

# UCC Community News

## FEBRUARY 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.

### FEBRUARY SUNDAY SERVICES

**Feb 4** Rev. Denise Tracy

**Title:** "Taoism and Tai Chi: Dancing the Watercourse Way"

What might this ancient faith have to teach us? How might it make our lives more understandable? After the service and pot luck there will be a Tai Chi workshop.

Denise Tracy and Bill Decker will lead the workshop.

*See Details elsewhere in this newsletter.*

**Feb 11 A. Anne Holcomb**

**Title:** "The Problem with Icons: Black History is American History and it is not past..."

**Feb 18 Pamela Rumancik**

**Title:** Another World is Possible

It is what it is – but what if there's more? Could an entire reality be obscured by our expectations? Are we actors in our lives or extras? What can we do to change our experience? How much agency do we actually have? Let's explore.

**Feb 25 February Sky (Phil Cooper & Susan Urban)**

**Title:** Mountain Come to Me: The Songs of Dave Carter Part II.

More wonderful spiritual songs from our favorite Buddhist cowboy singer and our reflections on why they're important from a Unitarian Universalist point of view.



### First Sunday Potluck February 4th after worship

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



### Tai Chi Workshop with Rev. Denise Tracy and Bill Decker Sunday, February 4th

Join us after our potluck for a Tai Chi Workshop. Please come dressed comfortably

with non grip smooth soled footwear-slippers.

A donation of \$15 to UCC is suggested.

### UU Connect Forum

Sunday, February 11, starting about 11:30 a.m., in person in Room 3, with the option to join using the Zoom codes from that morning's Worship Service. There will be a showing of the video on the history of Universalism, part of the series called Long Strange Trip. There will be a short discussion of the video following its showing.



Listening Hearts

### Listening Hearts

February volunteers, Beverly Feldt and Darlene Obejda are available as a source for listening, support and resources.



Please follow us on [Facebook](#) for UCC event reminders.



## The President's Column February 2024 by Laurene Lambertino-Urquiza



I promised in the last newsletter that we would be sending out information to help you better understand what has been happening with the Article II revisions proposed by the Unitarian Universalist Association (UUA). That information accompanies this month's newsletter. Allan Lindrup has held a series of forums for UUCC last year detailing the actual changes proposed by the UUA, so you are aware of them. The information sheet that we are sending you today contains the back story behind it.

One thing that makes Unitarian Universalism unique as a religion is that our churches are autonomous and self-governed. "Congregational Polity" is a phrase that you might hear in conjunction with this. It means that each UU congregation sets its own bylaws but comes together in an annual democratic assembly to make decisions that can affect all member congregations. We use a delegate system where each congregation sends delegates yearly to GA (General Assembly) to represent their congregation and vote. Therefore, a majority of members of our UUCC congregation will vote in June of this year to decide if we will accept or reject these proposed Article II changes. Many UU churches are deciding whether to continue their connection to the UUA, or to leave and join with other like-minded UU churches.

If you listen to any of the YouTube videos listed on the information sheet you will get an idea of the timeline of historical events that took place to bring us to where we are today. Essentially it is the perception that white supremacy is the basis of all current social problems. In 2017, the former UUA President, Rev. Peter Morales, resigned from his position over a claim that a job in a Southern UUA region was given to a white male over a minority female, thus demonstrating racism within the UUA. Around the same time, two anti-racist activists proposed an 8th Principle to our established seven. They had been working on this since 2013 and believed that a "good" UU could follow the seven Principles without ever thinking about or confronting racism at the systemic level. Therefore, this new 8th Principle was necessary. Some 125 UU groups and congregations have adopted the 8th Principle.

But that was not the end of the conversation on white supremacy. Our religious tradition has been addressing "racist practices" and vowed to root them out many times over the years. But in recent years, we in the U.S. have witnessed a rise of overtly racist elements coming into the national forefront that had not previously been tolerated. This was followed by a strong backlash in this country by left wing groups such as Antifa and Black Lives Matter taking to the streets. It is not surprising then that a liberal religion such as Unitarian Universalism would become focused on such issues. It is not an overstatement that the UUA began to fixate on white supremacy as the explanation for all social ills and it has been suggested that this is the real reason we are seeing this revamping of our seven Principles. A few UU ministers began to push back on this oversimplification of racism and were immediately silenced – or "dis-fellowshipped" – and were left without their congregations or their pensions after serving entire lifetimes within the UU church.

