Sunday Worship Service 10:00am

Sunday Services

Nov 2 Maggie Reister Sacred Sands, the Spirit of the Indiana Dunes.

The Indiana Dunes is a place of beauty, but it's history is filled with intrigue. A reflection on the book Where the Water Goes Around: Beloved Detroit by activist and Minister, Bill Wylie Kellerman.

Nov 9 Rev. Denise Tracy Five Kernels of Corn: A Thanksgiving Message

On the table, next to every plate at the first Thanksgiving were five kernels of corn. What did this represent and what can we learn from this tradition?



Nov 16 Emily Mace Filling and Spilling the Horn of Plenty.

The Thanksgiving harvest symbol of the cornucopia, the "horn of plenty," has ancient roots in

Greek mythology, but can this symbol of abundance help us embrace gratitude? This service explores how gratitude and abundance intersect in our UU value of generosity.

Nov 23 Leanne Mull Finding Thanks

When the world, or your world is in turmoil it can be hard to find things for which to be thankful. This thanksgiving we may have to look a little harder but when we look, we will find.

Sunday Services continued

Nov 30 Bittersweet Christmas Band Through the Fireplace - A Celebration of Warmth During the Winter Holiday Season.

Those of us who dwell in cold climates are grateful for warmth and light at the coldest and darkest time of the year. This includes not only the physical warmth of fires, central heating, good food and warm clothing, but also the warmth of human caring and compassion that helps us all to make it through until Spring.

First Sunday Potluck November 2nd 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!

Kitchen Help Needed

We need kitchen help on Sundays making coffee, setting out snacks, and clean up afterward. On Potluck Sundays we need 3 to 4 people. A sign up sheet is in the gathering room. Choose the Sunday(s) that are convenient for you. You can also call the office to add your name to the list UUCC Office 708-481-5339.

You and UU Forum Sunday, November 9, 11:30 am, in Room 3, with the option to join via Zoom.

"You and UU: Considering Our 2nd UU Principle" Allan Lindrup will lead a series of 7 forums covering the 7 Principles, what they mean to us, and how we weave them into our lives.
On Nov. 9th, we will discuss Justice, Equity and

Compassion in Human Relations.



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

The "No Kings" protest march of October 18th was wildly successful and one of the largest protests in American history. Protesting in our country is a constitutionally protected right and not a privilege. It is guaranteed by the First Amendment to the Constitution as the right to assemble peacefully. More than seven million people across this country took to the streets to show the world that there is a substantial portion of our population that opposes Donald Trump and his policies, and political polling continually shows those numbers are growing. People feel that their rights as Americans are being stripped away by Trump and supported by the Republican majority in the House of Representatives and the Senate. Research conducted by Professor Erica Chenoweth (Harvard) determined that governments are highly unlikely to withstand a *nonviolent* movement made up of at least 3.5% of a population (that would mean at least 11.5 million people, based on the current U.S. population of roughly 330 million.).

The First Amendment to the Constitution protects fundamental rights including freedom of religion, the press, as well as the right to peaceably assemble and petition the government. The First Amendment was written in June 1789 by James Madison which, along with others, would become the Bill of Rights. They were finally ratified in December 1791. These rights were so fundamental to our freedom as American citizens that it was important to enact them into law. People did not want to have a King or Tyrant that might usurp the very freedoms that this country was founded upon. It was also important that these rights relied on peaceable means, not violent revolution, to be maintained. It is no coincidence that the French Revolution began in May 1789 in response to rejection of the monarchy. American patriots watched the events in France with wide-eyed focus and resolved to do better here. Today, we can take to the streets and protest, as long as it remains nonviolent.

The history of nonviolent protests has been remarkably successful, with such examples as Gandhi and Dr. Martin Luther King, Jr., both using them to achieve their goals. In the U.S., the Civil Rights movement of the 1960s was primarily led by Dr. Martin Luther King, Jr. and was based on the nonviolent teachings of Gandhi. Protestors were trained to always adhere to nonviolent behavior during the many marches they conducted, even when they were confronted with violence. Nevertheless, the movement persevered and ultimately was successful in changing laws that brought voting rights and other anti-discriminatory practices.

