Unitarian Universalist Community Church

UUCC Community News

November 2026

Holiday Gift Card Drive

Will you please consider contributing to the Respond Now Holiday Gift Card Drive, which runs from October through December 13?

Respond Now is in need of Target or Walmart gift cards, in $20 or $25 denominations. Parents will then have the opportunity to pick these as their Christmas gift(s) for their teenager(s) at the Respond Now Christmas Store on Dec. 15-16.

How to contribute

During the worship service, contributions of gift cards or checks (in any amount, made out to UUCC with Respond Now in the subject line) will be collected. See page 7 for more details.

LISTENING HEARTS

November volunteers, Colin Kirchner and Candy Allen-Smith are available for listening, support and resources.

Sunday Services 10 am

Nov. 1 Larry McClellan
Standing in Quiet Rooms

There are times for action and justice, there are times for quiet and kindness.

Nov. 8 Beverly Feldt
Small Steps

Sometimes transformation is very hard to see. How can we be patient when we want things to change?

Nov. 15 The Rev Denise D Tracy
Cultivating an Attitude of Gratitude

November begins a season of celebrating--Harvest or Thanksgiving and the Winter holidays: Christmas, Hanukah, Diwali or Yule --- whatever you celebrate. How can we cultivate an attitude of gratitude?

Nov. 22 Rev Henrietta Byrd
To Offer Gratitude Is To Offer Love.

Gratitude heals and repairs all wounds, relationships, and mistakes.

Nov. 29 The Bittersweet Christmas Band
Dance In the Dark Of The Year

In the mid-winter festivals of light there is something for everyone to celebrate, from the most devoutly believing Christian to the most confirmed Atheist. As we meditate on this darkest time of the year and simultaneously turn back toward the light, we will invite everyone to honor whatever most closely touches their hearts and minds.

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

Contact
708.481.5339
churchadmin@uuccpf.org
uuccpf.org

Office Administrator
Karen Beran

Office Hours
Tue 9:30 am - 12:30 pm
Wed 10 am - 5 pm
Thurs 12:30 - 6 pm
Fri 9:30 am - 12:30 pm

Accessibility
The church is ADA compliant and strives to make events as inclusive as possible. Please contact us 7 days prior to an event and we will do our best to meet your needs.

2026-2027
Board of Trustees
Allan Lindrup - President
Maria Markowicz - Vice President
Nancy Irons - Treasurer
Beryl Atchison
Marilyn Ragland
Monica Regan
Bruce Swiecicki

Board Meeting Date
November 17

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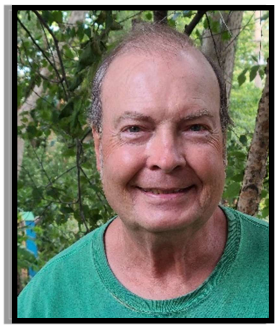
Mission Statement
The purpose of this organization is to encourage and strengthen each other in the free, responsible search for truth and meaning. It is further the purpose of this congregation to encourage and maintain freedom of religious thought and expression, and to advance the purposes of liberal religion through education, social service, community outreach, and worship.

Time to Fall Back - Daylight Savings Time Ends – Sunday November 1

Remember to set your clocks back before you head to bed on Halloween. At 2 am November 1, Daylight Savings Time ends for this year. If you forget, you might be early for church!



The President's Column
November 2026
by Allan Lindrup

Our congregation hosted an in-person watch party for the North American Unitarian Association (NAUA) Summit that occurred on Oct. 2 and 3. Some program elements for the Summit, and participants in panels, were at UUCC, including the Sunday morning Worship Service. The number of NAUA members who came to UUCC in person, because they wanted to network, was only about ten, but UUCC received high marks for its hospitality in post-event surveys, plus the Worship Service lead by Rev. Tracy on Oct. 4 was also highly rated. While there were several interesting programs, I will limit my highlights to mentioning that over the past nine months a preliminary set of Principles and Foundations, similar to the UUA's former Principles and Sources, was developed. Those were adopted on a preliminary basis (only one no vote) at NAUA's Annual Meeting. Over the next year NAUA will be seeking input through multiple gatherings and opportunities for input, to determine how those preliminary Principles and Foundations might be improved through modification.

