

UUCC Community News

Unitarian Universalist Community Church
May 2026



Sunday Worship Service 10am

Sunday Services

May 3, The Rev Ms Denise D Tracy

Women Hold Up Half the Sky

Usually in March to celebrate International Women's Day I preach on feminism. This year has been a different year. So closer to Mother's Day, I want to speak about women's issues and the world.

May 10, Mary Ann Zimmerman

Passages of Motherhood

We will visit some of the passages of Motherhood from conception of a child till death. In doing so, we will try to gain a greater appreciation of our Mothers. We will celebrate, honor, and commit to helping Mothers. And ask their forgiveness.

May 17, Rev Henrietta Byrd

Our Capacity To Utilize Our Gift of Power

1. Remembering We Are Power
2. Accessing It At Will

May 24, Thomas Vizzard

Pagan for Pride

A message about paganism, unitarianism, and the upcoming pride month.

May 31, Harlie Wilson

What If Love Doesn't Require Ashes?

What if the most loving thing you can do is not burn yourself to the ground? This service is for anyone who's ever felt totally drained by trying to help—we'll talk about the difference between real sacrifice and self-destruction, and how to keep your own light going without running on empty.

SAVE THE DATE

Annual Congregational Meeting May 17

The annual congregational meeting will be held in May. At that meeting we will elect new Board Trustees. Are you be interested in joining our Board? If so, please inform one of the current Board members or contact the UUCC office 708.481.5339.

First Sunday Potluck May 3 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!

Celebrate Beltane (Mayday) Saturday, May 2 2-5pm

Beltane is an ancient festival celebrated on May 2, halfway between the spring equinox and summer solstice. It marks the beginning of summer, fertility, and spring. Historically, it is a fire festival designed to protect livestock, communities, and welcoming the returning warmth.



Join the Sylvan Sanctuary CUUPs chapter at UUCC for a family friendly ritual, including a Maypole dance, followed by potluck. Please bring a dish to share.



Listening Hearts

Listening Hearts

May volunteers, Barb Anderson and Monica Regan, are available as a source for listening, support and resources.

2025-2026 UUCC Board of Trustees

Officers:

Laurene Lambertino-Urquizo - President
Allan Lindrup - Vice President
Nancy Irons - Treasurer

Trustees:

Beryl Atchison
Maria Markowicz
Marilyn Ragland
Bruce Swiecicki



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



I have been back home now for three weeks after falling in my bedroom during the first week of February and fracturing the top of my left tibia (shin bone). I underwent surgery two days later, spent a week in the hospital and then was placed in a rehabilitation center in Lisle, Illinois, where I spent eight weeks in intensive physical and occupational therapy. I had never undergone anything like this in my entire life, I have never even broken a bone before, but as a person who developed muscular dystrophy in my fifties, I was familiar with physical therapy. Now I was facing it five or six days out of the week. It was intense and fatiguing, and I missed my regular life where I still maintained enough autonomy to do the things I wanted daily. Now a regimen was imposed on me that I had not signed up for.

I saw and experienced some startling things in the rehab center. I would like to relate some of my observations and experiences here because each and every one of us never knows what the future holds in store for us and we all might find ourselves in the same position someday. Many of the same things that I was experiencing were the very same ones that I had performed for my children when they were little babies. Now I was the helpless one that had to rely on others, often kids decades younger than myself, to get through the day. And so, my first lesson was one of humility. You must remain humble to survive. Case in point, bathing and bathroom help. This was handled primarily by the CNAs (Certified Nursing Assistants), often the first rung on the ladder in medical care in a career aimed at nursing. Most CNAs are usually quite young and just out of high school. But make no mistake, these individuals have been well trained to handle their duties. And thus it was that I soon found myself being helped in the shower and bathroom by young CNAs. By this point, I was beyond modesty and in a primal survival state. I wanted more than anything else to get better and go back to my life and cats, so I had to close my eyes and just get through it. It was daunting at first but soon became commonplace.