The distribution of the book, "The Gadfly Papers" by Rev. Todd Eklof, set off a firestorm at the 2019 GA. Rev. Eklof has since led a movement to splinter off into the group "The Fifth Principle Project" arguing that the UUA is no longer a democratic organization. Some Black ministers, such as our friend, the late Rev. Finley Campbell, were also against such actions. (Watch the video, "Open Discussion on Proposed Changes to Article II of UUA Bylaws" (from the UUMUAC) on YouTube to see Rev. Campbell and others discuss this).

These forementioned videos, writings, and websites are all included on our informational sheet. Start by watching a video to get a clearer picture of what is happening.

**continued**

## President's column continued

Please prepare yourself for these coming changes in Unitarian Universalism by learning all you can. Our church may need to decide how we want to proceed in the future with a special vote this June. We need to have every member of this church prepared to make this important choice.

**(NOTE: To clarify, only members of the UCC congregation will be voting on this decision in June, 2024.)**

### LOOKING AHEAD TO 2023-2024

#### From the UCC 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 UCC
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

January rung in the 2023 tax season. Do you need a letter summarizing your donations for 2023? Please email me ([irons.nancy@gmail.com](mailto:irons.nancy@gmail.com)) to request a 2023 Contribution Report for your taxes.

Thanks go out to Allan Lindrup, Dick Lewis and Virginia Jackson for completing the 2021-22 Financial Audit.

Nancy Irons, UUCS Treasurer

## Volunteer Recognitions

Thanks go out to JoJo Martin for donating a new microwave to the UUCS kitchen! Yeah! Also, thanks to Jodi Libretti, who has been changing the wording on the Western Avenue sign each week, despite the snow and cold. Brrrrr! Thanks to everyone who pitched in on short notice to arrange the logistics of a Zoom-only service on January 14th. Special thanks to all of the kitchen helpers who take care of the behind the scenes tasks each week and particularly on Pot Luck Sunday. Show your appreciation by helping out in the kitchen on occasion.

## 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 Setup team and Worship Assistants; 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 be on-hand for rentals to help ensure the success of our rentals, which 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@uucpf.org](mailto:churchadmin@uucpf.org)) for more information or to arrange access to the building and supplies.



## Baby News!



As many of you know, Mary Kate and Derrick Downey spent months preparing for a home birth. Unfortunately, almost nothing went as planned. Derrick came down with Covid, meaning he could not be with Mary Kate. They could not use their home, because of the Covid contamination, and their doula "dropped out" rather than risk exposure to Covid. Fortunately, Meli Pittman, from our congregation, stepped in at last minute and served as doula for Mary Kate. While a home birth was attempted at Mary Kate's mother's home, there was little progress with the birth, and ultimately she was transferred to Silver Cross hospital for an emergency C-section. Luckily, a healthy baby boy, **Fox David Downey (21" long, 7 lbs. 2 oz.) was born on December 24th at 1:41 am.** There was concern about a possible infection, so baby Fox had to be on an IV antibiotic for several days. Mary Kate is recovering well from her surgery. Derrick finally met his son on Wednesday, December 27th and they all went home together on December 31st. Both Derrick and Mary Kate are excited to bring baby Fox home and read to him all of the books they received from members here at UUCS. Blessings on them all!





# Connections

by Barb Anderson



Barb is on vacation but will return with a Connections article in March.

In the mean time, Barb has shared some information from the First Unitarian of Portland about the proposed changes to the UUA bylaws Article II: The Principles and Purposes.

<https://www.uuccpf.org/wp-content/uploads/2024/01/ARTICLE-II-COMPARISON.pdf>

## Additional Article II resources

Laurene Lambertino-Urquizo, UUC Board President, letter to members of the congregation with a variety of Article II informational links.

<https://www.uuccpf.org/wp-content/uploads/2024/01/Letter-from-Laurene-to-UUC-re-Article-II-Revisions.pdf>

Allan Lindrup shared this statement from the UUMUAC (Unitarian Universalist Multiracial Unity Action Council) regarding the proposed Article II revisions.

### Why vote NO on Article II

The Unitarian Universalist Multiracial Unity Action council ([uumuac.org](http://uumuac.org)) is advising all UU congregations to send delegates who intend to vote NO on final passage of the proposed revision to Article II of the UUA Bylaws at virtual General Assembly 2024. We make this recommendation because we feel that the revision's changes will harm rather than further the cause of multiracial unity, both within our churches and in society at large.

