

UUCC Community News

Unitarian Universalist Community Church
October 2025



Sunday Worship Service 10:00am

Sunday Services

Oct 5 Rev Henrietta Byrd
A Peaceful Transfer of ...

Oct 12 Rev Denise Tracy

Joni Mitchell: Poet Singer
We will learn about Mitchell's life and sing her music.

Oct 19 Patti Shaffner

Grief & Love: Being Present

An exploration of how grief shows up in our lives and how we can show up for each other in grief. Grief is not only related to the death of a person. Grief is praise for what the Holy has so generously given. Grieving in community eases the burden of loss and ultimately lifts us all.

Oct 26 Nancy Irons for CUUPS
Spider Wisdom

Celebrating Samhain, the final Pagan harvest festival and the Pagan New Year. This year we will be exploring Spider Wisdom. Spiders, sinister creepy crawlers vs patient weavers extraordinaire? Join us and decide. Costumes welcome!

Please bring change or small bills to contribute to UNICEF during the Oct. 26th service. Thank you!



First Sunday Potluck October 5th after worship



At UUCC, the first Sunday of each month after worship service we share a potluck luncheon. Bring a dish to share. Join us for this time of Fellowship!

You and UU Forum

As Allan Lindrup will not be able to be at UUCC on Oct. 12 (his partner is preaching at the UU church in Joliet and he is doing the driving), Darlene Obejda is trying to line up a speaker associated with UUs for Justice in the Middle East. However, that has not been finalized at the newsletter deadline. Watch/listen to the weekly announcements for further news on an Oct. 12 forum. If a forum is held it will happen in Room 3, with an option to join via Zoom.

UUCC Men's Group

As the result of a poll, the October meeting of the UUCC Men's Group has been moved to **Sunday, Oct. 12, starting at 6:30 pm until roughly 8 pm**. If you identify as male but would like to join or try out the group, please contact Allan at uusj@sbcglobal.net or 773-595-4921.



Listening Hearts

Listening Hearts

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

Religious and Character Education

During the Sunday service, on the first and third Sundays of the month, classes for elementary school children are offered using a curriculum based on the creation stories from different world religions and cultures.



Please follow us on **Facebook** for UUCC event reminders.



The President's Column October 2025 by Laurene Lambertino-Urquizo



life.

This problem with chronic pain is compounded by the safety and efficacy of pain relievers available. We have all heard of the "opioid epidemic" which started in the 1990s in this country and was driven by pharmaceutical companies, principally Purdue Pharma. They falsely claimed that their drug OxyContin would not cause addiction but in fact led to destroyed lives and deaths. By 2009, stiffer regulations imposed on these opioids caused many addicts to switch to heroin which was both abundant and cheaper. This led to a sharp rise in overdose and deaths. BY 2013, synthetic opioids such as Fentanyl (which is 50 to 100 times more potent than morphine) emerged and caused a sharp increase in deaths. Fentanyl is so potent that even getting it on the skin can potentially lead to death.

Doctors initially believed the pharmaceutical companies and freely prescribed OxyContin as a miraculous pain reliever to their patients in ever increasing amounts without the knowledge of the dangers. Many patients became addicted, and lives were ruined or resulted in deaths as their bodies quickly became accustomed to the dosage and needed more to relieve their pain. As doctors became aware of the truth, they quickly backed off writing prescriptions for these drugs as regulations tightened and for fear of facing prosecution themselves. They were left to recommend that their patients rely on less effective forms of pain relievers, principally Acetaminophen, or NSAIDS such as Ibuprofen or Naproxen Sodium. There were dangers to abuse these pain relievers as well as they can cause organ damage in large doses. All drugs, to a certain extent, have both benefits as well as side effects. The idea that any pain reliever could be taken freely and without potential problems has been laid to rest. That has left patients with chronic pain with few reliable and safe options.

There are many possible causes of chronic pain: as many as the stars in the sky. Some diseases and conditions bring their own pain along with additional symptoms. Chronic pain can be caused by injuries and last a lifetime. Arthritis, especially, brings a great deal of pain to most everybody as they get older. There can be an upside to pain: it is sometimes our first inkling that there is a problem in our bodies.

