

UUCC Community News

Unitarian Universalist Community Church

February 2026



Sunday Worship Service 10:00am

Sunday Services

February 1 Allan Lindrup Done the Right Thing

In the spirit of multiracial unity during Black History Month, this service will shine a light on five notable 18th and 19th century white allies of the struggle for black liberation.

February 8 Rev Denise Tracy

Looking In the Mirror: A Conspiracy of Love
A reflection on our world, our government, our world and how we might respond.

February 15 Thomas Vizzard TBA

February 22 Rev Henrietta Byrd

Our Culture of Love!
Loving our lives and the way we live.
Bringing together our ways of living.
Learning to celebrate our gifts of one another.

First Sunday Potluck February 1st after worship



At UUCC, the first Sunday of each month, after the 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 UUCC Office (708-481-5339) to add your name to the list.

You and UU Forum Sunday, February 8th at 11:30am, in Room 3, option to join via Zoom.

You and UU: Discussion and thoughts about the 5th UU Principle (Practicing the right of conscience and the use of the democratic process within our congregations and in society at large). Watch for the FORUM Zoom Link in your Sunday invitation or contact Allan Lindrup uusj@sbcglobal.net or 773-595-4921 for link.

Respond now currently has a vast surplus of food. They are asking for monetary donations until further notice.

Donations can be made directly to [Respondnow.org](https://www.respondnow.org).



Fundraiser for PADS AND RESPOND NOW

SUNDAY, March 1st 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, salad, or dessert to share

Donations for **PADS** (Public Action to Deliver Shelter) and **RESPOND NOW** are appreciated.

Make checks out to **UUCC** with **SOUP KITCHEN** on the memo line.



Listening Hearts

Listening Hearts

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



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



The President's Column January 2026 by Laurene Lambertino-Urquizo



Sometimes it helps us to take a moment and observe all the major changes around us and how we are dealing with them. People enter and exit our lives over time, and they can have a significant impact. In recent weeks we have lost Bill Decker, the husband of Rev. Denise Tracy. It happened suddenly and unexpectedly, like a thief in the night, robbing Denise of both the love of her life and her best friend. Bill's death also robbed our congregation of a beloved presence because every time Rev. Denise came to UUCC to give a service, Bill was always by her side, doing the readings and helping with the service. Their partnership enriched the Sunday morning experience for many of us. I know it did for me. I always came away from them feeling that I had learned something and participated in a special time.

Bill and Denise met in 1980, and they were married by 1982 – on the coldest day of the century. It was -20° with a windchill of -60°! The ceremony took place on January 16th at a colleague's church and Denise said that it was attended by over 600 people (the largest wedding ceremony that she had ever been involved in) and there would have been more had it not been for the roads being closed due to the weather. The pipes in the church had frozen so her father and other men used hair dryers to thaw them so the caterers would have water available. Bill's friends said that the freezing temperatures were his fault because "hell would have to freeze over before Bill ever got married."

Bill always fully supported Denise's career as a minister and as a partner in all aspects of their life together. They adopted three special needs children (two from Thailand), and they travelled extensively across the world for their work. Their son, Kyle said by age 9, he had been to Europe four times. Bill was a trained social worker who used his degree to become a trainer for Fortune 500 companies and travelled the world to make their business supervisors better and more nurturing individuals.

Bill was also a devotee of Tai Chi and spirituality. He loved the inner peace that comes from meditation and practiced TM (Transcendental Meditation) daily for over fifty years. He was gregarious, gentle, and kind. At UUCC, Bill was everyone's favorite. He always sat next to JoJo Martin and they teased each other, calling herself Bill's "church wife." Chris Ussery, our church musician, also had a special bond with Bill, playing Beatles tunes for him during the Prelude. Both Bill and Denise felt very much at home at UUCC and that they were welcome here. We all felt the same way about them, and we all feel the emptiness and grief keenly of Bill's departure from us. He will be greatly missed and will not be forgotten.