READ THE COMPLETE UUMUAC STATEMENT [HERE](#)

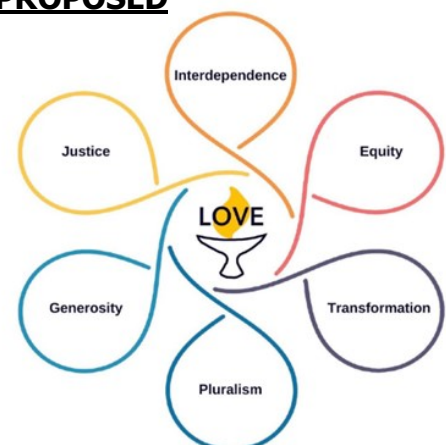
Nancy Irons shared the Pros and Cons of the proposed Article II revisions in our June newsletter.

<https://www.uuccpf.org/wp-content/uploads/2024/01/Article-2-Study-Pros-and-Cons.pdf>

## UUA BYLAWS ARTICLE II CURRENT vs. PROPOSED

### PRINCIPLES UNITARIAN UNIVERSALISTS LIVE BY

	<b>1. Inherent Worth &amp; Dignity of every person</b>	<b>2. Justice, Equity and Compassion in human relations</b>	<b>3. Acceptance of One Another and encouragement of Spiritual Growth</b>
<b>4. Free and responsible search for Truth &amp; Meaning</b>	<b>5. The right of Conscience &amp; use of the Democratic Process</b>	<b>6. The goal of world community with Peace, Liberty &amp; Justice for all</b>	<b>7. Respect for the Interdependent Web of all existence of which we are a part</b>





# GREEN SANCTUARY

## BY JEFF GREEN – FEBRUARY 2024



As I start out, the temperature outside is 15°F and the interior of my car is 44°F. It sits in a garage that maybe gets heat from the apartment above. During this cold blast, the batteries are comfortably isolated from the bitter cold outside.

There has been news around about people having trouble with their EVs in this bitter cold time for charging at superchargers. I haven't experienced what the people in the article are going through. I have, however, experienced driving in some stiff cold weather EV wise.

<https://www.bloomberg.com/news/articles/2023-12-15/how-to-keep-your-electric-car-battery-charged-in-cold-weather>

Here in this article, there was one person that was driving their car too close to empty in the cold and the car literally shut off. Not going anywhere, it was time for a tow. Although the gauge told them there was charge left, the batteries had a different idea. Other situations of charging during the cold, the cold batteries need to warm up before they are charged at very high rates from the superchargers. On my home charger outdoors in the cold, I noticed no charging taking place for about 20 minutes. On the supercharger from the article, it would take longer before charging starts since the batteries need to be warmer.

One of the things I have noticed on my dearly departed last EV is that the expected range of the car shifts as it warms up. This shows up as the percentage of battery left over at the end of the trip. On my many trips to the cottage in Michigan during the cold weather, I get into the right-hand lane and go slow. This is where the most efficiency lies in driving an EV, is just go slow. And I watch the percentage prediction shift most of the time in my favor of more charge left over. This is my comfort zone. Occasionally, I would see the predicted charge left shift lower. Time to keep an eye on this to know what is happening. Over time things swing in the way of my comfort zone. If not, play it safe and look for chargers on the way. Better safe than sorry.

I had very little worry in driving my dearly departed Model S. Compared to present day EVs, this was a shorter-range car, and I was very comfortable with it. Another cold weather symptom that also shows up in my present EV is that cold weather changes the regeneration for braking in the car. If the batteries are cold enough, there is no regeneration braking. It turns into a coaster when you let off the foot pedal. If you are driving long enough, the batteries warm themselves with heaters, and you get your regen back.

From the link above is some of my personal experience with cold EV driving, taking tips from the article listed,

### **How to preserve an EV batter in cold weather.**

**Charge indoors whenever possible.** As noted above, my garage is 25°F warmer than the outside air.

**Precondition your EV.** Take advantage of the EV being hooked up to the grid. Warm the car up ahead of time with your app. If you are on a long trip with a Tesla, use the trip router to get you to the next charger. The programming in the car will pre-warm the batteries to prepare for the next charging. This cuts down on charging time.