Pain can affect us both physically, mentally, and spiritually. It can fog our minds and destroy our enjoyment of life. It can make life exceedingly difficult and cause us to look for any form of relief, no matter how desperate we are. Pain can interrupt sleep cycles causing people to be chronically tired during the daytime. Many people look to sleep to allow our bodies to "reset" from their pain. So how can we best deal with our pain? There is no easy answer. Many of us have been frightened by the opioid epidemic of the 1990s and do not want to risk taking too much medication, so we just live with our daily pain as best we can.

We ALL have pain at one time or another but how many of you live with chronic pain? The kind that begins when you first open in eyes in the morning and sometimes does not end until you eventually fall asleep at night. Everyone's story of their pain is uniquely personal. Some people find that their pain can completely overtake them and drain their lives of joy. In some cases, it can be the largest problem that they face in life if their pain is intense. If you find that your pain is affecting your quality of life, please seek ways to connect with others to share your problems. We have individuals in our congregation that are available to listen. If there is a need identified, I could envision a "pain group" being formed to share strategies to improve lives. What do you think?



ATTENTION! We have been notified that members are receiving emails from scammers pretending to be someone from the church asking for help. **NEVER** respond or click on anything in a suspicious email. **ALWAYS** call the person to find out if it is a legitimate email.

Volunteer Recognitions

We had a very successful corn roast on September 7th, primarily due to the volunteer efforts of Marilyn Ragland, Lenore Rendina and Nancy Irons for setup; Bruce Swiecicki and Allan Lindrup as grill masters; Barb Morris for providing the corn and many many others for cleanup afterwards. Thank you to one and all!

Volunteer Opportunities!

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. There are many interesting tasks that need attention. 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.

Financial Update

The building is currently undergoing power-washing and repainting. We will soon be looking good outside!

The parking lot is another story. We also want to have the parking lot repaired, re-sealed and restriped. Unfortunately, the bids have been coming in with very high price tags. At the August Board meeting it was decided to postpone the parking lot work until spring, with the intention of having a Capital Campaign early in the new year. So, if you are looking for a charity to donate to before the end of the calendar year, keep us in mind. You can specifically donate to the Capital Fund and have your donation be applied to parking lot repairs. If you are interested in helping to organize a Capital Campaign, please contact me. irons.nancy@gmail.com

Nancy Irons, UUCS Treasurer



UUCS Rear OFFICE FOR RENT

UUCS Rear Office for Rent – Do you know someone who would like to rent an office in our building? Michelle Johnson, had been renting the rear office, but has now relocated to the former Music Office next to the UUCS Office. This means the rear office, next to the kitchen, is now available to rent. If you have any suggestion for possible renters, or would like more information, please contact the office (churchadmin@uuccpf.org or 708-481-5339).

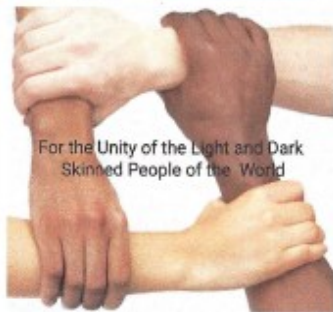
ICE Deportation of Immigrants – Are you concerned about the mass deportation of immigrants and what it means for our communities? President Laurene Lambertino-Urquiza (lurquiza@gmail.com) is looking for people who want to get involved on this issue. Please be in touch with her to find out what volunteers can do to help protest and/or mitigate deportations.

Solidarity Circle Update



Solidarity Circle - In late August Roger Lewis and his girlfriend were invited, by a couple who are relatives of Roger, to move into their home in Bement (a town in central Illinois, east of Decatur) rent free, in return for Roger's girlfriend providing home health care (work she has done before) to the older woman, who recently had a stroke, while Roger performs various maintenance work around the house. Roger would have enough free time to be able seek either full or part time work at one of the local employers. Roger and his girlfriend decided to accept this option. Roger's girlfriend moved down to Bement August 1, while Roger followed about a week later, after getting approval from his new parole officer. The UUCC Solidarity Circle working with Roger has consequently ended. The remaining funds in the UUCC Solidarity Circle account will remain there until UUCC is asked to assist another returning citizen who is moving into

the south suburbs of Chicago.