Most of the people in the rehab center were older people who have either planned surgeries (like hip replacements) or have suffered a fall or accident and had to have surgery. They can usually be taken care of in one of these centers better than they could at home and have physical therapy several times a week. The PTs and OTs (physical therapists and occupational therapists) impressed me with their ability to treat both the body and soul. Many of the patients were quite elderly and in great pain. Pain pills were given before therapy so meaningful range of motion could be achieved. But some of the patients did not want to take part. They felt depressed and afraid and often did not want to leave their beds. That is where these therapists were really skillful. They were able to encourage, coax, and cajole their patients into getting up and trying to move their bodies to begin the long hard work of rehabilitation to occur. I saw miracles every day. Some of these people were quite large and it took several of the therapists to help them out of their wheelchairs and onto their feet. It was both courageous and miraculous. In my first days there I had trouble believing that I would ever be able to get up and walk again, and yet, thanks to these therapists, I did. Slowly at first, and very frightened that I would fall again, but they would not give up on me and so I slowly learned to walk again.

I witnessed these miracles every day in the therapy gym and it renewed my faith in the ability of the human spirit. After my surgery, I did not feel that I would ever be able to stand on my broken leg again. If it were not for the work of these therapy angels, I would not be walking today. I may be slow and it may look a little funny, but in time I have hopes of achieving my former abilities thanks to them and I am truly grateful.



Kitchen Help Needed

We need kitchen help on Sundays making coffee, setting out snacks, and clean up afterward. On Potluck Sundays we need three to four 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.

Membership Information Session— Saturday May 16 - noon to 2pm

On Saturday, May 16, from noon to 2pm, there will be an information session for folks who are new to the UU Community Church of Park Forest. The session, which will include lunch, will be led by Allan Lindrup, Marilyn Ragland and Nancy Irons. Those who are interested in becoming members of UUCC are encouraged to attend this session, but there is no obligation to join. Anyone can attend just to become better informed. Among the things included is a sharing of our religious journeys, a brief history of Unitarian Universalism, a brief history of our congregation, an introduction to our congregation's covenant, the responsibilities of membership for those who wish to become members, an overview of the UUCC By-Laws and Governance, and a Q&A opportunity.

Many of our new individuals have been asked if they would like to attend this session. However, if you are new to UUCC and have not been invited in person, please consider this your invitation. Please let Allan Lindrup know if you plan to attend, so that we have enough handouts and refreshments for all.

Annual Congregational Meeting – Be There – May 17th

The Annual Congregational meeting will be held on May 17th following the church service. Light refreshments will be available. At this meeting we will receive reports and updates, and elect new Board Trustees and members of the Nominating Committee. We will discuss and pass an Operating Budget for the 2026-27 fiscal year. All members are welcome and encouraged to attend. Non-members can observe the meeting, but cannot vote on issues.

Our current President, Laurene Lambertino-Urquizo is at the end of her term and will be leaving the Board; as will Trustee Beryl Atchison. Vice President Allan Lindrup's term is also up, but he has agreed to run for re-election. Candidates to replace the leaving Board members have not been finalized yet.



Meals for Our Neighbors Benefit – May 21

Join Respond Now in supporting neighbors across 22 south suburban communities through food pantry programs, SNAP assistance, homelessness prevention, and other essential services. Enjoy an evening of food and beverages (including beer, wine, and hard seltzers), live music from Leo Fron, plus a silent auction and raffle at Sgt. Means Park in Olympia Fields. Learn more and get tickets: [Meals for Our Neighbors Benefit - 2026](#).

SHARE THE LOVE! **Financial Update**



Save the Parking Lot!
Donate Today!

The information table for the Capital Campaign to rebuild the parking lot has folded, but it is not too late to contribute to the cause. Please make checks payable to UCC with Capital Campaign in the memo line. To date, we have raised about \$36,000 with matching amounts included. We would still like to raise more, if possible. If you have not made a contribution, please do!

April has been UCC Pledge Month. Our theme is, **"Together We Thrive!"** There are still a number of pledgers we have not heard from. Please be in touch so that we have a realistic estimate of financial support for next fiscal year. We will put together an Operating Budget proposal for the May 17th Annual Meeting based your pledge promises. You may make your pledge via email, by phone, or in-person after Sunday services. Come and talk to me! We appreciate your ongoing support of this congregation.