A memorial for Bill will be held on April 11th here at UUCC and all are welcome. Some of Bill's Tai Chi friends will be leading a Tai Chi Meditation in his honor. We will have more information about the details of the memorial as we are nearer the date. The service will be Zoomed for his friends all over the world.

As loved ones sometimes leave our lives, new ones will surely enter. Our longtime Office Administrator, Virginia Jackson, has left our employ at the end of 2025 after many years of service. We wish her well in her new pursuits. We were lucky to find a person from within our community who has agreed to fill the position as interim Office Administrator. She is Karen Beran and is known for leading the monthly Stitchery Group at the church. Karen told me that she first came to UUCC in her quest to find a church that worked with P.A.D.S because she wanted to work with the homeless. Karen has worked as a Librarian at Tinley Park Public Library and retired in 2019 after 38 years there. Even after retirement, Karen has remained working part-time at Riverdale Library. She looked for new ways to use her time and energy to be of service to others and began to work as a caregiver for the elderly and the infirm. Karen brings a great deal of spirit and heart to all her pursuits, and we welcome her to our midst.

Capital Campaign to Rebuild the UCC Parking Lot

Over the years, UCC has tried to address deterioration issues with its parking lot by filling potholes and applying sealcoating. These were short-term fixes. At this point, the parking lot has many large splits and alligator cracking, particularly in the front half of the lot. The UCC Board now proposes a longer-term fix, that includes removing and replacing asphalt, in addition to sealing and repainting.

Last summer we sought bids from three local firms. Two were accredited with the Better Business Bureau (BBB). The third firm wasn't BBB accredited, but had been in business since 1968, had no complaints filed with the BBB, and had an A+ rating with that agency.

All of the firms provided bids with multiple options. Two of the firms gave us 3 types of bids, while the third gave us 2. One of the BBB accredited firms gave bids in the name of a different, not BBB accredited, company. They said they operate under different names in different towns. We considered that shady, and so have ruled that firm out.

Bid #1 from Sunny Construction Co., which was for rebuilding our whole parking lot, other than the gravel base, was for \$55,250. The comparable bid from F&J Paving came to \$49,500, but their specifications regarding the gravel base included wording that could drive the final cost up tens of thousands of dollars higher. F&J Paving gave a bid offering to rebuild the 1/3 of the parking lot with the worst problems, for roughly 65% of the cost (\$31,600) of rebuilding the whole parking lot. Sunny Construction was not willing to do a rebuild of just a portion of the lot.

We will need to get an updated version of whichever bid we settle on, as prices change (usually increase) from year to year. The goal for this capital campaign is to raise \$50,000. To encourage generous giving by our members and friends, a group of three members has created a matching grant fund of \$16,000. They will contribute 50 cents for each dollar you donate up to \$1,000, then match donation amounts over \$1,000 dollar for dollar (up to their total of \$16,000). Thus, a \$500 contribution to the Capital Fund will bring in \$750, while a \$2,000 contribution to that fund will bring in \$3,500.

The capital campaign will run from February 1 to March 28. Please make your check payable to

UCC, with "Capital Fund" in the Memo section. If you choose to donate through our church's web site, please add 3% to cover the transaction fee, and leave a note or message that the contribution is for the Capital Fund. Thanks for the financial support you will provide to the capital campaign.

Together we can do this.

Allan Lindrup, Capital Campaign Co-Chair

Save the Parking Lot! Donate Today!
2026 Capital Campaign

Please show us
some love!

Make checks payable to UCC and mail to:
70 Sycamore Drive, Park Forest, IL 60466

OR to use a credit / debit card, go to www.uuccpf.org/Donation

May what you give bring you joy!

Financial Update

Financial Update – We are half-way through the fiscal year. Are you half-way through your pledge payments? If you are not sure, just ask me to check the status of your pledge for you. Do you need a tax letter for your 2025 Income Tax deductions? Please let me know, preferably via email, so that I can provide you with such a letter.



