

UUCC Community News

Unitarian Universalist Community Church

JANUARY 2024

Sunday Worship Service 10:00am

January Sunday Services

Jan 5 Beverly Feldt

Sermon: Dark of Winter

Description: As the quiet, cold months settle in, how can we root ourselves ever more deeply in this season of our lives?

Jan 12 Rev. Denise Tracy

Sermon: To Be Announced

Jan 19 To Be Announced

Sermon:

Jan 26 Jodi Libretti

Sermon: Why Celebrate? The Ceremonies and Rituals that Matter

In this service, we'll look at the things we humans do to mark life's milestones and why they are an essential part of every culture.

First Sunday Potluck January 5th after worship



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

UUCC Connect FORUM

Sunday, January 12, starting about 11:30 a.m.
"You and U.U.: Unitarian Universalist Advocacy Network of Illinois". Forum will be held in Room 3, with an option to join via Zoom. James Kane, a Board member with UUANI, will present on how UUANI makes policy decisions, will seek our input on UUANI's 2025 priorities, will review the task forces that UUANI had as 2024 drew to a close, and share how UUANI is funded. There will be time for Q and A.

Religious and Character Education

Classes for elementary school children have resumed. We offer classes on the first and third Sundays of the month using a curriculum based on the creation stories from different world religions and cultures.

UUCC COVID UPDATE: The UUCC Board of Trustees has lifted Covid restrictions in the church. The congregation can determine their own level of risk and any need to continue to wear a mask in public settings. The only exception to this will be when we have in-church speakers who may request that congregants wear a mask during their service. We will notify you ahead of time if this occurs.



Listening Hearts

Listening Hearts

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



Please follow us on [Facebook](#) for UUCC event reminders.



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



We are about to enter the year 2025 and I have been wondering what that will bring. Last month we were reeling over the election results, and I must admit that I was feeling rather pessimistic about the future. But I am feeling better these days as I have chosen to concentrate on the positive aspects of our lives over the negative ones. Besides, we have work to do, and that is what I wanted to talk to you about today.

It is no secret that in years past, UUC was a much larger, thriving church with lots of families with children. There were always events going on and groups meeting at the church. We had wonderful ministers and speakers that graced our pulpit every Sunday. And church attendance (pre-Covid) was good. In recent years we had a string of unfortunate events such as the flooding of the building and then Covid hit. But we have survived, and we continue on with our wonderful speakers each Sunday, great music, and a strong sense of camaraderie that makes us feel a sense of "home" to 70 Sycamore.

This phenomena of shrinking congregational size are not unfamiliar to other churches across the United States. In 2000, 42% of U.S. adults attended religious services weekly, but by 2023 that number had dropped to 30%. This decline has been taking place for decades and mostly affects Christian churches. Polls show that people stop going to church because of shifting cultural values, anger over scandal-plagued institutions, and a desire to discover one's own spirituality without religious dogma are among some of the reasons. Unitarian Universalism has an historical record that challenges these factors. We have consistently devoted our energies to the service of others and have encouraged our followers to develop their own spiritual path in life. Obviously, these issues are complex because we too are seeing our numbers dwindle.

If I could make a wish on New Year's Eve at the stroke of midnight it would be for the growth of our congregational size and an increased sense of purpose. My hope is that some of our new faces in the congregation might feel inspired to bring their ideas forward to create new groups, events, fundraisers, celebrations, etc. Do you have an idea but do not know what to do with it or to whom to talk? Write it up as a proposal and attend a board meeting to discuss it with the board. (Board meetings are always on the third Tuesday of the month at 7:00 pm over Zoom.) Some of us may have had experiences that can help guide you. Or perhaps you have been reading about something that you think might make a good topic for a Sunday sermon. Why not consider sharing your insights with the congregation by telling us about it from the pulpit?

If you are not quite ready for such things, you could volunteer in many ways at UUC. Do you have a talent or skill that you think might help the church? We could really use any help that is offered to us. As many in our congregation have been here for many years, they possess a wealth of knowledge from their experiences here. Talk to them and ask them to tell you about the past events that they participated in. It may give you some ideas of how you could get involved and add to our church family. The most important thing is to get involved!