Nancy Irons, UCC Treasurer (irons.nancy@gmail.com)



Racism in the Age of Trump

A Convocation, held via Zoom, of the Unitarian
Universalist Multiracial Unity Action Council

Saturday, May 9, 2026 – 11am-1pm Central Time
(Starts at noon Eastern, 10am Mountain, 9am Pacific)

3 Featured Speakers address aspects of this issue



Media and Racism. Dr. Lanier Frush Holt is an associate professor in the School of Communication at The Ohio State University.



Racism in Trump Administration Policies. Dr. Alan Spector has worked for racial justice in general since his college days at the Univ. of Wisconsin, later as an SDS organizer.



Racism is not hate; its trauma trolled. The Rev. Dr. Thandeka, PhD, is a Unitarian Universalist theologian, minister and small group consultant, founder and President of Love Beyond Belief, creator and co-director of the *Universal Connections* small group project and *The Untrolling Project*.

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



Connections

by Barb Anderson

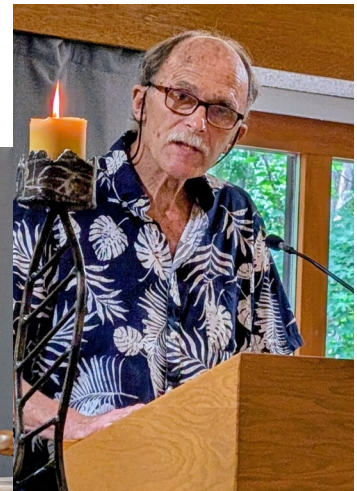
Service is our Prayer
Love is the Spirit of our Church



John Hurtubise
Memorial Service
04.04.2026



Michele Johnson's
induction into the Hall of Fame
for service to Park Forest
03.29.2026



Bill Decker
Memorial Service
04.11.2026



Blast from the Past

Volunteer Recognitions

Volunteer Recognitions – Thanks go out to Marilyn Ragland, who coordinated all of the volunteers for Bill Decker’s memorial. The event was particularly memorable, in part because so many UCC members came forward to help. . . .

Karen Beran, Michele Johnson, Barry Vronay, Marilyn Ragland rearranged furniture to accommodate up to 127 guests. (We actually had closer to 75.) Jeff Fields, Mike Fischer and Mike Janecek helped direct traffic in the parking lot. JoJo Martin and Frank Markowicz served as Greeters. Jodi Libretti was one of the memorial speakers. Allan Lindrup hosted the Zoom broadcast of the service. Beryl Atchison, Monica Regan, Vicki Fotis and Nancy Irons helped organize kitchen and food logistics. Marilyn Ragland coordinated the cake and flowers. Everyone helped to put all of the furniture away after the event. Thank you to everyone who contributed to making this a meaningful and beautiful memorial service. We all had a shared sense of community supporting this effort. Apologies to anyone whom I may have neglected to mention.

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.

You and UU Forum

There will be no Forum on Sunday, May 10
in honor of Mother’s Day.



**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 UCC. Please bring in your pop tops to contribute to this worthwhile charity.

RonaldHouseChicago.org 630-527-3800



GREEN SANCTUARY

BY JEFF GREEN – MAY 2026



This easter, my wife and I went to the Mississippi area where our family farm is located. It's interesting to know that I am a 5th generation out from the original Smith that bought the farm back in 1874. This is the horse and plow days. One attractive aspect of the farm is that it has a continuous spring running out of the hill. To my knowledge this spring has always been there even during the droughts. At the 150th year celebration, I saw for the first time a picture of my grandfather with two horses pulling a wagon. It was first I noticed his relationship to horses. I'm aware of knowing his horse and plow days but never saw any pictures of him out in the field turning the soil.