We will have a Forum to discuss them and gather your input, probably the one to be held in January.

On a personal note, I will mention that I was elected to the NAUA Board of Trustees at their Annual Meeting and am now serving on that body as an At-Large member.

With regard to our Building and Grounds improvement efforts, our Sylvan Sanctuary CUUPS members and I spread wood chips in front of our church building, improved the drainage near the patio, and cleared the way for water to easily move from the drainage pipe under our parking lot to the drainage pipe leading to the creek. By not allowing water to be held in the pipe under the parking lot, we decrease the chance of freezing in that pipe and resulting damage to the parking lot above it. More improvements to come.

UUCC has a new handyman, selected after competitive bids from several handymen who were approved by the Better Business Bureau (BBB).

He is Charles Knights of Dream Big Invest 2, and he has completed several handyman repairs.

Your Board of Trustees is concerned about the number of individuals who have access codes to our building but should not have them now. We plan to change the access code by the start of 2027 and notify those who should have the code. Going forward we plan to change the code about once a year.

UUCC developed Policies and Procedures for several areas previously. We plan to review and update those policies, as needed, plus we want to develop policies and procedures for several areas where none currently exist. A task force consisting of Board members Monica, Bruce, Maria and Allan will do the initial reviews and drafting, then bring their work to the full Board for approval.

Monica Reagan lead the October Forum related to UUCC social media, communications policies and outreach and will lead a follow-up one in December.

Financial Update

We recently switched insurance companies from Church Mutual to GuideOne Insurance. They are providing the same, or some cases better coverage, at a lower premium. Our Endowment Fund showed a net gain of $1,611 for the month of August. The Social Action Sunday collected $227.50 for UUANI and a check has been sent.

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

Volunteer Recognitions

Thanks go out to everyone who volunteered at the recent rental events. Your time and efforts are greatly appreciated.

Kudos to Lori McCadden for the new Adirondack chairs she donated for the patio.

Bravo to Michele Johnson for her ongoing litter cleanup along Sycamore Drive and Western Avenue.

All of your efforts help to strengthen our community. Thank you, one and all!

Volunteer Opportunities

Are you willing to commit to a Sunday or two each month? We need ushers and greeters, Zoom hosts and sexton setup assistance. Please get involved!

Contact:

Marilyn Ragland (mexmasrag@aol.com) for details on the sexton team
Joyce Sligar (jsligar02@gmail.com) for ushers and greeters
Jodi Libretti (jlibretti@sbcglobal.net) for the Zoom hosts

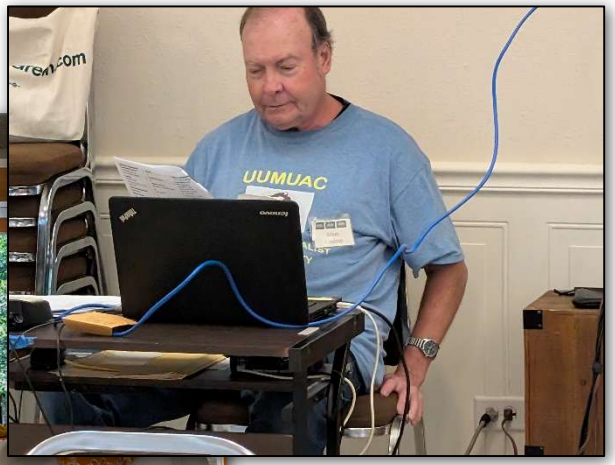
Would you like to help maintain and beautify our grounds? We are reviving the Building and Grounds Committee and would like your participation. We need people who are handy, gardeners, decorators or who have other skills. Whatever your talents, we can find a way for you to put them to use for UUCC. Please contact the office (churchadmin@uuccpf.org or 708-481-5339) for more information.

Get out the Vote - Election Day is Tuesday, November 3.

Connections
By Barb Anderson

The purpose of this column is to connect UUCC to the community. Here are some photos and work that some Unitarian Universalists have shared within the Church.

Congratulations to Tom Shepherd and Rev. Dr. Larry McClellan of MURN and all the volunteers who put the Municipal Underground Railroad Network together. Here's my photo of Tom and the front page of the Southtown newspaper.