**Conserve heat to conserve battery.** There is a difference of heating the cabin to 75°F or above as compared to 70 or lower. For my own tastes, I am comfortable

**Continued**

**Green Sanctuary continued** at 68 to 70. In our area there are plenty of chargers available to drive with all the heat you want. I picked up my mother up for Christmas, that lives 150 miles away with fewer chargers available along the way. My long-range Tesla Model 3 has over 300 miles range in the cold. I charged to 80% capacity in Rochelle Illinois, drove over 200 miles on the return trip without charging on the way back home. 6% was left in my battery range. The good part of this is that, if I saw on the way back home that I wasn't going to make it, there are plenty of chargers in our area.

Part of the lengthy road to electrification is getting used to using batteries in place of a gas tank. Although it is clear to some people about the effects of burning fossil fuel on the climate, it's hard to let go of gas. For myself, I leaped and accepted whatever consequences there would be for my decision. Everyone has their own way of putting their toe in the water to see when and where they will take this leap. And I say, "Come on in, the water is fine".

Thank you for letting Green Sanctuary be part of your experience.

### **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 change effects. Its response makes 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](mailto:uusj@sbcglobal.net) or you can leave a voice message at 773-595-4921, providing your name, your congregation, and clearly providing your email.



### **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)



### **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*.

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

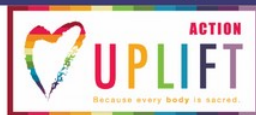
<https://sidewithlove.org/>



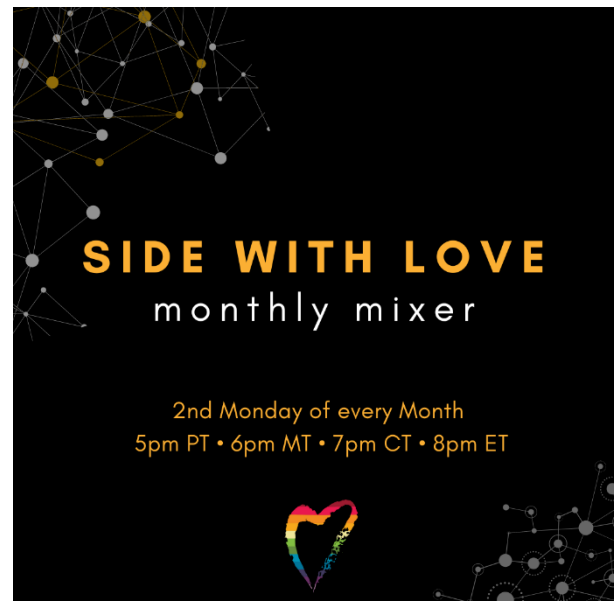
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LOVE  
**RESISTS**



**UU the VOTE**   
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## 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?



## IMBOLC Celebration

**Friday, February 2nd at 6:00 PM**

Another turn of the Wheel of the Year, and we come to Imbolc. Join us as we celebrate this sacred turning point between winter and spring. Come hear the hum of awakening life at the little church in the woods.

We'll be making wands and holding an outdoor ritual circle with a small fire.

***This is a free, family-friendly event!  
Love donations accepted.***



## First Sunday Potluck February 4th 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!

## Tai Chi: A Moving Meditation with Denise Tracy and Bill Decker Sunday, February 4th following Potluck (approx. 12:30 pm)



After the potluck, we will have an hour and a half workshop where Denise Tracy and Bill Decker will teach a piece of Tai Chi called The Five Elements as an introduction to the moving meditation. This Ancient Practice is great for balance, for graceful moving and for spiritual centering. Our worship service will have pieces of Tai Chi within it. We will learn about the meditation or prayer form of the Taoist faith.

Denise and Bill met at a Tai Chi workshop and have been studying for over 45 years. They like the fun and relaxed sense of spirituality it adds to their lives.

**You need to have non grip (smooth soled footwear-slippers or other non patterned soled) shoes.**

**Loose layered clothing will work best.** The workshop is being presented as a gift to UCCPF. A minimum contribution of \$15 is suggested. Monies will be given to the church.

Non-church members are also invited.

## UUCC Men's Group Sunday, February 4th 6:30 to 8 PM

UUCC Men's Group now meets MONTHLY on the **FIRST SUNDAY evening from 6:30 to 8 pm** via Zoom. After in-depth check-ins those in attendance will watch 3 short YouTube videos related to the noosphere, with discussion after each one. If you identify as male and are not on group's list of regulars, you can join by contacting Allan Lindrup at [uusj@sbcglobal.net](mailto:uusj@sbcglobal.net) or 773-595-4921.