Fast forward to today, my 4th generation uncle Larry is retired from the farm with his son Judd having taken over it about 5 years ago. It isn't a large farm but probably has about a million or more dollars of investment in different farming equipment. To my knowledge, all the equipment is used to save money where they can. Right now I don't see anyone taking over the farm after Judd.

In discussion with the Smith side was the possibility of solar being put into the farm for income. I'm running into no land should be taken out of farming. Putting solar on the roofs of some of his buildings is just fine. After all the different angles of discussion about bushels of corn per acre, gps farming, etc. he is looking forward to getting paid. Like there is zero pay for at least one year if not others.

Here I am who would love to get solar into the act on the farm and I am running headlong into a solid value of no land taken out of production. I have read lots of articles on photovoltaics showing the rent per acre of solar on farmland. I am seeing numbers like \$500 to \$1500 per acre for the farmer to sit back, watch an organization come in and do all the work.

The monetary input on a farm is quite large with all the expenses they have, and it is quite easy as I see it so far to get zero pay. Or, you can lease out part of the farm, have no farming input expenses and have a profit getting into your pocket. As I have looked into this in a simple way with Deep Seek AI, \$1000 per acre per year is common giving Judd some wiggle room at 33,000 dollars. My brother would also inherit farm as I, his 33 acres would bring us to 66,000 dollars. When you are seeing zero years, the \$66,000 is something that you can count on being there for you. The soybean and corn market? Not so much.

What worries me is that this take no land away from production may be at the expense of even owning a family farm. The market this year for soybeans was basically tanked by the behavior of our president in the way he makes relationships with other leaders in the world. Which is very poorly. The farmer is quite vulnerable to the geopolitics of the world. If my family would agree to some portion of the farm for utility production of electricity, it wouldn't matter. We all want our energy in our homes and businesses. That demand will always be there. With all the fear of taking farmland out of crop production, my uncle mentioned how farming overproduces corn and soybeans.

If we put farmland into housing. The possibility of returning that land to crops is zero. If we put farmland into solar electric production, the land can be returned in better shape than when it was taken out. Plants growing in between the rows of panels will be putting fertility back into the soil the entire time of electricity production. As I am reading of townships resisting solar farms, they want to put the land into housing. So go figure.

CONTINUED

GREEN SANCTUARY continued

Should we build more housing, or should we put land into clean energy? Which is another avenue of discussion. I see photovoltaics as a way of keeping the farm in the family for more generations to come. Our 500 acres can provide a little less than modest income for some family members to live out the work life they love. I am wondering if the pain of no income will hit home or not. Judd is getting support from somewhere.

We all make our decisions based on our values. What are your values when it come to clean energy? Are there ways that it might come into your life? We are in transition in our energy use and production. This is playing out in many ways around us. I hope all is well for everyone. As always, thank you for letting me be a small part of your time. Jeff Green



UNITARIAN UNIVERSALIST
ADVOCACY NETWORK
OF ILLINOIS

UUCG Quarterly Social Justice Collections/Donations

This process is to help social justice organizations beyond those, such as Respond Now and South Suburban PADS, that UUCG helps regularly.

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

To Nominate an Organization

- The nominator must be a UUCG member, or a UUCG Friend who has a record of contributing to UUCG.
- 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 (available in the Gathering Room or on the UUCG web site at <https://forms.gle/zznsDQ9dPph3zrzG9>) by April 30, 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 4 organizations are nominated (for collections during church year 2026 - 2027), a vote will be held during the congregation's annual meeting on May 17 to determine which organizations will be the beneficiaries of a quarterly collection during church 2026-2027.



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.



**CUUPS Convocation
& 40th Anniversary
is Coming Up!**

If you want to register, visit <https://cuups.org/CUUPS-Convocation> and go to the Convocation Registration Page. There are weekend and Saturday only rates available for Teens and Adults.

Plans include workshops, rituals, a silent auction and basket raffle and a 40th Anniversary with a feast and Bardic Circle! Contact info@cuups.org for any information you need about the event.



