

UUC Community News

JANUARY 2024

Unitarian Universalist Community Church

Sunday Worship Service 10:00am

UCC COVID UPDATE: The UCC 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.

JANUARY SUNDAY SERVICES

Jan 7 Beverly Feldt

Title: "Mending What We've Broken" part 2
Drawing from Rabbi Danya Ruttenberg's book On Repentance and Repair (the current UU common read), this two-part service explores a brilliant road map for dealing with the harm we've done to others--as individuals and as a nation.

Jan 14 Rev Denise Tracy

Title: "Goodbye 2023!"

We will review those people who have died in 2023--the famous folk and those known to us in our personal lives.

Jan 21 Rev Larry McClellan

Title: "Knockin' on Heaven's Door"

"For everything there is a season,
and a time for every purpose under heaven"
Thinking about the end of our own days.

Jan 28 Rev Henrietta Byrd

Title: "To Be Announced"



"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

MLK Jr.



Please follow us on Facebook for event reminders at UCC



First Sunday Potluck January 7th after worship

Join us for this time of Fellowship!
Please bring a food item to share.



UU Connect Forum

**Sunday, January 14th starting about
11:30 a.m. after the service.**

You may join us in person in Room 3, with the option for joining via Zoom using the codes for that Sunday morning's worship service.

The UU Connect forum will try again to show and then discuss the 4th segment of the video series on UU history. This segment is on Universalism.



Listening Hearts

Listening Hearts

January volunteers, Joyce Semmler and Jodi Libretti are available as a source for listening, support and resources.



The President's Column January 2024 by Laurene Lambertino-Urquizo



As you know, Covid cases are on the rise again in the Chicagoland area. Already several people within our congregation have had Covid. This may be because people spend more time indoors when the temperatures fall, or that people get together more during the holidays. While conditions are not at an high level yet (we are currently at moderate), we want to be proactive and have guidelines in place to prevent the spread of disease in our congregation. We have come a long way from early 2020 when we first learned about this new Corona virus, and we now know better how to keep ourselves safe. For example, we have vaccines now to help keep the number of hospitalizations and deaths down, and medications to reduce the viral load in the body. We cannot stop people from catching Covid—because that's not how vaccines work. But we have done a lot to assure your survival since 2020. While there is some controversy on whether we should have closed everything in those early days, without a doubt it helped to save lives. We now know that we may be able to keep things open if we use some commonsense precautions. I will go over things that you can do in this article.

Besides Covid we have other viral threats such as Influenza and RSV (or Respiratory Syncytial Virus ("sin SIH shull")). Both can be potentially deadly for older folks as well. Please consider getting vaccinations against these diseases as well. The median age of our congregation is probably around sixty-five years. These viruses often hit people over sixty harder than young people. This is partially because our immune system does not function as well as it did when we were younger. It could also be due to people having underlying health issues. This may not be apparent to everyone, but if you are taking medication for high blood pressure, or other conditions, you are at greater risk for developing serious symptoms, even if you have gotten it under control.

The first step is to get vaccinated. If you took the initial two-shot sequence, that was great. But just like with the flu vaccine, our natural immunity decreases over time. If you have kept up with getting your periodic boosters thus far, you would have received seven already. If you have not, please go to your doctor or nearby pharmacy and get a booster now. Most are either free or covered by your health insurance. Do it for your own safety and for the safety of your loved ones and others you come in contact with. It may be that the best way out of this pandemic is for everyone to get vaccinated against these diseases annually or bi-annually, decided in consultation with your doctor.

Second, consider wearing a mask. If you have underlying health conditions, they may place you at a higher risk of getting extremely sick or developing a long-term form of this virus. In that case, you especially should wear a mask when you come to church, regardless of if they are required or not. This is to protect you from catching or passing on any viruses. And please, never, ever come to church if you are feeling sick or have a fever, or headache, cough, sore throat, runny or stuffy nose, etc. You may be coming down with a virus and be very contagious at that point even if you do not feel too bad. Testing is often tricky because the tests sometimes give false results. So, if you feel sick & initially test negative, wait 48 hours and test again. If you test positive for Covid, you should ideally isolate for ten days. And please call your Primary Care Physician immediately for a prescription for Paxlovid or a similar anti-viral drug. This can reduce or slow down the virus from multiplying. But to be effective you must start taking the drug within the first five days of symptoms. And please let us know here at church so we could alert others if they came in contact with you. Your identity will remain confidential.