This month we are launching a Capital Campaign to raise funds for parking lot repairs, and resurfacing. These renovations are expected to cost over \$48,000 and will more than deplete our Capital Fund, which currently stands at \$17,000. We would like to raise \$50,000 and have arranged for a partial matching-fund campaign. Ultimately, we may need to tap into our endowment investments to help pay for this project. Please consider what you would be willing and able to contribute. For more information, visit our "Save the Parking Lot" table in the Gathering Room. We truly depend upon and need your support.

Volunteer Recognitions

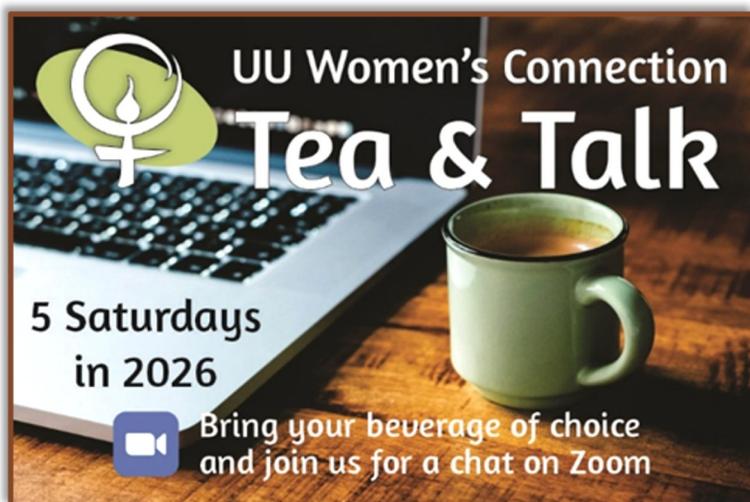
The end of January saw the move of Dick Lewis, who has been a very active member of UUCC. Dick has presented several sermons; served as a Listening Heart and served on the Board Trustee. Dick's advice and counsel have always been of great value. The January 25th Sunday Service included a send-off tribute to Dick. We wish him the best in his new home, but will miss him sorely!

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. We recently had our overhead lighting converted to LED. Would you be willing to bundle up all the old fluorescent tubes in the storage room and take them to Home Depot for recycling (Matteson Home Depot Recycle Service Desk 1-800-466-3337, 708-481-1551)?

Please contact the office (708-481-5339 or churchadmin@uuccpf.org) for more information or to arrange access to the building and supplies.



Saturdays
2:00pm
Central time via Zoom

Upcoming dates

March 21st
June 20th
September 19th
October 31st



**RONALD McDONALD
HOUSE CHARITIES**

PULLING POP TABS FOR A PURPOSE

Across the Chicagoland area, hundreds of individuals, schools and companies are working together to collect pop tabs to benefit Ronald McDonald House Charities of Chicagoland & Northwest Indiana (RMHC-CNI). Those pop tabs are recycled by United Scrap Metal, and the charity will receive the market value of the recycled metal, plus a charitable match from United Scrap Metal.

There is now a pop top collection jar located in the kitchen at UUCC. Please bring in your pop tops to contribute to this worthwhile charity.

RonaldHouseChicago.org 630-527-3800



GREEN SANCTUARY

BY JEFF GREEN – FEBRUARY 2026



The little island country of Cuba is now being squeezed by the Trump administration. Cuba was getting a great deal of oil from Venezuela along with money. Trump has cut off the money and oil from Venezuela and now says Cuba must negotiate with him. If you look down through the list of benefits of renewable energy, Cuba could have energy independence, economic stability, and energy security as their three top needs from renewable energy. Along with the other important environmental points. Not only Cuba, but I remember Germany also falling prey to fossil fuel shortage. With renewable energy, almost every country in the world can have a great deal more energy security rather than energy vulnerability. Below is the link describing Cuba's position that Donald Trump has decided to exploit.

<https://www.aljazeera.com/news/2026/1/11/trump-says-no-more-venezuelan-oil-or-money-to-go-to-cuba-and-demands-deal>

The next line is what I entered into AI to get a full picture of the vulnerability of fossil fuels compared to renewable energy.