## Do you love stitching? Tuesday February 6th 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**

## UUCC Connections Small Group

**Thursday, February 8th from 1:00-2:30 pm**

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)

## Multi-UU Church Environmental Book Club

**Monday, February 19th 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 5 and 6 from All Hell Breaking Loose: The Pentagon's Perspective on Climate Change by Michael Klare. To join this book club contact Allan Lindrup at [uusj@sbcglobal.net](mailto:uusj@sbcglobal.net) or 773-595-4921.

## 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](mailto:richard3point@gmail.com)

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



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](mailto:steve.mccabe6914@gmail.com)



## A Moment in Balance weekly Yoga Classes by Karen Nielsen at UUCC 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

# RAINBOW CAFE

Rainbow Cafe will meet on Friday, February 16th, 2023.  
Doors to the church open around 6:30 pm. The film starts  
around 7:00 pm. Soft drinks and snacks are served.



## "Shoulder Dance"

Synopsis: Best friends Ira and Roger haven't seen each other in 24 years. When Roger arrives unexpectedly for the weekend, long suppressed desires dangerously resurface. As the boundaries of friendship, love, and sex collide, the strength of Ira's long-term relationship with Josh is tested as never before in the romantic drama "Shoulder Dance".

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



# LGBTQ

Welcoming Congregation



## WE LOVE OUR NEIGHBORS

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

UUA.ORG/IMAGES



# SOUP KITCHEN

Fundraiser for  
**PADS AND RESPOND NOW**  
**Sunday, March 3rd, after service**

Join us for delicious food and caring community  
as we raise funds to help the homeless and those in need.

**Please bring soup to share.**

Donations for **PADS** (Public Action to Deliver Shelter) and **RESPOND NOW** are appreciated. Make checks out to **UCC** with **SOUP KITCHEN** on the memo line.

**Please be generous if you can.**



**Men's Retreat 2024 Registration.** Send us your Name, address, phone #, preferred e-mail address and intention for Full Retreat (Fri.~ Sun.) or Sat. only. (Send to email listed in the below flyer). We will register you.

Payment: Once registered you have 2 choices.  
Option 1. We can arrange a phone call and we will process your credit card.

Option 2. You can send a check to:  
UTUUC, 1019 South Blvd., Oak Park, IL 60302.  
Payable to UTUUC, Note: mark memo "Men's Retreat".

### **UU MEN'S RETREAT**

**Where:** Baraga/St. Mary's Retreat House,  
14230 Main St. Lemont IL, [60439](https://www.60439.com) · (630) 257-5102

**When:** Fri. Mar. 8<sup>th</sup> (7 PM) thru  
Sun. Mar. 10<sup>th</sup> (Noon), 2024

**Theme: Being a Male Today.** We will explore the changing roles and self-images facing males today. Welcoming all who identify as male. Welcoming all faiths.

**Keynote Speaker: Paul B. Koch, Jr.,** M.Div.  
D.Min. Regional Minister, Christian Church of Mid-America will deliver his address: Men's Responses to Gender-attributed Power.

In addition to discussions there is to be a Wilderness Walk, Chair Yoga, Drumming, Board Games, Open Mic time and a **Friday Night Pizza Party!** Come hungry for food and fellowship!

**Cost: Full retreat \$160 and includes a single room, two nights, three meals Saturday and breakfast Sunday.**

**Saturday Day Only Participation For \$55—**  
**Limited Number (Includes 3 meals)**

Deposit of \$20. Full payment needed by Friday, Mar. 1<sup>st</sup>. [Registration Link Here.](#) **Note:** Scholarships available! If you cannot afford the Retreat Fee, or have any questions please contact us at [mensretreat@unitytemple.org](mailto:mensretreat@unitytemple.org) or call 708-383-3734.

Committee Members: Mark Johansen, Rich Pokorny, Alan Johnson, Allan Lindrup, August Staas, Nai Owens, Ralph Earlandson, Richard Pardo, Robert Innocenzi and Ron Dubreuil.

### **Family Friendly Imbolc Celebration – Friday, February 2nd at 6PM–**

Coordinated by Angela Denk. Details on page 9

Here is some **Imbolc** background info.

<https://wemoon.ws/blogs/pagan-holiday-traditions/imbolc>

The Irish spring festival of Imbolc traditionally honored a Celtic goddess called Brigid (or Brigit), who invokes fertility, prophecy, and fire. Like her season, she is a goddess of multitudes and contradictions. She is a goddess of healing, fertility, and motherhood, but also of passion and fire. This season reflects the dichotomy, the promise of spring and the continuing brutality of winter.