DEI: Differing Views

A Convocation, held via Zoom, of the Unitarian

Universalist Multiracial Unity Action Council

**Saturday, Oct. 11, 2025, 11 a.m.-12:30 pm Central time
(Starts at Noon Eastern, 10:00 am Mtn, 9:00 am Pacific)**

3 Featured Speakers present PRO, CON and Mixed Viewpoints



PRO. Dr. Alan Spector has worked for racial justice in general since his college days at the Univ. of Wisconsin, later as an SDS organizer. While working toward his PhD in Sociology at Northwestern, he helped found the International Committee Against Racism with Dr. Finley Campbell. He was a professor at Purdue Univ. Calumet/Northwest for 45 years and has given dozens of presentations on issues of race-ethnic justice and served as President of the Association for Humanist Sociology.



CON. Quinn "Edokwin" Que is a journalist, whose work can be read in publications such as Motley Bloom, the Journal of Free Black Thought, and his own Substack periodical, the Edokwin Editorial. His work addresses vital questions within the intersections of arts, entertainment, philosophy, and politics.



MIXED. Carl McCargo served 7 years in the US Navy. He was a Reactor Plant Control Operator on a nuclear submarine. Carl has been a UU since 1985, always involved with social justice. He earned a M.S. in Clinical Psychology in 1981, with his thesis on "The Differential Portrayal of Black and White Television Families". He continues to have an enduring concern for the power of insidious and overt "teachings" of racism in the U.S. entertainment media. He is a Board member of the UU Just Economic Community.

There will be time for questions and comments by those in attendance after the three presentations

TO REGISTER send an email to UUMUAC@gmail.com
Zoom codes will be sent the day before the Convocation



GREEN SANCTUARY

BY JEFF GREEN – OCTOBER 2025



Depending on fossil fuels means having to drill faster and faster to keep standing in place. Which is called the Red Queen syndrome below. I have run across articles showing on a world wide basis, we are spending \$500 billion per year in the last 4 years. 70% to 80% of annual investment goes to replacing existing oil wells. The United States is 68% shale oil well population which is the fastest declining kind of oil well.

This is where my kind of argument comes in. Not only is burning fossil fuels harming our climate, it's a long term loser financially. You could be taking all that steel and putting it into solar and wind, and getting 20 to 50 years performance rather than 3 to 5 short years on a shale oil well. Its just common sense.

Red Queen Syndrome refers to the phenomenon in shale oil production where companies must continuously drill new wells at an increasing pace just to maintain stable output levels. This concept is named after the character from Lewis Carroll's "Through the Looking-Glass," who explains that it takes all the running one can do to stay in the same place.

 discoveryalert.com.au From Claude Haiku

Well Type	Annual Production Decline	Replacement Requirement
Conventional Wells	5-10%	Moderate replacement
Shale Oil Wells	20-40%	Aggressive replacement
Offshore Wells	15-25%	Significant investment

Production Replacement Calculation

- Global oil production: ~80 million barrels per day
- Annual production decline: 4-6% across all existing wells

Requires drilling approximately 3-4 million new wells annually to maintain current output (I believe 3 to 4 million is a global number).

The \$500 billion annual investment is essentially a mandatory operational expense to prevent a catastrophic decline in global oil production. It's not optional but a critical requirement to maintain current energy infrastructure and meet global energy demands. End Claude Haiku.

Our being together on our important issues is all the more important right now. I'm grateful for our community that we can support each other in this time. I have never seen a leader so destructive as DJT. And yet we stay together in support of each other to move forward when our time comes. We do not destroy ourselves simply because he is destroying what we love. We just love ourselves all the more.

continued



GREEN SANCTUARY continued

Practical Spiritual Approaches

1. Meditation on impermanence
2. Cultivating inner calm
3. Finding purpose beyond immediate political outcomes
4. Connecting with like-minded communities

Maintaining personal ecological practices

I hope to see everyone keeping a spiritual connection during this time. I know that there are days that I need my people connection walking into church. I find solace in the fact that most of the rest of world is on the right path to net zero energy. The present administration is just an unpleasant blip in history towards the greater good of humanity. Again, I thank you for sharing your reading time with Green Sanctuary. See everyone in church.