#How does renewable energy fair better for national security than fossil fuels#

Benefits of Renewable Energy for National Security

Energy Independence

- **Reduced Dependence on Imports:** Renewable energy sources, such as wind and solar, are available domestically, decreasing reliance on foreign fossil fuels. This enhances national security by reducing vulnerability to geopolitical tensions and supply disruptions.

Economic Stability

- **Job Creation:** The renewable energy sector creates more jobs compared to fossil fuels. This economic growth can lead to a more stable and resilient economy, which is crucial for national security.

Environmental Resilience

- **Lower Pollution Levels:** Renewable energy sources emit little to no greenhouse gases, improving air quality and public health. A healthier population is better equipped to respond to national emergencies and crises.

Energy Security

- **Diverse Energy Sources:** Utilizing a mix of renewable energy sources can create a more resilient energy grid. This diversity helps protect against energy shortages and price volatility associated with fossil fuels.

Climate Change Mitigation

- **Addressing Climate Threats:** Transitioning to renewable energy helps combat climate change, which is increasingly recognized as a national security threat. By reducing greenhouse gas emissions, countries can mitigate the risks of extreme weather events and resource conflicts.

Continued

GREEN SANCTUARY continued

Technological Advancements

- **Innovation and Competitiveness:** Investing in renewable energy technologies fosters innovation, keeping nations competitive in the global market. This technological edge can enhance national security by ensuring access to advanced energy solutions.

Renewable energy not only supports environmental goals but also strengthens national security by promoting independence, economic stability, and resilience against climate-related threats.

The silver lining in the dark cloud of Trumpism, is that Cuba has had its vulnerability exposed to them in a painful way. I can only hope that they work forward in bringing all the benefits they can to themselves by increasing renewable energy and decreasing fossil fuels. Resilience in the face of authoritarianism can make us all stronger in the long run. We are being tested in this time. Thanks to everyone for taking the time to make Green Sanctuary a part of your reading time pleasure. Hope to see you all in church. Jeff Green.



Green Sanctuary 2030

Greetings!

At the Unitarian Church of Hinsdale, we have begun work on the new program provided by the UU Ministry for Earth, called Green Sanctuary 2030. We are studying closely the component called Community Resilience—cultivating communities of care to prepare for and respond to climate disruption.

We have determined that one of the biggest effects of climate change in the Chicago area is the increase in flooding. What used to be 100-year floods now occur every year or two. And of course, the areas most stricken by floods are often those least able to cope with them. We asked ourselves, What would we do if a good friend or a relative were to be flooded out and called for our help? Well, we would go there and do whatever we could.

From this discussion came the idea of inviting our congregation to participate in a kind of rapid response team; when a flood occurs, we will reach out to the neighborhood affected and offer our help in the immediate crisis—cleaning out basements, offering food and fresh water, helping with repairs. Our church members can take part in the solution without having to join committees or go to meetings—just pledge to be available in times of emergency. And we avoid the kind of action where we try to “solve their problem”—we help in whatever way they know they need.

We would like to know if you have been working on Green Sanctuary 2030, and your experience and thoughts about the program. Specifically, we would like to know if you have given thought, at your church, to this kind of community resilience work. If multiple congregations could participate in rapid response to flooding, we can all multiply our compassionate efforts in times of crisis. I invite you to let me know what your church is doing in this area, and how we can work together.

Thanks, Dave Lloyd (UCH Green Sanctuary chair)



Connections

by Barb Anderson



In this time of cold, darkness, rest and inspiration - I am going outside every day, keeping social connections and throwing off stress. The connections group facilitated by Irene van der Hoek, talked about play. Here's some of my photos: see if you can identify the young girl playing with water by the sink.



Bruce and his Grandson.



UCC is sad to lose Dick Lewis, who is moving to Arkansas to be near his family.

Homewood Stories at the Flossmoor Community Center was a good time.



Monica Regan



Giggy Stackberger-Warner

Chief made an appearance at The Knowledge Exchange of GSU, where several of us UUs eat lunch together between classes on Fridays.