Imbolc falls exactly halfway between the Winter Solstice (Yule) and the Spring Equinox (Ostara). Daylight is increasing and spring is in the air. While too early for planting gardens, Imbolc was a time to start thinking about what you wanted to plant and harvest in the coming year.

Ways to Celebrate Imbolc:

**Fire and Candles:** Fire is a traditional aspect in many Imbolc traditions. Light candles around your house or have a bonfire outside in the crisp night air.

**Intention setting:** Imbolc is a reflective time to look deeper into your goals and intentions for the coming spring. Meditate or journal with your intentions and think about what you want to tend and grow this year in yourself and your world.

**Spring Cleaning and Cleansing Ritual:** Start early on spring cleaning. Begin a donation box to weed out unnecessary clutter or old memories. Make space in your body and home for the burst of new energy that spring brings.



### **Help Send Paloma Abroad this Summer!**

Paloma Furst Chavira, our very own violin prodigy, will be collaborating with Rev. Denise Tracy to provide a fantastic musical Sunday service in May. Paloma is currently working to raise funds for a summer tour abroad, where she will take lessons and play concerts.

It has been proposed that members of UUCU help sponsor this tour. If you are willing to contribute, please make your check out to UUCU with Paloma in the memo line. This will count as a tax-deductible contribution to UUCU. Please have your contributions in by the end of April. Rev. Tracy plans to present Paloma with an award check from UUCU at the May service. If you have questions, Treasurer, Nancy Irons can provide additional information.







**FRI, FEB 9TH, 7:30PM**

# Annie & Rod Capps

**9 albums**



**\$15 COVER**

The Capps' sound meets at the intersection of Americana & Folk drawing on rock, jazz, blues and bluegrass influences. What comes out is a hybrid sound all their own. Genuine and playful; effortless and endearing; this duo, have been sharing their music with happy audiences in quality music venues, house concerts, coffeehouses and festivals throughout their home state of Michigan and beyond.

Unitarian Universalist  
Community Church

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



# February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>CELEBRATING BLACK HISTORY MONTH 2024</b>		<b>1 First day of Black History month</b> 9:30am Yoga  3pm PADS Team 7pm Flowering Dogwood Martial Arts	<b>2</b>  6pm IMBOLC Celebration	<b>3</b> 9am Online Buddhist Meditation 9am Flowering Dogwood Martial Arts
<b>4</b> 10am Worship Potluck Sunday 11:30 FORUM  6:30pm Men's Group	<b>5</b> 9:30am Yoga	<b>6</b> 10:00am Stitchery Group	<b>7</b>  7:00pm Yoga	<b>8</b> 9:30am Yoga  1pm Connections Group  7pm Flowering Dogwood Martial Arts	<b>9</b>  7pm Edgar's Place - Annie & Rob Capps	<b>10</b> 9am Online Buddhist Meditation 9am Flowering Dogwood Martial Arts
<b>11</b> 10am Worship	<b>12</b> 9:30am Yoga  7pm Environmental Book Club	<b>13</b>  7pm Board Meeting	<b>14</b>  7:00pm Yoga 7pm UUMUAC online Worship Service	<b>15</b> 9:30am Yoga  7pm Flowering Dogwood Martial Arts	<b>16</b>  7pm Rainbow Café	<b>17</b> 9am Online Buddhist Meditation 9am Flowering Dogwood Martial Arts
<b>18</b> 10am Worship	<b>19</b> 9:30am Yoga	<b>20</b>	<b>21</b>  7:00pm Yoga	<b>22</b> 9:30am Yoga  7pm Flowering Dogwood Martial Arts	<b>23</b>	<b>24</b> 9am Online Buddhist Meditation 9am Flowering Dogwood Martial Arts
<b>25</b> 10am Worship	<b>26</b> 9:30am Yoga	<b>27</b>	<b>28</b>  7:00pm Yoga	<b>29</b> 9:30am Yoga  3pm PADS Team  7pm Flowering Dogwood Martial Arts	<b>March 1</b>	<b>2</b> 9am Online Buddhist Meditation 9am Flowering Dogwood Martial Arts

## 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

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.***



Visit us on the web @ [www.uuccpf.org](http://www.uuccpf.org)

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