Jeff Green



North American Unitarian Association
Helping Liberal Religion Thrive

The **North American Unitarian Association (NAUA)** bi-monthly newsletter is called the Liberal Beacon. Click on this link to download the newsletter. <https://naunitarians.org/liberal-beacon/> A sample Liberal Beacon Newsletter is in the Gathering Room.

The **NAUA Monthly Academy Program October 14, 2025 – 6:30-8:00 PM** Zoom URL: <https://tinyurl.com/nauaacademy> The presentation features guest speaker Mark Reimers, a question and answer period, and then a breakout group for small group discussion. How do the billions of neurons in your head, tangled together like jello spaghetti, produce feeling, determination, love and laughter? Waking up, deliberation, remembering, effortful thinking, inner conflict, and day-dreaming are all aspects of consciousness. We will discuss how studies of brain activity during these kinds of experience can help clarify these questions. Will humans of the future understand consciousness? What difference could that make to how they live? Will the science of consciousness lead to enlightenment and understanding or to precise effective Machiavellian manipulation? Please join and bring a friend!

← **The NAUA 3rd Saturday of the month** Worship Service at 12:00 Noon Central Time on **October 18th**. Rev. Alex Holt, a longtime Unitarian minister. His theme will be "Welcoming the Stranger."

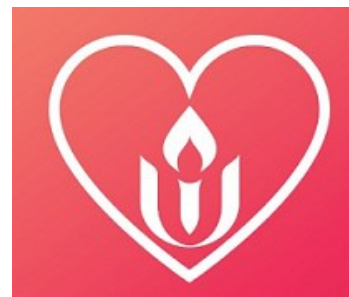
Check [HERE](#) for monthly updates. Zoom access to the Worship Service <https://tinyurl.com/NAUAService>

← **NAUA Conversation/Discussion CIRCLE:** This recently launched CIRCLE meets on the **First Wednesday of each month (6:00-7:30 PM Central Time)**. The CIRCLE is designed for NAUA members and friends to gather, share ideas, spark meaningful conversations, and deepen connections. It will be facilitated by a member of the NAUA Board of Trustees, is open to all members and friends, and does not require an RSVP. The zoom link is: <https://tinyurl.com/naua-circle>.



Connections

by Barb Anderson



In this "Golden Season of Harvest", I am honoring Michele Johson, who rents UUCC's old Music office, does the "Sound Baths" with her crystal bowls, co-leads the Positivity Project. Michele has also started the 'Positivity Pick-Up' on the last Sunday each month after the service. The Project picks up trash along Sycamore Drive and church grounds. Michele gets the "quiet, humble, unpaid Hero award" from me for all the work she has done for our church.



Paloma Chavira, daughter of Sara Furst Chavira and famous artist, Javier will be performing with the Suburban Youth Orchestra on October 19th. Please see the flier on the bulletin board.



Tall Grass Arts Association, 367 Artists Walk, Park Forest, has the Chicago Calligraphy Annual Juried Show from October 4th through November 8 with an Artists reception on October 4th from 1:00 to 4:00pm. All are invited to view the works and meet the artists that afternoon.

continued

UCC Annual Corn Roast

Sunday, September 7th
11:30 am to 2 pm
Burgers, Hot Dogs, Corn,
Side Dishes, Desserts



What's Happening at UUCC?



UUCC Men's Group

Via Zoom **Sunday, Oct. 12, starting at 6:30 p.m. until roughly 8pm**
As the result of a poll, the October meeting of the UUCC Men's Group has been postponed one week. If you identify as male and have not been receiving UUCC Men's Group emails from Allan Lindrup, but would like to join or try out the group, please contact him at uusj@sbcglobal.net or 773-595-4921.