Third, practice good hygiene. Wash your hands frequently, do not touch your eyes, nose, or mouth with your hands, maintain a distance from others, and increase ventilation whenever possible. We made improvements to our ventilation system within the church at the beginning of the pandemic, but in mild weather, consider cracking open a window or going outside whenever possible.

continued

President's column continued

Other things you can do to avoid getting any of these viruses are to get 7-9 hours of sleep every night. Eat a healthy diet with an emphasis on vegetables, fruits, legumes, and whole grains. Soup is a perfect choice when you are sick so you may want to have some on hand before you get sick. Do not ignore your mental state when it comes to your health. Excess stress can take a toll on your body and affect your immune system. Consider practicing meditation, yoga, tai chi, or other forms of activities that can benefit the mind/spirit connection. And if you do come down with one, increase your hydration and avoid overexertion. Listen to your body and rest as much as possible. Following all these steps will help reduce the chance of spreading Covid, Influenza, or RSV and keep us all safer.

NOTE: Please go online to the Illinois Department of Public Health's SEASONAL RESPIRATORY DISEASE DASHBOARD for current data on respiratory disease in this area -- Seasonal Respiratory Illness Dashboard (illinois.gov)

If you are interested in helping to monitor the current status of these diseases for our congregation, please contact me at lurquizo@gmail.com

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 Stores for Modern Times.

RAINBOW CAFE

Rainbow Cafe will meet on Friday, January 19th, 2023.
Doors to the church open around 6:30 pm. The film starts around 7:00 pm. Soft drinks and snacks are served.



"Down Low"

Synopsis:

One wild night, a repressed man, a twink, a happy ending, and all the lives they ruin along the way. A heartfelt romantic comedy and an outlandish farce.

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



LGBTQ

Welcoming Congregation



WE LOVE OUR NEIGHBORS

IMMIGRANT LGBTQ
OF COLOR WITH DISABILITIES
OF ALL AND ANY FAITHS

UUA.ORG/IMAGES

LOOKING AHEAD TO 2023-2024

From the UUC 70th 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 70th 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

The end of December marks the half-way point in our fiscal year. It also marks the end of the calendar year. Are you half-way through your pledge payments? Please check to confirm that you are on track with your financial commitments to UUC. I can provide a pledge status update if you would like one. Also, with the end of the calendar year, please let me know before the end of January if you need a 2023 Contribution Report for your taxes. This is for anyone who itemizes their deductions. Please send me an email request at irons.nancy@gmail.com
Thanks, Nancy Irons, UUC Treasurer

Volunteer Recognitions

Thanks go out to Chief for blowing so many leaves off the parking lot and patio. Angela Denk and Melissa Faith organized a kid-friendly Winter Solstice event with stories, hot drinks and baked goods, the stringing of popcorn, cranberries and other goodies for the birds and a brief ritual outside with a firepit. Thank you for that well attended celebration! Allan Lindrup, Dick Lewis and Virginia Jackson have started the annual Audit of Financial Transactions and hope to be done within the next month or so. Karen Nielsen's husband Jim replaced the lightbulbs for our front canopy walkway.

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) for details on the Sexton team; Joyce Sligar (jsligar02@gmail.com) for Ushers and Greeters; and Jodi Libretti (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? 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. A shelf in one of the kitchen cabinets needs to be repaired and rehung. There are 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@uuccpf.org) for more information or to arrange access to the building and supplies.

Tai Chi Workshop with Rev. Denise Tracy and Bill Decker Sunday, February 4th following Potluck (approx. 12:30 pm)



Rev. Denise Tracy and her husband Bill Decker have been practicing the art of Tai Chi for over 20 years and want to share their experience with you.

Tai chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions — for example, "white crane spreads its wings." As you move, you breathe deeply and naturally, focusing your attention on your bodily sensations. Tai Chi movements are usually circular and never forced, the muscles are relaxed rather than tensed. Tai Chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs. (<https://www.health.harvard.edu/staying-healthy/the-health-benefits-of-tai-chi>)

Join us on Sunday, February 4th following our monthly potluck for a Tai Chi Workshop.

Please come dressed comfortably with non-slip shoes. A donation of \$15 to UUC is suggested.



Connections

by Barb Anderson

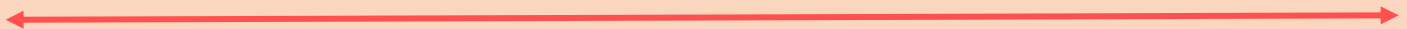


Thanks to Rev. Phil Lund for sharing his sermon on "Hope" with UUC through me. Rev Dick Lewis read Rev Phil's sermon on 12/10/23 - mixing in some wisdom of his own.