Let us all be inspired to try new things and make the most of our lives with one another. We come together to support one another on our paths in a sense of unity. Best wishes for a wonderful 2025.



Financial Update - The end of December marks the half-way point of our fiscal year. Have you paid half of your pledge? If not, please make an effort to catch up. Your support is greatly appreciated! As of January, if you need a tax letter documenting your financial donations to UUCU during 2024, you may request one from the Treasurer. If possible, please make your request via email (irons.nandy@gmail.com), since I have been known to forget verbal requests.

Nancy Irons, UUCU Treasurer

Volunteer Recognitions

Thanks go out to Michael and Allan for putting up the Christmas tree, and to Irene and Candy for decorating the outdoor planter boxes for winter. Kudos to Jodi Libretti, son Julian and boyfriend Mike, for providing live music for the Sunday service on December 15th! Thank you for all your efforts!

Volunteer Opportunities!

There are many interesting tasks that need attention. Would you like to help?

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 (jliretti@sbcglobal.net) for the Zoom hosts.

We also need volunteers who are willing to help with setup, cleanup and to be on-hand for rentals. We need hospitable people to encourage and enable success of our rentals that help fund the church. There are also lots of opportunities to help beautify and maintain our building and grounds! Please get involved. Adopt a spot or task that you will be responsible for.

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

UU MEN'S RETREAT **NEW! ZOOM EVENT**

When: Sat. Jan 11th, 2025 (10 am thru Noon) **Theme:** "Negotiating the Political Divide." **Cost:** FREE

Register at: mensretreat@unitytemple.org All genders and all faiths are welcome at this event.

Presenter: Ed White will lead a brief history of political divisions including:

COLONIAL STRIFE, HOW SLAVERY BECAME A CONVERSATION STOPPER AND A VIOLENCE BEGINNER, EMPLOYERS REALLY DON'T LIKE EMPLOYEES – LABOR UNREST, WHEN THE 'OTHER' CAME TO THE US – ALL THE TIME, and WHEN NEWS IS NOT NEWS – TODAY.

Ed White completed his Masters in Diplomatic History at Manhattan College. He taught American, World, and Labor History at various Community Colleges on the east coast. He has taught at Triton College where his course on the Vietnam war was recorded by C-SPAN's American History TV.

Two Small Group Breakouts will follow:

- 1) Discuss times when we talked about and demeaned "those people" with opposing opinions.
- 2) Discuss strategies which could promote understanding between us and them.

SAVE THE DATE - Men's Retreat weekend at St. Mary's/Baraga Retreat Center on the weekend of March 7,8,9 - 2025

Committee Members: Mark Johansen, Rich Pokorny, Alan Johnson, Allan Lindrup, August Staas, Nai Owens, Ralph Earlandson, Richard Pardo, Robert Innocenzi and Ron Dubreuil.



GREEN SANCTUARY BY JEFF GREEN – JANUARY 2024



How interesting that we are starting a new year. I just turned 70 this year and waited for my Social Security to give me the maximum benefit. It is truly wonderful to get a check and not have to work in the present for it. As publishing time for the Green Sanctuary comes around, I am wondering what article I will go with next. All the choices are floating around on the internet waiting to be plucked down into the next article.

One of my favorite areas is the green energy transition. Back in 2016, Bloomberg came out with an article predicting the decline of oil demand as electric vehicles become more numerous.

<https://www.bloomberg.com/features/2016-ev-oil-crisis/>

8 years ago, things didn't develop as rapidly as their 2016 computer projection. We now have legacy (gas) automakers developing all different models of EVs. And things are mildly interesting that the transition is happening. But low and behold in the background development is China. Back to searching for the next article, this one takes the cake for the next big change in the world to arrive on our shores.

<https://cleantechnica.com/2024/12/24/what-are-the-implications-of-66-kwh-battery-packs-in-china/>

What Are The Implications Of \$66/kWh Battery Packs In China?

That's an astounding price, as earlier this year even I, as a battery optimist, was astounded by CATL's announcement that it would be shipping LFP cells at \$56 per kWh.