In November regular meetings resume on the **FIRST SUNDAY of the month at 6:30PM**



Tuesday, October 7th at 10:30 am

This group meets the **FIRST TUESDAY of the month from 10:30am-noon** at UUCC. 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 MINISTRY

Meeting Wednesday October 8th at 1:00pm

Connections meetings are held every **2ND WEDNESDAY of each month from 1 to 2:30pm** at the church, as well as on Zoom. The group explores various topics and our conversations serve as a way to get to know each other. All are welcome!

All participants receive an email with the topic information and the Zoom link ahead of time.

If you would like to join us or have any questions, please contact the facilitator, Irene van der Hoek, at (708) 305-4913 or email tulip51girl@gmail.com

ATTENTION! Are you concerned about the environment?

Join the Multi UU Church Environmental Book Club

October 20th via Zoom This book club meets on the **THIRD MONDAY EACH MONTH from 7 p.m. to about 8:30 p.m.** Currently, the group is reading and discussing the classic 'Silent Spring' by Rachel Carson. If you would like to join or try out this book club, please contact

Allan Lindrup at uusj@sbcglobal.net or at 773-595-4921.



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

Buddhist Meditation

Saturdays at 9:30am -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

SAMHAIN CELEBRATION AND SILENT AUCTION SATURDAY, OCTOBER 25TH.

Samhain

Sat., Oct. 25
6 - 10 p.m.

Circle
Potluck
Silent Auction
Divinations
Community

Sylvan Sanctuary celebrates Samhain on Saturday, October 25 this year. The party begins at 6 p.m. Circle starts at 7:00 sharp. This year features a silent auction to raise funds for CUUPS and UCC. Please bring an item or service to donate to the Silent Auction. Also, bring a dish to share at the potluck, dress in your seasonal finest, and come to close-out the harvest in community. Email <mailto:sylvansanctuarycuups@gmail.com> or contact Angela Denk with any questions.

UCC
Park Forest
70 Sycamore Dr.



Sylvan Sanctuary CUUPS will be having a "Pop-up" **Silent Auction** at their Samhain celebration on **Saturday, October 25th**.

Items will be sold that evening, as well as the next day, **Sunday October 26th** after church. All funds raised will be split between UCC and Sylvan Sanctuary.

Please donate nice items, or volunteer services, to be sold. Items can be brought in starting **October 12th**.

For more information, contact Nancy Irons (irons.nancy@gmail.com)



HAPPY
HALLOWEEN



Sylvan Sanctuary CUUPS

Monthly meetings are the **FIRST SUNDAY of the month at 12:30pm**. Sylvan Sanctuary CUUPS is an open, eclectic, Neo-pagan circle affiliated with the Unitarian Universalist Community Church of Park Forest. For more information or to join the group contact Angela at sylvansanctuarycuups@gmail.com

Follow us on Facebook



NEW UCC Book Discussion Group

The next meeting will take place on the **second Wednesday**
OCTOBER 8TH at 5:30 to 7:30 pm in classroom 3.

We will begin with a general discussion about recently read books you have enjoyed. We will also discuss choosing a mutually agreed upon book to read for future discussion. Please join us! For more information contact the group facilitator Vicki Fotis 708-957-4822



RAINBOW CAFE

Rainbow Cafe will meet on Friday, October 17th, 2025

Doors to the church open around 6:30 pm. The film starts around 7:00 pm.

Soft drinks and snacks are served.



HAPPY, TEXAS When bank robbers Harry (Jeremy Northam) and Wayne (Steve Zahn) escape from prison and stumble into the tiny Texas Panhandle town of Happy, they're mistaken for the gay couple who were scheduled to help plan the town's child beauty pageant. As the criminals take advantage of the misapprehension to lie low while planning their next heist, complications include the local sheriff (William H. Macy) and his attraction to Harry, and Wayne's feelings for schoolteacher Ms. Schaefer (Illeana Douglas).

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



LGBTQ

Welcoming Congregation



**WE LOVE OUR
NEIGHBORS**

IMMIGRANT LGBTQ
OF COLOR WITH DISABILITIES
OF ALL AND ANY FAITHS

UUA.ORG/PAGES



A POSITIVITY PROJECT SUMMER SCHEDULE

THINK LIKE A
PROTON



♥STAY♥
POSITIVE

Feeling overwhelmed? Looking for a BRIGHT SPOT?

