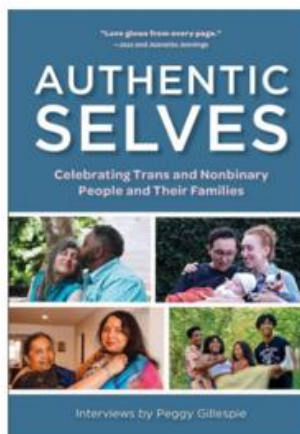




NEW Book Club Starting

Join us February 27, 7-8, at 1019 South Blvd for our first Books in the Margins book group in January 2025 to discuss the UU Common Read Authentic Lives. You do not have to have read the book to join the open hearted conversation.

Authentic Selves: Celebrating Trans and Nonbinary People and Their Families by Peggy Gillespie is an uplifting and deeply personal collection of stories and portraits that center on the lives of transgender and nonbinary individuals. Through a blend of interviews and photography, the book captures the diverse experiences of people across different ages, backgrounds, and identities, along with the perspectives of their loved ones. The narratives explore themes of self-discovery, resilience, and the power of unconditional love, offering readers an intimate look at what it means to live authentically.



The book not only highlights the challenges faced by trans and nonbinary individuals but also celebrates their joys and triumphs. By showcasing stories of acceptance and support within families and communities, Gillespie underscores the importance of allyship and visibility in fostering a more inclusive society. "Authentic Selves" serves as both an educational resource and an inspiring testament to the beauty of embracing one's truth, making it a profound addition to discussions about identity, diversity, and acceptance.

To allow time to read in our busy lives, this will be divided in two readings for the February 27 gathering through "Parker Glick and Ericka Miller. Then on April 24, start with Anjali Rimi and Naga Gouri Devi.

Calling All Poets

We welcome submissions of poetry, art, or short essays with a point of view toward social justice issues. Uplifting and intersectional pieces are highly desirable. Those under 35 and/or from marginalized communities are especially encouraged to submit. Please send submissions to LGBTQGenderReproductive@unitytemple.org for consideration. Deadline for submissions for the March/April newsletter is by February 12, 2025.

Who has been out there:

Jen Evans and Terry Kinsey, went to Downers Grove with UU Hinesdale to volunteer as escorts for women seeking abortion services in October. If interested to be an escort and participate in escort training, contact Jen at LGBTQGenderReproductive@unitytemple.org.

We will soon be partnering with another escort organization which will create more opportunities for involvement from UTUUC congregants.

November 22 at the UT Community Center Terry Kinsey and Riley Chattin hosted 24 people for a Transgender Day of Remembrance gathering. Transgender Day of Remembrance occurs every year on November 20.



NEXT ZOOM COMMITTEE PLANNING MEETINGS ARE
JANUARY 14 & FEBRUARY 11 AT 4PM



Dates of Awareness

LGBTQ, Gender and Reproductive Awareness Days

January is:

Cervical Cancer Awareness Month

National Stalking Month

National Slavery and Human Trafficking Prevention Month

National Birth Defects Month

February is:

Women and Heart Disease Month

February 2 National Wear Red Day

February 7 National Black HIV/AIDS Awareness Day

Week after Valentine's Aromantic Spectrum Awareness Week

February 26-March 1 National Eating Disorders Week

February 28 HIV Is Not A Crime awareness Day

What is Aromantic?

Commonly described as a person who experiences little to no romantic attraction, regardless of their gender. It is a type of romantic orientation.

Be Proactive: Protect Your Bodily Autonomy Before January 20, 2025

If the new administration follows the [Project 25 playbook](#), bodily autonomy will be further at risk. If you're capable of pregnancy, you should have abortion meds in your medicine cabinet. Here are some ways to get started: Keep a personal stock of contraceptives, including the morning after pill (aka Plan B). Ask your medical provider, local Planned Parenthood, or order mifepristone through websites: [Your paragraph text](#), [Your paragraph text](#), [Your paragraph text](#). Explore long-term birth-control options with your doctor or local [Planned Parenthood](#) affiliate.

Midwest Access Coalition

<https://www.midwestaccesscoalition.org/>

UU People from the Margins to Know



Lydia Maria Child (1802–1880) was an American Unitarian Universalist author, abolitionist, and women's rights activist known for her groundbreaking writings on social justice and equality. Born on February 11, 1802, in Medford, Massachusetts, she was a prolific writer whose works, such as *An Appeal in Favor of That Class of Americans Called Africans* (1833), advocated for the abolition of slavery. She passed away on October 20, 1880, in Wayland, Massachusetts, leaving behind a legacy of progressive thought and activism.

Self-Care Corner

We know this year will bring us, as UUs and as humans, many challenges, and in order for us to be able to address these challenges and move forward is by being present, especially for those found in the margins. In order for us to maintain our mental and physical wellbeing is to create deliberate time and space for us to focus on ourselves.

One way is Pilates, because the ease of movement comes in the use breath: through using controlled and balanced movement, while inhaling on a particular movement and exhaling during another part. In order for this to work properly and prevent injury, it requires total mind-body connection, which can clear up mental space. Pilates can be done in a class or at home, there are even mat classes available on YouTube. We hope you are able to create the necessary time and space to focus on you, as we move into another year.

Safe Horizon defines human trafficking is the practice of exploiting adults and children for use as commodities, or objects, in conditions of sexual and labor servitude.

24.9 million people are victims of forced labor.

Women and girls account for approximately 71% of victims

24 hour hotline if you need help 1-800-621-HOPE (4673) or dial 911

Dates to Save!

Lake Theatre showing Will & Harper

January 7 @ 187

Rainbow Connections

January 16, 7-8:30pm

for more information email: rainbow@unitytemple.org

Women's Retreat

February 21-23, 2025

womensconnection@unitytemple.org

Rainbow Connections

February 20, 7-8:30pm

for more information email: rainbow@unitytemple.org

Books in the Margins

every other 4th Thursday

February 27 and April 24

7-8pm

1019 South Blvd

Authentic Selves

Men's Retreat

March 7-9

mensretreat@unitytemple.org