2nd Tuesdays of the month, 7:30-9pm.
FCC Community House.
847 Hutchinson Rd
homewoodstories@gmail.com

UU MEN'S RETREAT



When: Friday March 6th (7:00pm) thru Sunday March 8th (12:00 Noon), 2026

Where: Baraga/St. Mary's Retreat House, 14230 Main St. Lemont IL, 60439

Phone: 630-257-5102

Welcoming: all who identify as male and all faiths.

Theme: ROAD TO POSITIVE MASCULINITY

Keynote Speakers: Our Retreat Committee Members.

Discussion Topics: Why Are Modern Men Struggling?

Activities Include: Nature walk, Chair Yoga, Drumming & Open mic.

Cost: The retreat costs \$180 and includes a single room, two nights, three meals Saturday and breakfast Sunday.

Saturday Day Only: Participation For \$95—Limited Number (Includes 3 meals)

Scholarships are available! Full payment is needed by Friday, Feb 27th.

To pay/register by credit card use Eventbrite link:

<https://www.eventbrite.com/e/1969797400049?aff=oddtcreator>

To pay by check, request a scholarship, or have registration questions contact us at:

mensretreat@unitytemple.org or call 708-383-3734.

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

We are now offering Podcasts!

UUMUAC is now offering a growing library of podcasts that features sermons from our 40-plus monthly Vespers services, along with newly digitized recordings by founding member the late Finley Campbell. These short, accessible episodes make a welcoming experience for people who want to listen to them while driving, walking, crafting, or simply taking a quiet moment. Our Vespers services are already on YouTube and new podcast episodes are being added regularly to our feed on <https://rss.com/podcasts/uumuac-you-me-act>. These thoughtful and inspiring audio recordings are perfect for people who support liberal religion and multiracial unity, but don't have time for a full-length service. To help others discover this new resource, please share, rate, and comment. If you have additional feedback, or want to help with the conversion process, contact Bjeanwalsh@outlook.com. For more information about UUMUAC, visit our website UUMUAC.org.





North American Unitarian Association
Helping Liberal Religion Thrive

The **North American Unitarian Association (NAUA)** Read the bi-monthly newsletter called the Liberal Beacon. [HERE](#)

The **NAUA Monthly Academy Program** The NAUA Academy provides courses to Members of the NAUA and others interested in Unitarianism, Unitarian Universalism and Liberal Religion. Participation in courses is virtual, using Zoom. Sessions consist of a presentation followed by small group discussions. [CLICK HERE](#) for monthly updates.

The NAUA **3rd Saturday of the month** Worship Service **February 21st at 12:00 Noon Central** Check [HERE](#) for monthly updates. [CLICK HERE](#) for Zoom access to the Worship Service.

NAUA Conversation/Discussion CIRCLE: Meets the 1st and 3rd Thursday each month from 11:00am - 12:00 noon Central Time. *The Thursday Connection CIRCLE is accepting new*



participants. 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. If you'd be interested in joining this CIRCLE, please email circles@naunitarians.org



Watch recordings of past events:
[NAUA's YouTube Account](#)



View updates, links to recordings, special messages, etc. on the [NAUA Public Facebook Page](#)



Check out the [NAUA website](#) for: Upcoming events, who we are, the latest news, becoming a member, past publications, and more!

Get involved, get supported, support others.

Side With Love Action Center

“There is no such thing as a single-issue struggle because we do not live single-issue lives.”
 — Audre Lorde

Action Center Guide

The work that we do together to build a world in which all of us are free and thriving is interrelated. When we ground our spirits, grow our skills, and act strategically for justice in deep relationship with each other and our Movements, we choose to Side With Love.

Action Center is a place where we unite in work towards a world where we all thrive. Together we take action, Side With Love, and make deep impacts in this critical moment.