The **POSITIVITY PROJECT** meets **BOTH Monday, October 6th and Monday, October 20th at 6:30PM. Doors open at 6pm.**

Join folks who are sharing positive experiences and ways to see our world in a more satisfying light. Enjoy a soft beverage and a short meditation sending our most loving thoughts to the planet and inhabitants. All are welcome.

For more info contact Michele at 708-748-0362 Follow us on [FaceBook](#)

A Positivity Project invites you to, *Sounds for a Gentle Earth*, our next sound offering on **Friday, October 3rd from 6:30 – 7:30PM**

Did you know that sound can have a deep impact on us both physically and psychologically? Because we are made up of mostly water we are influenced by the frequencies of the noises around us. A sound bath is a meditative practice that incorporates the playing of bowls, bells, chimes or gongs and can be easier than other meditative practices because all you have to do is listen.

\$20 per person. Registration required.

Contact Michele Johnson at 708-748-0362



~POSITIVITY PICK-UP is the last Sunday of the month~

HELP US BEAUTIFY THE CHURCH GROUNDS SUNDAY OCTOBER 26TH AT 11:30

The Positivity Project plans to have another Sycamore Drive cleanup on September 28th after the service from 11:30-12:30

You may have noticed there is often debris strewn along the street, so we want to clean up around the church.

Come join us if you can. Bring gloves.

Contact Michele Johnson at 708-748-0362 with



**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 \$15 per class.

TRICK-OR-TREAT FOR UNICEF

On Sunday, October 26th we will be celebrating our annual Samhain or Halloween Sunday Service. Costumes are welcome. Please bring change or small bills to contribute to UNICEF during the service. Thank you!

The Unitarian Universalist Multiracial Unity Action Council

The next UUMUAC Monthly **Third Wednesday** Worship Service is on

October 15th 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.



UNITARIAN UNIVERSALIST
ADVOCACY NETWORK
OF ILLINOIS

Do you have an hour or so a month to help us put together our Actions of the Week? Please contact us if you do. Thanks!

You can take action and sign up HERE for [UUANI Actions of the Week](#)

With attacks on our UU values and the democratic system itself increasing, many of us are seeing a need to ramp up our efforts. Simple **legislative advocacy** efforts like our Action of the Week emails and witness slips continue to be important, and we will continue to offer them. Actions that take more effort - like customizing your letters, making phone calls and meeting with legislators - are more impactful, and we have started offering more of these opportunities to make a difference. These will be needed as we seek to help pass crucial [climate](#) and [restorative justice](#) legislation in this October's veto session in Illinois, and to stop US funding of the genocide against the people of Gaza.

Beyond such advocacy, we know that the electoral process has a significant impact on what happens legislatively. So we are gearing up for the next round of [VoteLove](#) (as UUtheVote is known here in Illinois). Here, too, we will continue to offer simple actions like writing postcards to encourage people to vote. And we plan to offer actions that take more effort - like community forums, [phonebanking](#) and [knocking on doors](#) - that have been proven to be even more effective. It's not too early to consider what level of participation you're up for.

And beyond all this, we are seeing the rise of an authoritarian regime threatening our democratic system and the rule of law. Many UUs are joining the just-launched [One Million Rising](#) campaign of strategic noncooperation and nonviolent resistance. Two actions that you can take now are: [Ground Avelo Airlines](#) and [Signs of Solidarity against ICE](#). You will hear more about this campaign in the weeks and months ahead.

In the meantime, please indicate which of these you might be up for on this short form (yes, we will follow up!):

[Click HERE to join us!](#)

Suburban Youth Symphony Orchestra Benefit with Paloma Furst Chavira Saturday, October 19th at 4:00pm

Paloma Furst Chavira will be participating in a benefit concert for the Suburban Youth Symphony Orchestra featuring the harpist, Lisa Tannebaum. It will take place Sunday October 19th at 4:00pm in the First Presbyterian Church at 900 Thomas St. Chicago Heights. There is a free will offering. Paloma will perform the first movement of the Bruch Violin Concerto No. 1.