President's Column Continued

Today, terms like "woke" and "DEI" are commonly being used by the Right to describe concepts that the new conservative movement disdains. The term "woke" originally meant being aware and alert to racial prejudice and social injustice, an adjective that many of us have worn with pride. Now it is often used as a negative pejorative used by critics for behaviors which they see as politically liberal, extreme, or overly sensitive.

"DEI" stands for Diversity, Equality, and Inclusion, all aimed at promoting fair treatment and full participation for all individuals, including historically underrepresented minorities. Critics on the Right claim that this leads to reverse discrimination and can prioritize identity over merit. Government programs such as Affirmative Action led to a backlash by some white Americans who felt that educations and jobs were being unfairly granted to minorities and therefore pushed them out of consideration for these positions.

As conservative influences have overtaken American politics, much anger was focused on minorities, especially the influx of people from Latin American countries coming across our southern border. Many saw their presence in our country as taking away jobs from American citizens, ignoring the facts that show that they primarily perform low-paying jobs such as agricultural jobs, jobs in restaurant kitchens, or even non-union construction jobs. Much of this misplaced anger was based on ethnic and racial prejudice toward Latinos. Regardless of an individual's immigration status, they have guaranteed rights under the Constitution. Those rights have been steadily eroded under the Trump Administration causing non-citizens (and sometimes actual citizens) rights to be targeted.

There will be more nationwide protests against this Administration as we near the Midterm Elections in November 2026, and predictably the numbers of protesters will grow. This is a national movement that will determine our rights as citizens for generations to come. We must continue to pay close attention to what is happening in our country and protect our democratic rights as citizens. We cannot accept a monarch ever again.

Recommended Contractors and Native Plants Nursery

In the past several years, we were in need of several contractors to tackle the various projects in and around the church. Each and every one of them have been reliable and trustworthy, communicated with us in a timely manner, delivered quality work at a reasonable cost and acted in a professional manner.

If you are looking for a contractor, you may want to check these out:

Painting, Drywall, Power washing: NDD1

Corp. Ph: (708) 674-

8295 Email: ndd1corp@outlook.com

Website:www.ndd1corp.com Owner: Daniel

Moving and Junk Removal: Ricco's Rubbish Removal Ph: (708) 559-8049 Website:

www.riccosrubbishremoval.com

Co-Owners: Trushant and Prashant Amin

Native Plants, shrubs, trees: Possibility Place

Nursery, 7548 W Monee-Manhattan Rd,

Monee Ph: (708) 534-3988

Website: www.possibilityplace.com



UUCC Quarterly Social Justice Collections/Donations

(this process is to help social justice organizations beyond those, such as Respond Now and South Suburban PADS, that UUCC helps regularly)

Starting in January, 2026, one Sunday per calendar quarter will highlight a social justice (including environmental) organization selected by the below process. The cash collected that Sunday, plus checks made payable to UUCC, with the organization named in the Note section, shall be combined and one UUCC check sent to that quarter's social justice beneficiary.

To Nominate an Organization

- The nominator must be a UUCC member, or a UUCC Friend who has a record of contributing to UUCC.
- The organization must be a Sec. 501(c)(3) organization who's mission relates to social justice or the environment.
- The organization must either have a presence in Chicago's southern suburbs, or have state or local chapters that work on policies that impact the southern suburbs, or provide services available to south suburban individuals.
- The nominating individual must complete and submit a nominating form (Nominating Form Link HERE) by November 16, which provides basic information on the nominated organization, including their web site and/or other means to allow others to verify that the nominated organization qualifies. Nominations may be submitted to the church administrator or one of the church officers. The officers will review the nominations and determine if a nominated organization qualifies.
- If more than 2 organizations are nominated (for collections during the first two quarters of 2026), an electronic vote will be held during the first half of December to determine which organizations will be the beneficiaries of quarterly collection during the first two quarters of 2026. It is currently anticipated that another round of nominations will be sought in February-March 2026, for a vote (if there are more than 4 nominees) at the May Annual Congregational Meeting.



North American Unitarian Association Helping Liberal Religion Thrive

The **North American Unitarian Association (NAUA)** Read the bimonthly newsletter called the Liberal Beacon. HERE

The NAUA Monthly Academy Program November 11, 2025 – 6:30-8:00 PM 'The Life and Ideas of John Hassler Dietrich: Mystic, Humanist, Unitarian.' Zoom URL: https://tinyurl.com/nauaacademy

Those familiar with his name (whom are undoubtably fewer than this colossal figure deserves) are likely to associate John H. Dietrich with Religious Humanism, the 20th century philosophy he founded. But Dietrich was at least as much a modern mystic, driven throughout his life to delve deeper into that vastness of the endless mystery that envelopes our lives and is the fundamental nature of human existence, although few dare to admit it, let alone embrace it. Dietrich embraced it. Please join and bring a friend!