The \$56 is the battery cell level of pricing. The \$66 level is the entire pack that fits on the back of a semi-trailer made up of individual cells. The United States and the rest of the world cannot compete with that. Adding to this China is making electric vehicles that are far nicer than ours for far less. The tariff we have doesn't put us on a level playing field with China. It is still an advantage to China.

The containerized battery packs increasingly being used on ships of all sizes will be cheaper, and the [Berkeley Labs 2022 study published in Nature](#) suggests that \$66 per kWh battery packs would make 2,500 kilometer (1553 miles) maritime trips break even economically against fossil fuel prices without subsidies.

I thought it was not possible to cross the oceans by being driven by batteries just two days ago. With a little bit of subsidy and possible hybridization, ocean ships can transverse the world on next to no fossil fuels.

Our president-elect coming up wants to resist all this change. Doing a favor for Big Oil for all the funding for him in his campaign. This will slow us down and China will be hindered in the least with massive incentives for their worldwide clean energy paradigm. The United States is not united in this manner. Just the same, we will reach 100% renewable energy someday. That is the important part. I would hope for the US to truly lead in this area, but reality so far favors China.

We are in the middle of energy change in the world. The wealth of the fossil fuel industry starts to decline, and the electrification of our energy will truly increase over time. I have paid attention to the author Micheal Barnard over time. He is quite talented in his contributions to energy knowledge online. If you want to know more about him, there is a bio at the end of the article.

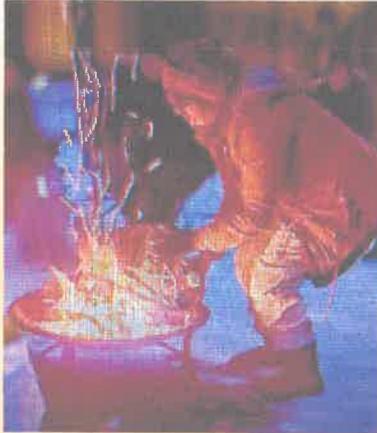
Thank you for allowing me to be part of your reading pleasure. Happy holidays to all.

Jeff Green



Connections

by Barb Anderson



Angela Denk tending the Yule fire out on the patio.

A big thank you to Angela planning this Yule celebration and other Sylvan Sanctuary (CUUPs) events this year.

Crete High School show choir performing for Seniors at the New Star building.



Javier Chavira's Art given as a thank you for church members donating to daughter Paloma's trip to Spain.

Paloma also hand wrote a Thank You note to the Congregation. Paloma's Letter [HERE](#)



Bill Decker often does the Reading and Spoken Meditation during Rev. Denise Tracy's service.

Speaker
A Anne Holcomb
for the
December 8th
Sunday service.



I have been scheduling speakers at UUCC for 16 years!



North American Unitarian Association *Helping Liberal Religion Thrive*

The North American Unitarian Association (NAUA) is open to membership by individuals or organizations (such as congregations). There is no specific membership donation, it is a free-will donation system. An organization can be a member of NAUA while concurrently being a member of the UUA or any other non-profit organization. During this church year we will share with you some of the offerings of the NAUA.

Monthly Academy Program Tuesday, January 14, 6:30 p.m. Central

"When we almost got it right-societies that worked" NAUA Academy session with Dr. Mark Reimers. Please note that you Must Register at <https://naunitarians.org/civcrm/event/register/?id=154&reset=1> to have the Zoom URL emailed to you.

The NAUA monthly worship service **third Saturday of the month, at 12:00 Noon Central Time** The **January 18th** service will focus on the Enlightenment Values of Freedom, Reason and Tolerance, the very same values that were adopted by the NAUA and that stand at the core of Western liberal tradition. The full service title is: "The Enlightenment Values of Freedom, Reason, Tolerance; Advancing the Human Condition Materially and Spiritually; Our Core Strengths." The worship team will make this a group effort. Join in exploring and honoring the primary core values of our liberal faith.