A BENEFIT CONCERT
FOR THE
SUBURBAN YOUTH SYMPHONY ORCHESTRA



featuring

*Lisa Tannebaum,
Harpist*

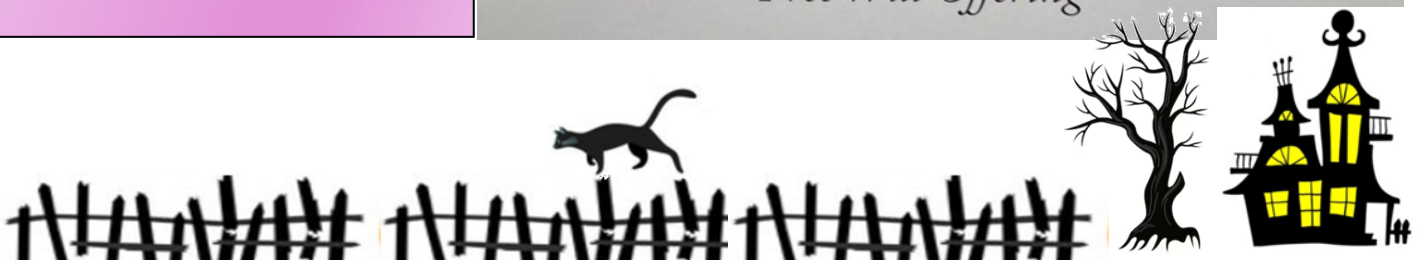
Sunday October 19, 2025

4:00 PM

FIRST PRESBYTERIAN CHURCH

900 Thomas St • Chicago Heights, IL 60411

~ Free Will Offering ~





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		30	1	2 9:30am Yoga 3pm PADS Team 7pm Flowering Dogwood Martial Arts	3	4 9:30am Online Buddhist Meditation
5 10am Worship 12:30 CUUPs Mtg	6 9:30am Yoga 6pm Positivity Project Group Share Meeting	7 10:30am Stitchery Group 7pm Flowering Dogwood Martial Arts	8 1pm Connections Group 5:30 UUCB Book Club 7pm Yoga	9 9:30am Yoga 7pm Flowering Dogwood Martial Arts	10	11 9:30am Online Buddhist Meditation
12 10am Worship 6:30p Men's Group	13 9:30am Yoga	14 7pm Flowering Dogwood Martial Arts	15 7pm Yoga 7pm UUMUAC online Worship Service	16 9:30am Yoga 7pm Flowering Dogwood Martial Arts	17 7pm Rainbow Café Movie Nite	18 9:30am Online Buddhist Meditation 12 NOON NUAU online Worship
19 10am Worship	20 9:30am Yoga 6pm Positivity Project Group Share Meeting 7pm Environmental Book Club (Zoom)	21 7pm Board Meeting (Zoom) 7pm Flowering Dogwood Martial Arts	22 7pm Yoga	23 9:30am Yoga 7pm Flowering Dogwood Martial Arts	24	25 9:30am Online Buddhist Meditation 6pm CUUPs Samhain Celebration, Potluck, Silent Auction
26 10am Worship 11:30 Positivity Pick-Up garbage around the church	27 9:30am Yoga	28 7pm Flowering Dogwood Martial Arts	29 7pm Yoga	30 9:30am Yoga 7pm Flowering Dogwood Martial Arts	31	Nov 1 9:30am 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:

Jerome Rowley

714-930-6134

jerome.rowley@gmail.com

Forum:

Allan Lindrup

773-595-4921

uusj@sbcglobal.net

UU Environmental Book Club:

Allan Lindrup

773-595-4921

uusj@sbcglobal.net

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

A Positivity Project:

Michele Johnson

708-748-0362

(Meetings, Sound bath, Labyrinth)

CUUPs - Sylvan Sanctuary

Angela Denk

sylvansanctuarycuups@gmail.com

Call or email 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 churchadmin@uuccpf.org

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

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