now, 1439 Emerald Avenue, Chicago Heights at the front door or back window. Questions please contact Carl Wolf [cwolf@respondnow.org](mailto:cwolf@respondnow.org) or Food Pantry Coordinator, Chris Gines. [cginer@respondnow.org](mailto:cginer@respondnow.org) or call 708-314-5516



Photo by [Mohamed Nohassi](#) on [Unsplash](#)

## Buddhist Meditation

Learn and enjoy the simple, straight-forward practice of meditation. Please join us for sitting and walking meditation in the Zen & Theravadin Buddhist traditions. This is an ongoing event led by Steve McCabe.

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

**Location:** Online

**Cost:** Free will offering

**Contact:** Steve McCabe [steve.mccabe6914@gmail.com](mailto:steve.mccabe6914@gmail.com)

## The South Suburban Dulcimer and Folk Music Society

Invites you to attend their meetings at the  
Unitarian Universalist Community Church 70 Sycamore Drive, Park Forest IL  
For information about joining, call 708-741-8301

**OR** write to SSDFMS PO Box 256 Olympia Fields, IL 60461

[www.southsuburbandulcimer.com](http://www.southsuburbandulcimer.com)

## MONTHLY BOARD MEETING

In an effort to keep UCC Members informed, meeting minutes are available on the bulletin board and can be emailed or mailed to any UCC member who requests them.

Please contact the office 708-481-5339 or email [churchadmin@uuccpf.org](mailto:churchadmin@uuccpf.org)





# NOVEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:00pm Yoga	2 9:30am Yoga 3pm PADS Team	3 7pm Edgar's Place Donna Herula	4 9am Online Buddhist Meditation <i>Turn clocks back tonight!</i>
5 <i>Daylight Savings</i> 10am Worship  6:30pm Men's Group	6 9:30am Yoga	7 10:00am Stitchery Group	8  7:00pm Yoga	9 9:30am Yoga 1pm Connections Group	10	11 9am Online Buddhist Meditation
12 10am Worship	13 9:30am Yoga	14	15  7:00pm Yoga 7pm UUMUAC online Worship Service	16 9:30am Yoga	17  7pm Rainbow Café	18 9am Online Buddhist Meditation
19 10am Worship	20 9:30am Yoga  7pm Environmental Book Club	21  7pm Board Meeting	22  7:00pm Yoga	23 9:30am Yoga	24	25 9am Online Buddhist Meditation
26 10am Worship	27 9:30am Yoga	28	29	30		

## Event Facilitators

Buddhist Meditation:	Steve McCabe	<a href="mailto:steve.mccabe6914@gmail.com">steve.mccabe6914@gmail.com</a>
Yoga:	Karen Nielsen	708-755-3577 <a href="mailto:shanti-one@comcast.net">shanti-one@comcast.net</a>
Rainbow Café:	Charles Barnett	708-843-2005 <a href="mailto:chazbarnett@yahoo.com">chazbarnett@yahoo.com</a>
Forum:	Allan Lindrup	773-595-4921 <a href="mailto:uusj@sbcglobal.net">uusj@sbcglobal.net</a>
UU Environmental Book Club:	Allan Lindrup	773-595-4921 <a href="mailto:uusj@sbcglobal.net">uusj@sbcglobal.net</a>
Edgar's Place:	Dave Rudolf	<a href="mailto:daverudolf50@gmail.com">daverudolf50@gmail.com</a>
Connections Group:	Irene van der Hoek	708-305-4913 <a href="mailto:tulip51girl@gmail.com">tulip51girl@gmail.com</a>
Men's Group:	Allan Lindrup	773-595-4921 <a href="mailto:uusj@sbcglobal.net">uusj@sbcglobal.net</a>
Stitchery Group:	Karen Beran	708-532-6024 <a href="mailto:greywolf2496@hotmail.com">greywolf2496@hotmail.com</a>

**Call the church office Mon. - Fri. 10:00am - 10:00pm with questions, to schedule a rental, or to make an appointment to view the building. 708-481-5339**

### **Church Information**

70 Sycamore Drive

Park Forest, IL 60466

Office Phone: 708-481-5339

E-Mail: [churchadmin@uuccpf.org](mailto:churchadmin@uuccpf.org)

Website: [www.uuccpf.org](http://www.uuccpf.org)

**(Please contact the church office 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.***



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Community Church  
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