Our intersectional justice priorities are:

Climate Justice (inclusive of Indigenous sovereignty and Climate Resilience) with [Create Climate Justice](#)

Democracy and Electoral Justice (inclusive of Voting Rights and electoral participation) with [UU the Vote](#)

Decriminalization (inclusive of Racial Justice and Immigration Justice) with [Love Resists](#)

LGBTQIA+ and Gender Justice (inclusive of reproductive justice and abortion access) with [UPLIFT Action](#)

Will you join us?

[Subscribe](#) to our newsletters

[Join](#) one of our volunteer Squads, the backbone of the Action Center.

What's Happening at UUCC?



www.freepik.com

UUCC Men's Group

Sunday, February 8th, 6:30 - 8pm via Zoom

To accommodate Dick Lewis, who wishes to continue with our virtual group, but who will be moving the weekend of February 1st, the Men's Group has agreed to hold it's February meeting on Sunday, Feb. 8th, at the usual time from 6:30 - 8 pm. Anyone identifying as male, who would like to join us, but who has not been receiving our Zoom invitations, should contact Allan Lindrup at uusj@sbcglobal.net or 773-595-4921.



UUCC Craft Group meets the 1st Tuesday of the month from 10:30am - 12 noon.

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 craft that you enjoy, let's get together to craft, talk and mingle. For more information contact Karen Beran 708-481-5339.

UUCC CONNECTIONS SMALL GROUP MINISTRY

Meeting Wednesday February 11th at 1:00pm

Connections meetings are held every **2ND Wednesday of each month from 1 - 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

February 16th via Zoom This book club meets on the **3rd Monday of each from 7 - about 8:30pm.** Currently, the group currently reading and discussing "What If We Get It Right" by Ayana E. Johnson. 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 9:30 - 10:30am

Location: Online

Cost: Free will offering

Contact: Steve McCabe steve.mccabe6914@gmail.com

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.



UUC Book Discussion Group

The next meeting will take place on the **2nd Wednesday FEBRUARY 11TH at 5:30 - 7:30pm** in classroom 3. **We will have a discussion about recently read books you have enjoyed.** Please join us! Optional: Bring a snack to share. For more information contact the group facilitator Vicki Fotis 708-957-4822

RAINBOW CAFE

Rainbow Café Movie will be shown on Friday January 16, 2026. Doors open at 6:30pm, the movie starts at 7:00pm. Soft drinks and snacks will be served.

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

We meet every 3rd Friday at 7:00pm to watch a LGBTQ film. Join the discussion after the film.

**Invite friends!
Optional - bring snacks to share.**



LGBTQ
Welcoming Congregation



WE LOVE OUR NEIGHBORS
IMMIGRANT LGBTQ
OF COLOR WITH DISABILITIES
OF ALL AND ANY FAITHS




Unitarian Universalist Community Church
70 Sycamore Drive, Park Forest, IL 60466
708-481-5339 uucepf.org



Save the dates!
Follow Sylvan
Sanctuary CUUPS
at

[www.facebook.com/
sylvansanctuary](http://www.facebook.com/sylvansanctuary)

and never miss an
announcement or
gathering.



MUUSA

MUUSA (MOOSE-ah) is the Midwest Unitarian Universalist Summer Assembly. We want UUs from nearby congregations to join us at our new home in Ripon, Wisconsin from July 5 - 11, 2026. Our roots in Wisconsin go back to 1944. We're excited to be back home.

We are an annual intergenerational Unitarian Universalist retreat for fun, fellowship, and personal growth. Our safe space for everyone has many activities so everyone joining us will find lots to do. Family-friendly fees include programming for all ages, prepared meals, lodging and a diverse bunch of like-minded folks. Visit muusa.org for general information, and click the brochure link for more specific details.

We'll meet at Ripon College, which is within 250 miles of the almost 100 UU congregations receiving this email. It is loaded with facilities to make our week outstanding.

I've been going to MUUSA and its predecessor, the Lake Geneva Summer Assembly, since 1979. Many leaders of my congregation in Bloomington, Indiana are MUUSA alums. MUUSA builds UU commitment.