The NAUA <u>3rd Saturday of the month</u> Worship Service <u>November 15th at 12:00 Noon Central</u> Check <u>HERE</u> for monthly updates. <u>CLICK HERE</u> for Zoom access to the Worship Service.

NAUA Conversation/Discussion CIRCLE: First Wednesday of each month 6-7:30PM (Central).

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. To express an interest email circles@naunitarians.org



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

Our lighted marquee sign at Western Avenue has been repaired!! Thank you to Jodie Libretti for taking on this project and figuring out what was needed. The new lighting fixture was installed by Jeff Green and Mike Fischer. Again, thank you all for a job well done!

Thanks go out to everyone who donated items for our recent Silent Auction. To-date we have raised close to \$300, and more is expected to come in. The total raised will be in next month's newsletter.

Volunteer Opportunities!

Are you willing to commit to a Sunday or two each month? We need kitchen help, 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

Financial Update – The exterior of the building has had a major facelift. with over-hanging branches trimmed, gutters cleaned, siding, deck and patio power-washed, wood rot repaired, and two coats of paint, throughout, including the shed. The excellent job was done by the local firm NDD1, Corporation. Funds from the Capital Fund were used to finance this project. In the spring, we hope to have major repairs done on the parking lot. Quotes for the parking lot project have been very high. We will need to have a Capital Campaign in the new year to help cover the anticipated expense. We hope you will contribute generously.

Please contact me with any ideas for a campaign. irons.nancy@gmail.com

Nancy Irons, UUCC Treasurer

UUCC Rear OFFICE FOR RENT

UUCC 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 UUCC 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-Urquizo (lurquizo@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.

GREEN SANCTUARY BY JEFF GREEN - NOVEMBER 2025



If I were to name one thing that a person can do to reduce pollution, I would strongly suggest driving an electric car. One question would be, doesn't the electric utility produce pollution also. According to Union of Concerned Scientists, over the past several years the utilities are getting cleaner, while the straight gas cars can barely improve. On a coal only utility, comparable EVs and the gas equivalent come out close to even, depending on the utility. So to improve your pollution levels either a hybrid car or a battery electric vehicle would make your driving experience less polluting.

Before my first EV (electric vehicle), I was driving a small pickup truck. I had a 3rd party meter on it that would tell me my gas mileage as I was driving. It was something I really enjoyed keeping track to see how well I could do. The higher the gas mileage, the less pollution I was putting into the atmosphere, the better it is for my pocketbook. I would tune into the sound of the engine and the whine of the tires, while holding a steady throttle to the best of my ability. I put many a contented miles on the truck staying in the least pollution and best economy zone.

And then the EV bug got me. In one sense I am avoiding the word spiritual and then that's what It was. I had been waiting a long time for this. Bringing up my desire for an EV, my wife's words were, "Not with my money" quite clearly drawing a bright line for me. I was going to start driving an EV. This was in 2015 in which the new EVs were way out of my price range. Even the new Nissan Leaf was more than I was willing to spend. Looking through the used EVs online, I noticed the 2012 Mitsubishi EVs going for really reasonable prices. 64 mile range didn't deter me and I also wanted fast charging. There was an app on my phone that could locate the fast chargers and slow chargers available. The Mitsubishi that I purchased had two ports for charging. One fast and the other at a much slower speed.

Starting into this, I didn't expect a perfect experience. I expected to run into problems and issues. I looked at it from a learning experience. What will I do for what this EV can't do in driving range. There are 2 other gas cars in the family and possibly help from friends on those rare times. Needless to say, I always was able to do the things I wanted to do. This car was \$30,000 new and I bought it at 3 years old for \$6500 with a 5-year loan at \$115 a month. I was good to go on this. Earning big time dollars has never been a part of me. I put myself out there as an example of driving electric can be cheaper than gas and quite exciting. Many places I chose to go to in the suburbs, I had to charge to get back home. This took planning. Once the plan is in place, with a good app, you can find other convenient charging locations.