The quote from the Guatama Buddha - through Steve McCabe, UUC's Saturday morning Meditation facilitator - " Sometimes it's better to be kind than to be right. We do not need an intelligent mind that speaks, but a patient heart that listens."

You will not be punished for your anger, you will be punished by your anger.
This resonated with me because I want to be more patient in the New Year.



Here is a picture of Ruth Halstead and I doing a joint Hobart First Unitarian and UUC Water Service. Thanks for all the help from the Worship Team. We introduced more movement and a screen for words and photos.



continued

Connections continued

Leanne Mull was our speaker on Christmas Eve day.

Chris Ussery brought the holiday spirit.



Mark Dvorak and Warren Brown were hired by the Homewood Historical Society to do a presentation called "Catch the Twain" at the Homewood Library. (Warren Brown looks just like Mark Twain)



Angela Denk and Melanie Pittman brought some children and new families to our Church in a joyous Yule Celebration on the Winter Solstice.





GREEN SANCTUARY

BY JEFF GREEN – JANUARY 2024



I won't go completely into how I arrived at applying the 7 principles to my activities as an activist for renewable energy and electrification change in our country. I have cut back on talking in comment sections and really only follow one that is a contrarian to our transition into our energy paradigm. Many times, I am tying together threads from different articles to back up my position to the doubters. And I started thinking about the 7th principle in this. As a matter of fact, why not all the principles.

This morning, my favorite doubter posted his thoughts on EVs this morning. Take notice of his choice of words EV graveyard in the link. Yesterday this site was valid and functional and today it no longer exists. I hope you will take my word for it.

<https://mishtalk.com/economics/the-ev-graveyard-reckoning-hardly-anyone-wants-to-buy-a-used-one/#respond>

Also this morning, this article showed up about a new law in Illinois. Requirements for installing access to charging for rental apartments and housing. It is a big toe in the water of getting to easy EV charging.

<https://cleantechnica.com/2023/12/26/illinois-to-require-ev-charging-at-rental-properties-starting-january-1st/>

A few days back there was this article showing a strong jump from the year before. Yet, if you listened to Mish Talk, you would think EVs are going to wither away and die. According to Mish, used EVs are having a terrible time. I just purchased a new used to me EV and no one out there will budge on their prices for a used EV.

<https://climatecrocks.com/2023/12/21/graphs-show-ev-sales-unexpected-jump/>

1st Principle: The inherent worth and dignity of every person.

I can easily extend dignity to those that I respect and like. But the challenge is to respect those that tell the fibs in our society for their own personal gain. One person named Mish comes to mind.

2nd Principle: Justice, equity and compassion in human relations.

With a little work, I hold back my disdain for some behavior. I only aggravate people's desire to double down on their positions.

3rd Principle: Acceptance of one another and encouragement to spiritual growth in our congregations.

Not only those in our congregations, but those outside our congregation.

4th Principle: A free and responsible search for truth and meaning.

I wonder about the word responsible when it comes to those who choose to confuse society with disinformation. I can only chase down what I find to be true and share with others for them to judge my view as to its content. This does require being open to hearing other views and to be open to being corrected.

5th Principle: The right of conscience and the use of the democratic process within our congregations and in society at large.

As I apply this to change in our energy society, we are making changes in our society that will disrupt people's lives. I believe it is important to help out the minority into the new way of life we are changing over into. I would like to see this reflected in our democracy.

6th Principle: The goal of world community with peace, liberty, and justice for all.

Not only in change of our world energy paradigm, but the changes that take place when countries go to war. With each war happening, I immediately see the good the countries could have had disappearing. For instance, the lives of the Russians, Ukrainians, Israelis, and Palestinians, could all be so much better than it is today.

Continued

Green Sanctuary continued

7th Principle: Respect for the interdependent web of all existence of which we are a part.

We are so much more powerful than we realize. What we do with our part of the web is up to us. What are you going to do with your part of the web that affects all of humanity. We pull on the threads and see if they are true or not. Tying this back to Mish. He believes he is telling the truth. And responds to me with a frank one word disagreement I won't repeat here. We both live in the same web.