I'm leading the MUUSA Congregational Outreach effort. I'm hoping you will provide me with an initial contact in your congregation. It might be a minister, RE Director, Board member, or an interested congregant.

Thanks,

Guy Loftman, MUUSA Congregational Outreach Coordinator

POSITIVITY PROJECT FEBRUARY SCHEDULE



Feeling overwhelmed? Looking for a BRIGHT SPOT?

THE **POSITIVITY PROJECT** will have 2 meetings this month.
Monday, February 2nd & 16th at 6:30pm. Doors open at 6:00pm.
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, February 6th 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



~There will be no POSITIVITY PICK-UP until spring~



Join the NAUA Spirituality CIRCLE!

Are you interested in exploring spiritual topics in a supportive, open-minded group? After the 2025 NAUA Summit, many expressed interest in a space to discuss ideas on spirituality. We are excited to offer a Spirituality Circle starting this February!

When: 4th Monday of each month - Starting Monday, February 23rd

Time: 6:00pm Central

What's it all about? Each session will be a chance to dive into a new spiritual topic, guided by facilitator Allan Lindrup. At the first meeting, we'll brainstorm a list of potential topics, then vote on which ones we want to explore over the next 7 sessions.

Ready to join?

If you'd like to be part of this thoughtful, spiritual exploration, email us at circles@naunitarians.org
Registration is required and open until Friday, February 20th.

Don't miss this chance to engage in meaningful conversations about spirituality—come, share, and grow with us!



A Moment in Balance weekly Yoga Classes by Karen Nielsen at UCC 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

The Unitarian Universalist Multiracial Unity Action Council

The next UUMUAC Monthly **3rd Wednesday** Worship Service is on

January 21st at 7:00pm 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, 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.

We also 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!](#)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10am Worship	2 9:30am Yoga 5:30pm Positivity Project Group Share Meeting 	3 10:30am UUCC Craft Group	4 7pm Yoga	5 9:30am Yoga 3pm PADS team 7pm Flowering Dogwood Martial Arts	6 6:30 Sound Bath	7 9:30am Online Buddhist Meditation
8 10am Worship 11:30am Forum 6:30pm Men's Group	9 9:30am Yoga	10	11 1pm Connections Group 5:30 UUCC Book Club 7pm Yoga	12 9:30am Yoga 7pm Flowering Dogwood Martial Arts	13	14 9:30am Online Buddhist Meditation <i>Be my Valentine!</i> 
15 10am Worship	16 9:30am Yoga 5:30pm Positivity Project Group Share Meeting 7pm Environmental Book Club (Zoom)	17 7pm Board Meeting	18 7pm Yoga 7pm UUMUAC online Worship Service	19 9:30am Yoga 7pm Flowering Dogwood Martial Arts	20 7pm Rainbow Café Movie Nite	21 9:30am Online Buddhist Meditation
22 10am Worship 1pm Dulcimer Society	23 9:30am Yoga	24	25 7pm Yoga	26 9:30am Yoga 7pm Flowering Dogwood Martial Arts	27	28 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	708-481-5339 churchadmin@
A Positivity Project:	Michele Johnson	708-748-0362 (Meetings, Sound bath, Labyrinth)
CUUPs - Sylvan Sanctuary	Angela Denk	sylvansanctuarycuups@gmail.com

Office hours: Tues., 10am-noon, Thurs., 10am-6pm, Fri. 9-11am. Calls and emails outside of these hours will be returned within 48 hrs — 708-481-5339 — churchadmin@uuccpf.org

Church Information

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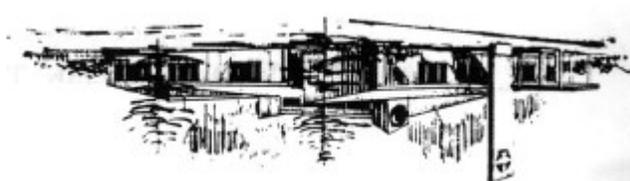
E-Mail: churchadmin@uuccpf.org

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
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