The North American Unitarian Association (NAUA) held a Summit at our church, UUCC the first weekend of October. A new Board was elected including Dr De Andre Beck, Joanne Krettek, Ron Schaeffer and Allan Lindrup. I volunteered to make coffee and act as hostess. Here are my photos.

Green Sanctuary November 2026
by Jeff Green

My wife Priscilla and I just finished a three-week vacation. We mainly visited London, Paris, and Valencia (Spain). In both London and France, we used some of the world's better public transportation systems. Those subways are all electrified, a necessity since they're underground. No diesel.

Here in Chicago, Metra is launching a no-diesel option. A battery train system will run one, short route, replacing the diesel locomotive. (Learn more here: https://www.utilitydive.com/news/stadler-metra-chicago-battery-electric-train/)

The battery range of about 50 miles will cover three runs between the LaSalle Street and Blue Island stations. The batteries will be charged at the terminal stations.

It is interesting to compare the train setup with my first electric car, which only had a range of 64 miles. Despite the train's short range, the driver doesn't experience range anxiety since the route is entirely predictable.

Also, like my old EV this train has regenerative braking. With good management of the throttle, this extends the range of travel. As I drive in my current EV, I try to use regenerative braking only, saving on my brakes and extending the distance I can travel.

Admittedly, I don't fully understand how much diesel fuel a Metra engine uses. I'm trying to get some angle on the greenhouse gases this battery train would save. I would like to know how much fuel one diesel engine uses on this 16.4-mile route, per run. I have not yet found a published Metra figure for a diesel locomotive's fuel use on this specific 16.4-mile run. I do have a very rough comparison from an old, informal report of Metra trips: a locomotive was estimated to use about 150-250 gallons over roughly 50 miles. Scaled proportionally to 16.4 miles, that suggests about 50-82 gallons for one run. However, this is only a ballpark, not measured, estimate for the Beverly Branch. Actual use depends on the locomotive, train length, stops, speed, and idling.

I was surprised that the diesel engine trains used this much fuel in such a short run. I wonder how much electricity this battery train will need for one 16.1-mile route. As 50 to 82 gallons of diesel fuel burn, 1,122 to 1,840 lbs. of CO_2 are emitted. The question remains: what will the battery train use on the same 16.1-mile route? For sure, the efficiency and cost will be lower.

The long-term idea of electrification is that we reduce our greenhouse gases over time. As we reach lower use of fossil fuels to feed our grid, we can reach zero emissions 20 to 30 years out. Electrification is essential to living within Earth's ecological limits. The clean energy transition is a marathon, not a sprint: each year, we must continue reducing fossil fuel use. The article mentioned above names other major cities that are ordering battery-powered trains. Despite resistance to change, the country is moving forward. The extent to which batteries replace fossil fuels will depend on future technological advances, but the shift away from polluting fuels is both possible and already underway.

As always, thanks for spending time with Green Sanctuary. See you in a month.

Jeff Green

Respond Now Holiday Gift Card Drive

You may be thinking: "It's only October, do we have to think about Christmas shopping already?!"
We understand your question, but we also know that there will be an even greater need this Holiday season for organizations like Respond Now to address the needs of families in our communities.

Besides, by starting this Holiday drive early, we all have some extra time to consider our giving and adjust our personal budget accordingly.

Respond Now, will have a Christmas Store on Dec. 15-16, where families can choose toys and gift cards for their children and teenagers. In the past our church collected toys, but staff at Respond Now have informed us that there is a need for gift cards, as Christmas gifts for teenagers.

More specifically, Respond Now would very much appreciate receiving Target or Walmart gift cards, in $20 or $25 denominations.

Will you please consider contributing to the Respond Now Holiday Gift Card Drive, which runs from October through December 13.

How to contribute?

During the Worship Service, contributions of gift cards or checks (in any amount, made out to UUCC with Respond Now in the subject line) will be collected.

Additionally, you may put any amount of cash in an envelope marked Respond Now and place it in the Collection basket. We will convert the cash into gift cards.

You may also mail your check (with Respond Now in the subject line) to the church, 70 Sycamore Dr. Park Forest, IL 60466

Thank you for considering participating in this drive!