Worship service Zoom link - <https://tinyurl.com/NAUAService>

NAUA has several small groups, called Circles. Three are on-going. A new one, which is just organizing, will focus on spirituality and last 10 to 12 session (probably once a month). It will be led by retired UU minister David Markham. When it will be scheduled is not yet know - probably decided by a poll of those who express an interest. To express an interest email circles@naunitarians.org

The UCC Board has agreed to share information about the **North American Unitarian Association (NAUA)** with our members, so that later in the church year our membership can decide if it would like to have UCC affiliate with NAUA in addition to the UUA. (There is no specific cost for such affiliation). The NAUA's bi-monthly newsletter is called the Liberal Beacon. Click on this link to download the newsletter. <https://naunitarians.org/liberal-beacon/> A sample Liberal Beacon Newsletter is in the Gathering Room.

Soup Kitchen February 2nd



Annual Soup Kitchen Fundraiser for PADS & Respond Now during our February Potluck. Funds will be split between PADS & Respond Now.

- Please bring soup, salad, bread or dessert to share.

Donations (\$20 suggested) towards PADS and Respond Now.
You may donate cash or write a check to UCC with "Soup Kitchen" in the memo line.



URGENT! Seeking additional members for Solidarity Circle

Roger Shaw, a UU who has been imprisoned for over 30 years, is scheduled to be released from prison in February 2025. He will be moving in with a relative in Matteson while he adjusts to life outside of prison. He wants to join a local UU church and UUCS is the logical choice. The UU Prison Ministry of Illinois would like our congregation to have a Solidarity Circle to support Roger in his adjustment to life as a returned citizen. We are looking for at least one or two more individuals to join Dick Lewis and Allan Lindrup on Roger's Solidarity Circle.

The Solidarity Circle members will meet with Roger once or twice a month, normally over a meal at a restaurant, to listen to his concerns, provide emotional support and advice/guidance, and determine in what ways we can assist him in making the adjustment to life back in community. The Solidarity Circle can also apply to UUPMI (UU Prison Ministry of Illinois) for grant money every six months, to help fund expenses Roger will have while he learns to drive, applies for work, etc.

Allan Lindrup is an experienced Solidarity Circle member, so please contact him if you have questions and/or to express an interest in being a Solidarity Circle member for Roger.

Contact Allan at uusj@sbcglobal.net

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

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



UNITARIAN UNIVERSALIST
ADVOCACY NETWORK
OF ILLINOIS

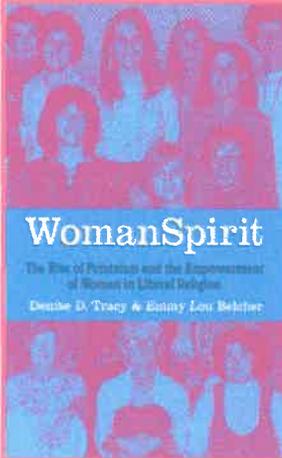
Do you have an hour or so a month to help us put together our Actions of the Week? Please contact us if you do. Thanks!