What brought me to talking about my first EV, is that this is my 10-year anniversary of driving electric. In that time of owning 3 different EVs, I have driven 151,000 miles. What is my pollution and energy cost saving numbers compared to had I driven the 2006 Toyota Tacoma? For brevity, I have shortened up what artificial intelligence worked up for me. Below is advantage EV in both energy cost savings and pollution. The Toyota pick up truck was compared to a Tesla Model 3 for 151.000 miles.

Comparative Analysis

fits

Financial Benefits

Total Energy Cost Sav-

ings: \$21,140

- Savings Breakdown:
- 1. Lower per-mile energy costs
- 2. More stable electricity pricing

Reduced fuel price volatility

Environmental Bene-

• Emissions Reduction: 52.9 metric tons CO2

- Equivalent Environmental Impact:
- Planting 870 trees
 Removing 11.5 passenger vehi-

GREEN SANCTUARY continued

The limitations of the 64-mile range car did get to me after 3 and a half years of driving . And yet I have fond memories of how I utilized it for my needs at the time. It truly was an adventure for me.

A few people have asked me what to consider for getting an EV. The number one thing I find important is to get into the Tesla Charging network which is now called the North American Charging Network. Assuming you get fast charging for your car, it's the best coverage of all the networks. Another important thing is to carry a charger with your car. In my case, I carry two. One goes bad, you will have a backup. At one point in time, I only recommended getting Tesla, simply because it was about the only decent EV out there. Now there are many EVs to choose from and I have no idea the pluses and minuses of each one.

Switching to an EV makes a massive difference in how we effect the earth and the atmosphere. EVs and renewable energy will only get cheaper with time and fossil fuels cannot improve. Utilities will improve their pollution rates in spite of our president who would be king. The world is moving ahead quite well without us and I am lifted up in spirit by such action.

We each strive to make sustainable changes over time. I look forward to hearing about each and every one. I welcome the privilege of being able to reach you in our newsletter and look forward to meeting everyone in person. Thank you for letting me be part of your reading pleasure.

Jeff Green

The UUMUAC (Unitarian Universalist Multiracial Unity Action Council) Chicago Area Chapter encourages our members and others to attend the following presentation related to multiracial unity in our nation's past.

Uncovering a Hidden History:

The Underground Railroad in South Chicagoland

UNDERGROUND RAILROAD PRESENTATION

Sunday, Nov. 16, 2025 - 3 pm at

St. Peter Claver Mission Catholic Church

14139 Clare Blvd. - Robbins, IL

Featuring Dr. Larry McClellan esteemed historian and author, who will give a presentation on the Underground Railroad in Chicago's Southland

This is a FREE event Provided

Refreshments



Listening Hearts November volunteers.

Jodi Libretti and Colin Kirchner 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.



Connections by Barb Anderson

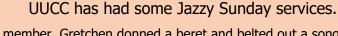


Sylvan Sanctuary CUUPS, led by Angela Denk at Unitarian Universalist Community Church in Park Forest IL, hosted a Samhain Ceremony on October 25th. We sealed intentions with wax, threw them into the fire, had a beautifully written ceremony, called the directions, honored loved ones with a calling of names accompanied by violin playing by Angela and feasted! There was drumming and five hot crock pots of home made food, bread and chocolate. An auction of homemade goods - jewelry, books and other generous donations followed. Here's my photos of the exquisite set up.









New member, Gretchen donned a beret and belted out a song in conjunction with Rev. Denise Tracy's service.

Bruce played guitar and sang with Chris Ussery at our Jazz fest.

Rev Henrietta Byrd's friends gave her a special celebration here at UUCC.

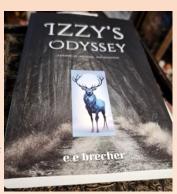




Patti Shaffner who is a Grief counselor, gave an inspiring sermon on Grief on Sunday October 19th

Beth Brecher, a UUCC member, has written a book," Izzy's Odyssey" which is being read by the PF book club.

Take a look outside on our patio, our church has been painted.



UU MEN'S RETREAT



NEW! ZOOM EVENT

When: Sat. Nov. 22nd, 2025

(10 am thru 12:00)

Theme: Communities and the Effect they've had on our Lives.