Questions? Contact Mike Fisher 708.837.8272 or Irene van der Hoek 708.305.4913 or tulip51girl@gmail.com

SPECIAL SERIES

Planning for the Inevitable: A Five Wishes Workshop

Do you want to plan for your own end of life, but find that you don't know where to start? Are you dragging your feet? (And why wouldn't you?)

Jodi Libretti will facilitate dedicated time for interested folks to fill out a ten-page, user-friendly workbook, called "The Five Wishes." You will be guided to write down:

- The person you want to make care decisions for you when you can't
- The kind of medical treatment you want or don't want
- How comfortable you want to be
- How you want people to treat you
- What you want your loved ones to know.

"The Five Wishes" can serve as a legal "living will" in Illinois, D.C., and 41 other states.

Join us to fill out one wish per month on the third Sunday of the month from 11:30 am - 12:30 pm, either IN PERSON or BY ZOOM. Attend as many Sundays as you wish.

- November 15
- December 20
- January 17
- February 21

PLEASE write your name on the sign-up list in the Gathering Room so Jodi can have a booklet for you if you have not attended before.

If you wish to join via zoom, contact Jodi at jlibretti@sbcglobal.net.

November Events

The Crafty Crafters

Stitch Group is Back!
11 am - 12:30 pm
Tuesday, Nov. 3
Classroom 3

Starting in November, we're getting together for casual conversation and crafting on the first Tuesday of the month. Bring your latest project, share some ideas, and enjoy time with others. If stitching isn't your thing, we welcome any craft – Diamond Art, drawing, origami - whatever you're working on. Come hang out with us! This is a drop-in program, doors will open at 10:45 am.

UUCC Men's Group

6:30 - 8 pm, Sunday, Nov. 1, via Zoom

We have detailed check-ins and then discuss a monthly topic selected by a member of the group. If you identify as male and have not been receiving the Zoom invite and codes, but would like to, contact Allan Lindrup at uusj@sbcglobal.net or 773.494.4921 to express your interest.

Positivity Project

6:30 - 7:30 pm Mondays, Nov. 2 & 16

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, where we'll send our most loving thoughts to the planet and its inhabitants. All are welcome. For more information, please contact Michele Johnson at 708.748.0362.

You and UU Forum

11:30 am Sunday, Nov. 8
Classroom 3

The topic is The 2026 Midterm Elections. We will discuss what we thought of the outcomes, what surprised us, what changes in voting patterns we found most significant, and what we are expecting the results will mean for the governing of our country over the next two years.

UUCC Connections Small Group Ministry

1 - 2:30 pm Wednesday, Nov. 11 Gathering Room) and Zoom

We meet every second Wednesday of the month through May 2027.

Those on the email list will receive an email with the topic a couple of days before the meeting. If you're interested in joining us, we have a seat for you!

If you want to be included on the email list, please contact Irene van der Hoek at 708.305.4913 or tulip51girl@gmail.com.

Multi UU Church Environmental Book Club

7 - 8:30 pm Monday, Nov. 16 via Zoom

The group is currently reading and discussing *Cadillac Desert: The American West and Its Disappearing Water* (Revised and Updated) by Marc Reisner. Anyone who would like to join or try out this book club, please contact Allan Lindrup at 773.595.4921 or uusj@sbcglobal.net.

Rainbow Café Movie Night

Doors open at 6:30 pm; movie starts at 7 pm Friday, Nov. 20

Rainbow Café is a social event that provides a welcoming and safe environment to everyone regardless of their sexual orientation. A LGBTQ film will be shown with a discussion following. Soft beverages and snacks will be served.

November Events Continued

Five Wishes Workshop

11:30 am Sunday, Nov. 15

Jodi Libretti will facilitate dedicated time for interested folks to fill out a ten-page, user-friendly workbook, called "The Five Wishes." You will be guided to write down:

- The person you want to make care decisions for you when you can't
- The kind of medical treatment you want or don't want
- How comfortable you want to be
- How you want people to treat you
- What you want your loved ones to know

Sounds for a Gentle Earth Sound Meditation

6:30 - 7:30 pm Monday, Nov. 30
Doors open at 6 pm
Registration is required, please contact Michele Johnson at 708.748.0362. A $20 donation is requested.