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

~~~~~ **RECOMMENDED READING** ~~~~~

The number of women serving as ministers in North American Unitarian Universalist congregations grew from less than 1% to almost 50% between 1970 and 1990. In this important book Denise Tracy

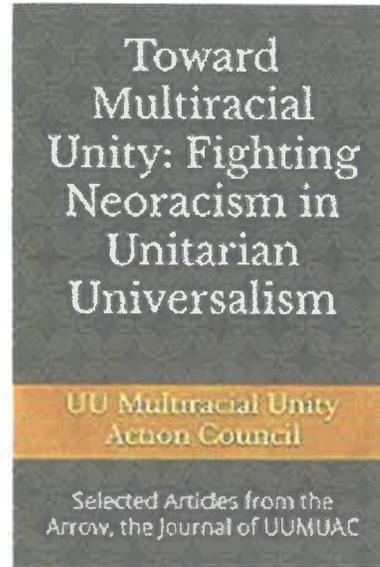
## WomanSpirit



*WomanSpirit* is a collection of twenty essays by extraordinary Unitarian Universalists who illuminate their journey of empowerment and evolution. It's a tribute to their dream of a more inclusive, equitable future—and, in doing so, reshaped the very fabric of the denomination.

Price: \$24.95 Pages: 396 Available for purchase

We believe that the way to promote multiracial unity in UU congregations, and elsewhere, is to LIVE the Seven Principles of Unitarian Universalism. We are dismayed to see that our Association of congregations is being taken over by an ideology of neoracism. The articles in this book will help UUs understand this issue better.



258 pages. Available from Amazon, \$15.

To order multiple copies at a discounted price, contact us: [UUMUAC@gmail.com](mailto:UUMUAC@gmail.com)

### Online Workshop: White Antiracist Spirituality Grounding Ourselves in the Historical Legacy

**White Antiracist Spirituality**  
Grounding Ourselves in the Historical Legacy

An event by [CrossCulturalSolidarity.com](http://CrossCulturalSolidarity.com)

There are two session times to choose from:  
Tuesdays throughout January at 4PM Pacific / 7PM Eastern, OR  
Thursdays throughout January at 8PM Pacific / 9PM Eastern

These times call on us to deepen our White antiracist path and practice... and to ground ourselves in stories of resistance, wisdom and inspiration. Join us throughout January, to learn together from the legacy of White antiracist spirituality in US history.

Tina@BurnettLynn@gmail.com for the event link.

**About this event:** We're living in a time that calls for extra insight, inspiration, and community. Join us throughout January to receive nourishment and wisdom from the legacy of White antiracist spirituality in U.S. history, as we seek to deepen our own White antiracist path and practice to meet the needs of our time.

Participants will learn powerful stories and plug into supportive resources each week. There will be roughly one hour of pre-reading per session, followed by facilitated discussions designed to create a space of collective reflection. A major goal of these sessions is to hold space for participants to explore the lessons that most stand out to them, with the hope that those lessons nourish your journeys and are taken back to your own communities.

You don't need to identify as spiritual to learn from and be inspired by this history: This series is for anyone seeking to embody a deeper, richer level of White antiracist practice that will sustain your spirit and provide guidance for the long haul.

**Dates:** In order to be accessible to everyone from coast to coast, there will be two different sessions. Everyone who signs up will be emailed Zoom links for both sessions. These sessions will be exactly the same: please come to whichever time works best for you!

~ An earlier session that meets on Tuesdays at 4PM Pacific/7PM Eastern. The dates are January 7, 14, 21, and 28.

~ A later session that meets on Thursdays at 8PM Pacific/9PM Eastern. The dates are January 9, 16, 23, and 30.

~ Each session is 1.5 hours.

**Please note that there is NO meeting on the first Thursday of the month, January 2.**

**About the Host:** Facilitated by Lynn Burnett, creator of [CrossCulturalSolidarity.com](http://CrossCulturalSolidarity.com) and The White Antiracist Ancestry Project. See workshop testimonials [here](#).

**Cost:** Free for Patreon members. Members plug into the project's newsletter, which shares important racial justice news, insights from key thinkers, and new resources and learning opportunities each month. Patreon members also receive free invites to all future events.

~ For non-Patreon members, the cost is on a sliding scale of \$60 to \$200 (\$15 to \$50 per session), depending on your economic situation. Donations can be made via PayPal or Venmo: @Lynn-Burnett-2

Email Lynn Burnett [burnett.lynn@gmail.com](mailto:burnett.lynn@gmail.com) with questions and /or for the event link