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 **THIRD Saturday of the month** Worship Service will be **May 20 at 12 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 11am - 12 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, May 3, 6:30 - 8pm via Zoom

We have in-depth check-ins, followed by a discussion topic. If you identify as male and would like to join or try out the group, but have not been getting sent the Zoom invites, 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 May 13 at 1pm

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

This book club meets on the **3rd Monday of each month from 7 - about 8:30pm via Zoom.**

This month, on Monday, May 18, the group starts reading a new book - *The Winds of Change: Climate, Weather and the Destruction of Civilizations* by Eugene Linden. If you would like to join this book club 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**
May 13, 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, May 15, 2026. Doors open at 6:30pm,
the movie starts at 7pm.
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
7pm to watch a LGBTQ film.
Join the discussion after the



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 uucpf.org



POSITIVITY PROJECT



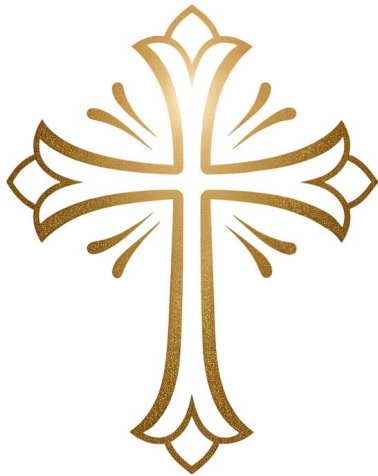
Feeling overwhelmed? Looking for a BRIGHT SPOT?

THE **POSITIVITY PROJECT** will have 2 meetings this month.

Mondays, May 4 & 18 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](#)



Sacred Communication Experience 2026

Saturday, May 9 from 12:30-3:30pm

Led by Rev Henrietta Byrd

Love Donation appreciated

This session will offer one an opportunity to understand, at a deeper level, who one really is.

For further information and to register email:
transformativetalk@gmail.com.

Daniel, the owner of NDD1 Painting, who painted the exterior of our church, contacted the church recently. He wants to remind anyone who spoke with him in the Fall regarding painting your house, to call him soon. He is in the process of scheduling his jobs for the Spring and Summer season. Daniel's ph.: 708.674.8295.



On This Memorial Day

By Emily Toma

Remember those who served before.
Remember those who are no more.
Remember those who serve today.
Remember them as we eat and play.
Remember our protectors
who are not home today.
Remember them all on Memorial Day.



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– 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

May 20 at 7pm 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.



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





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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 9:30am Online Buddhist Meditation 2pm CUUPS Beltane
3 10am Worship Potluck 6:30pm Men's Group	4 9:30am Yoga 5:30pm Positivity Project Group Share Meeting	5 10:30am UCC Craft Group 7pm Flowering Dogwood Martial Arts	6 7pm Yoga	7 9:30am Yoga 7pm Flowering Dogwood Martial Arts	8	9 9:30am Online Buddhist Meditation 12:30pm Transformative Seminar-Rev Henrietta Byrd
10 10am Worship 11:30 NO Forum	11 9:30am Yoga	12 7pm Flowering Dogwood Martial Arts	13 1pm Connections Group 5:30 UCC Book Club 7pm Yoga	14 9:30am Yoga 7pm Flowering Dogwood Martial Arts	15 7pm Rainbow Café Movie Nite	16 9:30am Online Buddhist Meditation 12 noon Prospective New Member Orientation
17 10am Worship 11:45am Annual Congregational Meeting	18 9:30am Yoga 5:30pm Positivity Project Group Share Meeting 7pm Environmental Book Club—online	19 7pm Flowering Dogwood Martial Arts 7pm Board Meeting	20 7pm Yoga 7pm UUMUAC 3rd Wed. Worship Service – online	21 9:30am Yoga 7pm Flowering Dogwood Martial Arts	22	23 9:30am Online Buddhist Meditation
24 10am Worship	25 9:30 Yoga	26 7pm Flowering Dogwood Martial Arts	27 7pm Yoga	28 9:30am Yoga 7pm Flowering Dogwood Martial Arts	29	30 9:30am Online Buddhist Meditation 4pm Literature in the Arts-Oye Reed-Scott
31 10am Worship						

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@uccpf.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.

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Community Church
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