Every now and then, it's time to pull the 7 principles off the dusty shelf. Should you have time somewhere down the road, go through the principles and see if it shifts you somehow in your thinking. What I have noticed about myself is that I have a very narrow intense focus, and I find it interesting to take some time to look at myself in a wider lens. Whatever your holiday experiences, thank you for letting Green Sanctuary be a part of your time.

ATTENTION!

The **Multi UU Church Environmental Book Club** has existed for about two years, meeting monthly via Zoom. Members of Beverly Unitarian Church, the UU Community Church in Park Forest, and First Unitarian Church of Chicago have been participating, but as we have lost a couple members in recent months due to death and serious illness we are hoping to reach other UUs who are concerned about the environment, who might wish to join our group. We have just finished our reading and discussion of *Regeneration* and have voted that the next book we will read and discuss will be ***All Hell Breaking Loose: The Pentagon's Perspective on Climate Change*, by Michael T. Klare.** Renowned security expert Michael Klare shows that the U.S. military sees the climate threat as imperiling the country on several fronts at once. The Pentagon is intensely focused on climate changes effects. Its response make it clear that where it counts, the immense impact of climate change is not in doubt. This book club now meets on the **third Monday evening of each month, starting at 7 p.m.,** with sessions lasting 75 to 90 minutes. If you would like to participate please contact Allan Lindrup at uusj@sbcglobal.net or you can leave a voice message at 773-595-4921, providing your name, your congregation, and clearly providing your email.



Recycle Christmas trees and holiday lights!

The Village of Park Forest is collecting unwanted Christmas lights for recycling now through January 19th, in the specially marked green collection bins inside the lobby at Village Hall, 350 Victory Drive.

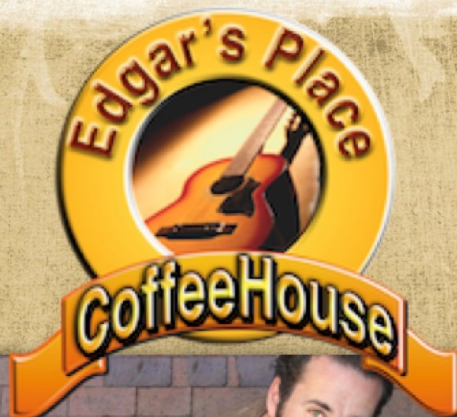
Trees that are undecorated and unbagged can be dropped off at the Aqua Center, 30 North Orchard Drive December 29 through January 19th

Trees that are picked up with your regular garbage go directly into a landfill and create methane, a very powerful greenhouse gas. By dropping off your Christmas tree at the Aqua Center parking lot, trees will be chipped to be reused in landscapes or added to yard waste compost, which is a wonderful additive for soil when finished processing. A truckload of mulch or compost can be delivered to residents' homes (for a small fee) when landscaping season resumes or residents can pick up the mulch for free!

Holiday lights cannot go into your regular curbside recycling and must be sent to an electronics recycling company. The Village has partnered with Gaby Iron and Metal, a local metal recycling company, to make Christmas light recycling available to residents at no charge.

Lights can be dropped off in marked bins in the Village Hall lobby. The Park Forest Aqua Center parking lot is a drop-off site for used Christmas Trees. Residents are asked to remove any tree decorations before drop-off.

Help Park Forest continue to be a leader in sustainability by dropping off your tree and unusable lights!



FRI JAN 5TH

7:30 PM



\$15 COVER

Thomas Linsk is one of the premiere keyboard players and vocalists in the country... So much so that he is in constant demand. He's the keyboardist for one of the top Steely Dan bands, "Deacon Blues", is the leader and singer of the popular Billy Joel tribute band "Mulberry Street", performs with the wildly successful Dueling Pianos, as well as performing with his trio, doing solo shows and sitting in with countless other gifted performers like Nicole Garza.. Whew! The boy keeps busy. Now he's here, and you can hear and see what the fuss is about...Oh, and he does a mean Michael McDonald from the Doobie Brothers too... Don't miss it!

**Unitarian Universalist Community Church
70 Sycamore, Park Forest, IL**

Get involved, get supported, support others.