Host: Steve Hosmer

Cost: FREE

Communities have impacted us throughout our lives.

Are you aware of how community affected you as you grew and developed? Did they contain the same individuals as you aged? Were they comfortable or troublesome for you? Did you find you had a say in the communities that you participated in, or were they determined for you?

Armed with the consideration these questions pose, we invite you to join us on November 22, 2025, for a virtual retreat. We will host breakout discussions for individual viewpoints.

All genders and all faiths are welcome at this event.

To RSVP and receive (a few days before the event) the Zoom invitation and codes email your name, email and congregation to:

mensretreat@unitytemple.org

SAVE THE DATE - Men's Retreat weekend at St. Mary's/Baraga Retreat Center on the weekend of March 6th~8th, 2026

Committee Members: Mark Johansen, Rich Pokorny, Steve Hosmer, Alan Johnson, Allan Lindrup, Ed White, Nai Owens, Ralph Earlandson, Robert Innocenzi, John Meade and Ron Dubreuil.



The primary goal of UUMUAC is
Multiracial Unity, described by
Martin Luther King Jr. as the
"Beloved Community."
Reaching this goal requires unification
of the progressive peoples of the world
in the struggle against inequality
and injustice.

Our Vision We envision our congregations, associations, and communities as being not color blind but color appreciative; as judging and treating people by the content of their character, not the color of their skin, their cultural heritage, or other identity; and as treasuring all forms of diversity in the context of Martin Luther King's Jr's "Beloved Community." We call this vision Multiracial Unity.

Our Mission It is the mission of the Unitarian Universalist Multiracial Unity Action Council to foster activities for multiracial unity and to counter racism and neo-racism through worship, education, bearing witness, and other actions, and to find and engage like-minded individuals and groups.

We affirm the inherent worth and dignity of every person, and strive to defend freedom, reason, and tolerance as articulated in the Seven Principles of Unitarian Universalism adopted in 1985. This includes promoting their use in individual congregations, through congregational autonomy, and in our own actions.

Why Join Us?

To Worship We hold online services every third Wednesday of the month, based on our Vision Statement and the ideals of tolerance and equality.

To Learn Our books, forums, trainings, and the *MAC Arrow Journal* explain and advance our goal of exposing racism in all its historical and current manifestations.

To Bear Witness We speak out in writing or other actions and support the "fusion politics" of The Poor People's Campaign and other efforts to advance justice through multiracial unity.

Hello, community,



It's getting cold out there, and folks in shelter or living outside could use your support. As temperatures begin to drop, people living outside or without access to warm clothes could experience frostbite, hypothermia, amputation, or even death. We are asking for donations of NEW Adult coats for our shelter guests and outreach clients.

For more information or to coordinate drop-off, please get in touch with Rashida. You can reach her with the email address or phone number listed below.



Rashida Hughes, Shelter Operations Manager South Suburban Pads (SSPADS)

mailto:RHughes@sspads.org

Work:708-515-4940 Cell:708-495-7341

What's Happening at UUCC?



UUCC Men's Group Sunday, November 2, 6:30 - 8pm via Zoom

This group will meets, every **FIRST SUNDAY of the month**. Sessions involve in-depth check-ins, followed by a particular focus of discussion. Individuals who identify as male, who have not been getting the Zoom invites and codes, but who would like to receive them, should contact Allan Lindrup at uusi@sbcglobal.net or 773-595-4921.



Tuesday, November 4th 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 November 12th 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

November 17th 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 discussing the last 4 chapters of Rachel Carson's classic Silent Spring. Near the end of the session the group will discuss and vote on which environmental book to read and discuss next. If you would like to join or try out this book club, please contact Allan Lindrup at uusi@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

NEW UUCC Book Discussion Group

The next meeting will take place on the **second Wednesday NOVEMBER 12TH 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, November 21st, 2025

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

Soft drinks and snacks are served.



Priscilla, Queen of the Desert is a jukebox musical with book by Australian film director-writer Stephan Elliott and Allan Scott, using well-known pop songs as its score. Adapted from Elliott's 1994 film The Adventures of Priscilla, Queen of the Desert, the musical tells the story of two drag queens and a trans woman, who contract to perform a drag show at a resort in Alice Springs, a resort town in the remote Australian desert. As they head west from Sydney aboard their lavender bus, Priscilla, the three friends come to the forefront of a comedy of errors, encountering a number of strange characters, as well as incidents of homophobia, while widening comfort zones and finding new horizons.