Curious about sound meditation? In this relaxing practice, you will immerse yourself in the soothing vibrations of instruments like gongs, singing bowls, and chimes. Lie or sit comfortably and let these gentle frequencies help ease anxiety, improve sleep, and guide you into a state of deep, effortless relaxation. No experience is required.

Buddhist Meditation

9:30 - 10:30 am Saturdays
Free online with offering

Learn and enjoy the simple, straight-forward practice of sitting and walking meditation in the Zen and Theravadin Buddhist traditions. To join the meditation please contact Steve McCabe at steve.mccabe6914@gmail.com.

Beautiful reflection: Our Samhain Service gave us insight into the cauldron and its role in transformation.

Friends of UUCC

A Moment in Balance

9:30 - 11 am Monday and Thursday
7 - 8:30 pm Wednesday

This is a weekly Yoga class led by Karen Nielsen here at UUCC, 70 Sycamore Dr, Park Forest, for everyone, beginner to experienced. No reservations are needed. Drop-in fee is $15 per class. For more information, please call Karen Nielsen at 708.755.3577.

Massage by Britta

Need to relax? Work on sore muscles? Book an appointment with a licensed massage therapist right here at the church. Britta Pockrus meets with clients in our massage room, behind Classroom 2, on a weekly basis. For more information, or to make an appointment, please call Britta Pockrus at 708.227.3530.

UUMUAC

The Unitarian Universalist Multiracial Unity Action Council

Third Wednesday Worship Service

7 pm CST Wednesday, Nov. 19

For Zoom information, please send your name, email and congregation (if any) to bjeanwalsh@outlook.com.

For past services search "Third Wednesday UUMUAC services" in YouTube or click here.

Click here to visit the UUMUAC website.

North American Unitarian Association

Helping Liberal Religion Thrive

Click here for website

Click here to sign up for their newsletters

Click here for the NAUA Monthly Academy Program

The NAUA Third Saturday of the month Worship service will be Nov. 21 at 12 pm CST.

Click here for monthly Worship Service information, Zoom access and archives.

The NAUA offers a variety of different Circles. Click here to find one that's right for you.

Facebook

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time ends 10 am Worship 11:30 am Potluck 6:30 pm UUCC Men's Group	**2** 9:30 am Yoga 6:30 pm Positivity Project	**3 ELECTION DAY** 11 am Crafty Crafters "Stitch Club" Martial Arts - **CANCELED**	**4** 7 pm Yoga	**5** 9:30 am Yoga 7 pm Martial Arts	**6**	**7** 9:30 am Online Buddhist Meditation 12-5 pm Private Event
8 10 am Worship 11:30 am UUCC Forum	**9** 9:30 am Yoga	**10** 7 pm Martial Arts	**11 Veterans Day** 1 pm Connections 7 pm Yoga	**12** 9:30 am Yoga 7 pm Martial Arts	**13**	**14** 9:30 am Online Buddhist Meditation
15 10 am Worship 11:30 am Five Wishes Workshop	**16** 9:30 am Yoga 6:30 pm Positivity Project 7 pm Environ. Bk Club	**17** 7 pm Board Mtg. 7 pm Martial Arts	**18** 7 pm UUMUAC 3rd Wednesday Worship Service 7 pm Yoga	**19** 9:30 am Yoga 7 pm Martial Arts	**20** 7 pm Rainbow Café	**21** 9:30 am Online Buddhist Meditation
22 10 am Worship	**23** 9:30 am Yoga	**24** 7 pm Martial Arts	**25** 7 pm Yoga	**26** Yoga and Martial Arts – **Canceled** **HAPPY THANKSGIVING**	**27**	**28** 9:30 am Online Buddhist Meditation
29 10 am Worship	**30** 9:30 am Yoga 6:30 pm Sounds for a Gently Earth Sound Meditation	**Dec 1** 11 am Stitch Club 7 pm Martial Arts	**Dec 2** 7 pm Yoga	**Dec 3** 9:30 am Yoga 7 pm Martial Arts	**Dec 4**	**Dec 5** 9:30 am Online Buddhist Meditation 7:30 pm Buddy Mondluck

Program 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 Environ. Bk. Cl.	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
A Positivity Project	Michele Johnson	708.748.0362	
CUUPS-Sylvan Sanc.	Angela Denk		sylvansanctuarycuups@gmail.com

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