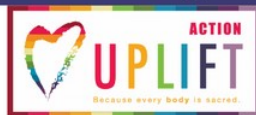
<https://sidewithlove.org/>



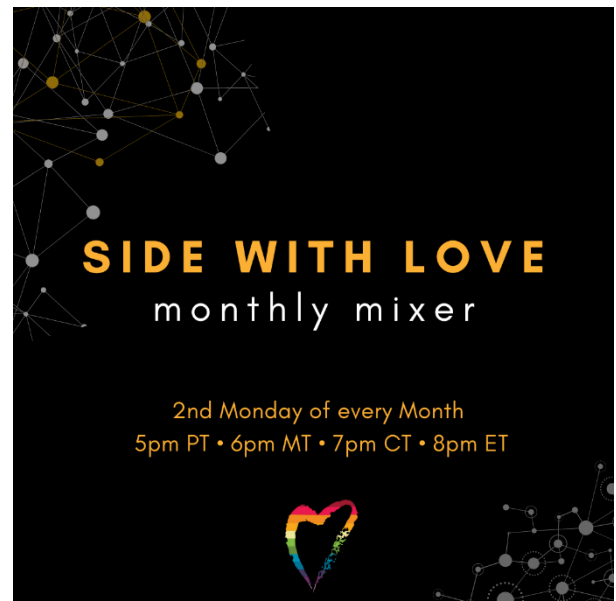
—CREATE—
CLIMATE JUSTICE



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.

What's Happening at UUCC?



First Sunday Potluck January 7th 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!

UUCC Men's Group Sunday, January 7th 6:30 to 8 PM

UUCC Men's Group now meets MONTHLY on the **FIRST SUNDAY evening from 6:30 to 8 p.m.** via Zoom. After lengthy check-ins those attending will watch and discuss segments 11-13 of the YouTube series on the Noosphere. Anyone identifying as male who has not been participating can get the Zoom invitation and codes by contacting Allan Lindrup at uusj@sbcglobal.net or 773-595-

UUCC Connections Small Group Thursday, January 11th 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



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

Buddhist Meditation

Saturdays at 9am -10:30am

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.

Location: Online

Cost: Free will offering

Contact: Steve McCabe steve.mccabe6914@gmail.com



Do you love stitching? Tuesday January 2nd 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**

Multi-UU Church Environmental Book Club

Monday, January 15th from 7 to about 8:30 p.m. via Zoom

We are hoping to reach other UUs who are concerned about the environment, who might wish to join our group. The group will be discussing chapter 3 and 4 of 'All Hell Breaking Loose: The Pentagon's Perspective on Climate Change' by Michael Klare. Anyone wanting to join this book club can contact Allan Lindrup at uusj@sbcglobal.net or 773-595-4921.

JOIN THE UCC PADS TEAM



Every first Thursday of each month, a group of 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

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

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 or Food Pantry Coordinator, Chris Gines. cgines@respondnow.org or call 708-314-5516



A Moment in Balance weekly Yoga Classes by Karen Nielsen at UCC 70 Sycamore Dr. Park Forest

Monday & Thursday 9:30 – 11am

Wednesday evenings 7:00 – 8:30pm

This class is for everyone, beginner to experienced.
No reservations needed. Drop-in fee is \$10 per class.
Call Karen (708) 755-3577

The Unitarian Universalist Multiracial Unity Action Council

UUMUAC Monthly **Third Wednesday** Worship Service at **7:00 pm Central Time**

For Zoom information, please send name, email, and congregation (if any)
to richard3point@gmail.com

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

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



"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character." MLK Jr.

JANUARY 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30am Yoga	2 10:00am Stitchery Group	3 7:00pm Yoga	4 9:30am Yoga 3pm PADS Team	5 7pm Edgar's Place - Thomas Linsk	6 9am Online Buddhist Meditation
7 10am Worship Potluck Sunday 11:30 FORUM 6:30pm Men's Group	8 9:30am Yoga	9 	10 7:00pm Yoga	11 9:30am Yoga 1pm Connections Group	12 	13 9am Online Buddhist Meditation
14 10am Worship	15 Martin Luther King Jr. Day 9:30am Yoga 7pm Environmental Book Club	16 7pm Board Meeting	17 7:00pm Yoga 7pm UUMUAC online Worship Service	18 9:30am Yoga	19 7pm Rainbow Café	20 9am Online Buddhist Meditation
21 10am Worship	22 9:30am Yoga	23 	24 7:00pm Yoga	25 9:30am Yoga	26 	27 9am Online Buddhist Meditation
28 10am Worship	29 9:30am Yoga	30 	31 7:00pm Yoga	Feb 1 First day of Black History month 9:30am Yoga 3pm PADS Team	2 	3 9am Online Buddhist Meditation

Event Facilitators

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

Call the church office Mon. - Fri. 10:00am - 10:00pm with questions, to request monthly Board Minutes, 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

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