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

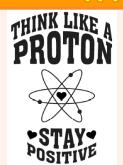








A POSITIVITY PROJECT FALL SCHEDULE



Feeling overwhelmed? Looking for a BRIGHT SPOT?

The **POSITIVITY PROJECT** meets **BOTH Monday**, **November 3rd and Monday**, **November 17th 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, November 7th 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





CANDLELIGHT LABYRINTH

NOVEMBER 24th, 2025 6:00 - 8:00 pm



Positivity Project invites you to peacefully walk the Labyrinth and reconnect with your spiritual center. Sit and pray for peace, health, Mother Earth, freedom from, and freedom for, in the warmth and serenity of our Labyrinth.

A \$10 donation is suggested.

For more information contact: Michele Johnson 708-748-0362

Unitarian Universalist Community Church, 70 Sycamore Street, Park Forest

Sycamore runs east from Western Ave. about 1/2 mile south of the intersection of Western Ave. and Steger Rd.

This is a left-hand turn when coming from the north.

~There will be no POSITIVITY PICK-UP until next year~





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

Monday & Thursday 9:30 - 11am AND Wednesday eve 7:00 - 8:30pm

This class is for everyone, beginner to experienced. No reservations needed.

Drop-in fee is \$15 per class. Call Karen (708) 755-3577

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



The Unitarian Universalist Multiracial Unity Action Council The next UUMUAC Monthly <u>Third Wednesday</u> Worship Service is on November 19th 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

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 <u>climate</u> and <u>restorative justice</u> legislation in this October's veto session in Illinois, and to stop US funding of the genocide against the people of Gaza.

UUANI Actions of the Week

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 fo-

rums, <u>phonebanking</u> and <u>knocking on doors</u> - 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!









Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30am Online Buddhist Meditation
2 10am Worship 12:30 CUUPs Mtg 6:30pm Mens Group	3 9:30am Yoga 6pm Positivity Project Group Share Meeting	4 10:30am Stitchery Group 7pm Flowering Dogwood Martial Arts	5 7pm Yoga	6 9:30am Yoga 7pm Flowering Dogwood Martial Arts	7 6:30pm Sound Bath	8 9:30am Online Buddhist Meditation
9 10am Worship 11:30am FORUM WORLD FREEDOM DAY	10 9:30am Yoga	11 VETERAN'S DAY 7pm Flowering Dogwood Martial Arts	12 1pm Connections Group 5:30 UUCC Book Club 7pm Yoga	13 9:30am Yoga 7pm Flowering Dogwood Martial Arts	14	15 9:30am Online Buddhist Meditation 12 NOON NUAU online Worship
16 10am Worship	17 9:30am Yoga 6pm Positivity Project Group Share Meeting 7pm Environmental Book Club (Zoom)	7pm Board Meeting (Zoom) 7pm Flowering Dogwood Martial Arts	7pm Yoga 7pm UUMUAC online Worship Service	20 9:30am Yoga 7pm Flowering Dogwood Martial Arts	21 7pm Rainbow Café Movie Nite	22 9:30am Online Buddhist Meditation
23 10am Worship Nov 30 10am Worship	24 9:30am Yoga 6pm Candle Labyrinth	7pm Flowering Dogwood Martial Arts	26 7pm Yoga	27 HAPPY THANKSGIVING	28	29 9:30am Online Buddhist Meditation



Event Facilitators

Buddhist Meditation: Steve McCabe <u>steve.mccabe6914@gmail.com</u>

Yoga: Karen Nielsen 708-755-3577 <u>shanti-one@comcast.net</u> 714-930-6134 <u>jerome.rowley@gmail.com</u>

Forum: Allan Lindrup 773-595-4921 <u>uusj@sbcglobal.net</u>
UU Environmental Book Club: Allan Lindrup 773-595-4921 <u>uusj@sbcglobal.net</u>
Connections Group: Irene van der Hoek 708-305-4913 <u>tulip51girl@gmail.com</u>
Men's Group: Allan Lindrup 773-595-4921 <u>uusj@sbcglobal.net</u>
uusj@sbcglobal.net

Stitchery Group: Karen Beran 708-532-6024 <u>greywolf2496@hotmail.com</u>
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