# What's Happening at UUCC?



## Sylvan Sanctuary CUUPS' next meeting is on Sunday, January 5th 2025 after the potluck.

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

## UUCC Men's Group

### Sunday, January 5th from 6:30-8p.m. via Zoom.

Meetings are on the **FIRST SUNDAY of the month**. After our in-depth check ins the participants will be discussing AI. Two articles re the Pros and Cons of AI will be sent out in advance, plus we will watch one You Tube video on the subject, of about 10 minutes in length, before we begin our discussions. Anyone who identifies as male, who has not been involved with the group, should contact Allan Lindrup at [uusj@sbcglobal.net](mailto:uusj@sbcglobal.net) or 773-595-4921 to receive the Zoom invite and codes.

## Tuesday, JANUARY 7TH at 10:30 am



This group meets the **FIRST TUESDAY of the month from 10:30am-noon** at UUCC. Do you like to knit, and want to run some thoughts across others? Do you like to crochet, but want something new and not sure where to look? Do you quilt but need somewhere quiet to really get into your craft? Whether you knit, crochet, cross stitch, needlepoint, quilt, or any other hand stitch craft that you enjoy, let's get together to craft, talk and mingle.

For more information contact **Karen Beran 708-532-6024**

## UUCC CONNECTIONS SMALL GROUP MINISTRY

The Connections will meet again on **WEDNESDAY, January 8th at 1-2:30pm.**

We meet on the **2ND WEDNESDAY** of each month in person at the church with an option to join via Zoom. All participants will receive an email with the topic information and the Zoom link ahead of each meeting. The Connections conversations are offered as a way to get to know each other better, as we explore various topics. The topics we choose relate to our life experiences, questions, joys and challenges. Participants are free to share their thoughts and feelings, joys and struggles, as they choose. The group is there to listen, to share with and care about each other. The Connections group is NOT a therapy group. All are welcome ! If you would like to join us, please contact the facilitator, Irene van der Hoek at: Cell 708/305-4913 or email [tulip51girl@gmail.com](mailto:tulip51girl@gmail.com)

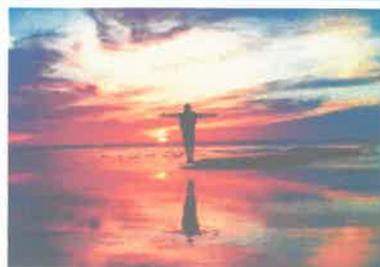


Photo by [Mohamed Nohassi](#) on [Unsplash](#)

## Buddhist Meditation

**Saturdays at 9am -10:30am**

Learn and enjoy the simple, straight-forward practice of meditation. Please join us for sitting and walking meditation in the Zen & Theravadin Buddhist traditions. This is an ongoing event led by Steve McCabe.

**Location:** Online

**Cost:** Free will offering

**Contact:** Steve McCabe [steve.mccabe6914@gmail.com](mailto:steve.mccabe6914@gmail.com)

# Crows & Dragons

## A PAGAN SOCIAL

JAN. 10, 2025  
7 P.M. - 9:30 P.M.

SHOW US  
YOUR HOARD.



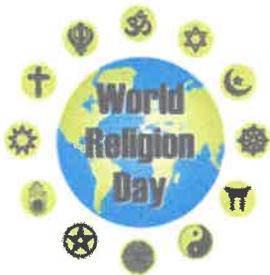
Dress in black,  
wear all the shiny  
things, and bring a  
snack to share.



70 Sycamore Dr.  
Park Forest, IL



INFO AT: [FACEBOOK.COM/SYLVANSANCTUARY](https://www.facebook.com/sylvansanctuary)



# CANDLE LIGHT LABYRINTH

January 27<sup>th</sup>, 2025 6:30 - 8:30 pm

*Come celebrate the New Year at our Candle Labyrinth. Enjoy a calming, yet invigorating meditation. Peacefully walk the Labyrinth to consider the passing year, and the new year. Reconnect with your Spiritual center. Sit and pray for peace, health, Mother Earth, freedom from, and freedom for; in the warmth and serenity of our Labyrinth.*

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

Sycamore runs east from Western Ave. about 1/2 mile south of the intersection of Western Ave. and Steger Rd. This is a left hand turn when coming from the north.

*A \$10 donation is suggested.*



**A Positivity Project** invites you to ***Sounds for a Gentle Earth***,  
our next sound offering on Monday, January 13 from 6:30-7:30

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.

(suggest early arrival to secure a gravity chair)



# RAINBOW CAFE

Rainbow Cafe will meet on Friday, January 17, 2025

Doors to the church open around 6:30 pm. The film starts around 7:00 pm  
Soft drinks and snacks are served.



A crowd-pleasing heartfelt drama of young love triumphant against all odds. "Beautiful Thing" is a winning combination of "My Beautiful Laundrette" and "Romeo and Juliet" and has been hailed by critics. Buoyed by an irresistible soundtrack with the music of Mama Cass and the Mamas and the Papas, "Beautiful Thing" is a winning, old-fashioned love story with a fresh and contemporary twist for anyone who ever dared to risk everything for happiness and won.

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

We meet every third Friday at 7PM to watch a LGBTQ film.

Join the discussion after the film.

Invite friends!

Optional - bring snacks to share.



Unitarian Universalist Community Church  
70 Sycamore Drive, Park Forest, IL 60466  
708-481-5339      [uuecpf.org](http://uuecpf.org)



Welcoming Congregation



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



## IMBOLC CELEBRATION

**FRIDAY, JANUARY 31ST GATHER AT 6:00PM**

Please join the UUCC chapter, Sylvan Sanctuary CUUPS (the Covenant of Unitarian Universalist Pagans). Imbolc is a pagan holiday that marks the beginning of spring and the halfway point between the winter solstice and the spring equinox. There will be a ritual, crafts and a potluck. Please bring food to share. This is a family friendly event. All are welcome! Contact Angela Denk for more info [angeladenk@gmail.com](mailto:angeladenk@gmail.com)

**ATTENTION! Are you concerned about the environment?**

Join the Multi UU Church Environmental Book Club  
on **Monday, January 20th starting at 7 p.m., via Zoom**

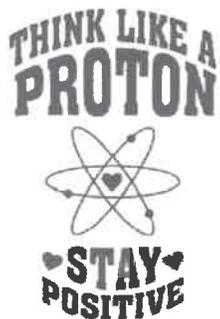
Meetings on the **THIRD MONDAY EACH MONTH via Zoom**, 7pm to about 8:30pm  
Participants will be discussing chapters 6 through 9 of *How to Prepare for Climate Change* by David Pogue. Anyone wanting to sample or join this book club should contact Allan Lindrup at [uusj@sbcglobal.net](mailto:uusj@sbcglobal.net) or 773-595-4921 to receive the Zoom invite and codes.

**The Unitarian Universalist Multiracial Unity Action Council**

UUMUAC Monthly **Third Wednesday** Worship Service at **7:00 pm Central Time**

For Zoom information, please send name, email, and congregation (if any)  
to [richard3point@gmail.com](mailto:richard3point@gmail.com)

For past services, type "Third Wednesday UUMUAC services" in the YouTube search box.



**Feeling overwhelmed? Looking for a BRIGHT SPOT?**

The **POSITIVITY PROJECT** meets the **FIRST & THIRD MONDAY EACH MONTH 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



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

**Monday & Thursday 9:30 – 11am  
Wednesday evenings 7:00 – 8:30pm**

This class is for everyone, beginner to experienced.  
No reservations needed. Drop-in fee is \$15 per class.  
Call Karen (708) 755-3577

**Flowering Dogwood Martial Arts Way at UCC  
Tuesday & Thursday at 7PM AND Saturday at 9AM**

**Details**

Rob Dillon of Flowering Dogwood Martial Arts Way invites you to join in an exploration of Japanese swordsmanship, Japan's oldest surviving martial art. The Tenshin Shoden Katori Shinto Ryu (ryu is a "school") was founded in the 15th Century!

Discover how a martial practice may become an art of peace, of self-expression, social engagement, and a "way to go" towards whole-person fitness. No experience necessary.

**About:**



Robert W. Dillon, Jr., Ph.D. is Professor Emeritus and Founding Faculty, Department of Theatre and Dance, Holland School of Visual and Performing Arts, Southeast Missouri State University. In 2021 Rob moved to University Park, Illinois, to be closer to his adult children. There he founded Flowering Dogwood Martial Arts Way to continue his 50-year journey of martial arts study, scholarship, practice, and sharing-in-teaching.

Contact Rob at 573-579-0646 for information.

# JANUARY



# 2025

| Sunday                                                                                           | Monday                                                                                               | Tuesday                                                                  | Wednesday                                                          | Thursday                                                                    | Friday                                   | Saturday                                                                          |
|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------|-----------------------------------------------------------------------------------|
| Dec 29<br>10am Worship                                                                           | Dec 30<br>9:30am Yoga                                                                                | Dec 31<br><br>7pm Flowering Dogwood Martial Arts                         | 1<br><b>Happy New Year!</b><br><br>7pm Yoga?                       | 2<br>9:30am Yoga<br>3pm PADS team<br><br>7pm Flowering Dogwood Martial Arts | 3                                        | 4<br>9am Online Buddhist Meditation<br><br>9am Flowering Dogwood Martial Arts     |
| 5<br>10am Worship<br><b>First Sunday Potluck</b><br>12:30 CUUPS Meeting<br>6:30p UUC Men's Group | 6<br>9:30am Yoga<br><br>6pm Positivity Project                                                       | 7<br>10:30am Stitchery Group<br><br>7pm Flowering Dogwood Martial Arts   | 8<br>1p Connections Group<br><br>7pm Yoga                          | 9<br>9:30am Yoga<br><br>7pm Flowering Dogwood Martial Arts                  | 10                                       | 11<br>9am Online Buddhist Meditation<br><br>9am Flowering Dogwood Martial Arts    |
| 12<br>10am Worship<br><b>11:30 am UUC FORUM</b>                                                  | 13<br>9:30am Yoga<br><br>6pm Sound Bath                                                              | 14<br><br>7pm Flowering Dogwood Martial Arts                             | 15<br><br>7pm Yoga<br><br>7pm UUMUAC <b>online</b> Worship Service | 16<br>9:30am Yoga<br><br>7pm Flowering Dogwood Martial Arts                 | 17<br><br>7pm Rainbow Cafe               | 18<br>9am Online Buddhist Meditation<br><br>9am Flowering Dogwood Martial Arts    |
| 19<br>10am Worship                                                                               | 20 <b>MLK Day</b><br>9:30am Yoga<br><br>6pm Positivity Project<br>7pm Environmental Book Club (Zoom) | 21<br><br>7pm Board Meeting (Zoom)<br>7pm Flowering Dogwood Martial Arts | 22<br><br>7pm Yoga                                                 | 23<br>9:30am Yoga<br><br>7pm Flowering Dogwood Martial Arts                 | 24                                       | 25<br>9am Online Buddhist Meditation<br><br>9am Flowering Dogwood Martial Arts    |
| 26<br>10am Worship                                                                               | 27<br>9:30am Yoga<br><br>6pm Labyrinth meditation                                                    | 28<br><br>7pm Flowering Dogwood Martial Arts                             | 29<br><br>7pm Yoga                                                 | 30<br>9:30am Yoga<br><br>7pm Flowering Dogwood Martial Arts                 | 31<br><br>6-9pm CUUPS Imbolc Celebration | Feb 1<br>9am Online Buddhist Meditation<br><br>9am Flowering Dogwood Martial Arts |

## Event Facilitators

|                             |                    |              |                                                                            |
|-----------------------------|--------------------|--------------|----------------------------------------------------------------------------|
| Buddhist Meditation:        | Steve McCabe       |              | <a href="mailto:steve.mccabe6914@gmail.com">steve.mccabe6914@gmail.com</a> |
| Yoga:                       | Karen Nielsen      | 708-755-3577 | <a href="mailto:shanti-one@comcast.net">shanti-one@comcast.net</a>         |
| Rainbow Café:               | Charles Barnett    | 708-843-2005 | <a href="mailto:chazbarnett@yahoo.com">chazbarnett@yahoo.com</a>           |
| Forum:                      | Allan Lindrup      | 773-595-4921 | <a href="mailto:uusj@sbcglobal.net">uusj@sbcglobal.net</a>                 |
| UU Environmental Book Club: | Allan Lindrup      | 773-595-4921 | <a href="mailto:uusj@sbcglobal.net">uusj@sbcglobal.net</a>                 |
| Edgar's Place:              | Dave Rudolf        |              | <a href="mailto:daverudolf50@gmail.com">daverudolf50@gmail.com</a>         |
| Connections Group:          | Irene van der Hoek | 708-305-4913 | <a href="mailto:tulip51girl@gmail.com">tulip51girl@gmail.com</a>           |
| Men's Group:                | Allan Lindrup      | 773-595-4921 | <a href="mailto:uusj@sbcglobal.net">uusj@sbcglobal.net</a>                 |
| Stitchery Group:            | Karen Beran        | 708-532-6024 | <a href="mailto:greywolf2496@hotmail.com">greywolf2496@hotmail.com</a>     |

Call the church office Mon. - Fri. 10:00am - 10:00pm with questions, to schedule a rental, or to make an appointment to view the building. 708-481-5339