

# e-Communigram

Volume 63, Issue 1 – January 1 – January 31, 2024

Just Peace, Progressive, LGBTQ Open & Affirming Congregation

#### **Letters from Leah**

Happy New Year, CUCC!

As we ring in the New Year, I hope this edition of the Communigram finds you well and looking forward to what's on the horizon. The turning of the year always gives us a fresh start, a way to settle in, and if we need to, start over. As 2024 starts, may we each find ways to begin again – to what is God calling us? How is the Spirit nudging? Where might Christ be leading? Those are good questions with which to wrestle this time of year as we set intentions for the next 12 months. The lectionary texts for the Epiphany season raise these questions as well. Throughout the season, we will be looking at call stories throughout the original testament. Each story of the search for purpose and meaning is different – and not one of them goes smoothly! That's something that we can all take comfort in as we fumble our way through. Do be sure to join us on the first Sunday of January for our annual remembrance of baptism celebration. If you have not been baptized, but would like to be, this is a wonderful day to do it! Let me know if you are interested. Here's what you have to look forward to in worship.

January 7 Epiphany & Baptism of Christ Isaiah 60:1-6, Genesis 1:1-5

Today is the day we will receive Star Words for the new year, remember our baptisms, and celebrate Pastor Connie and Commissioned Minister Linda Morgan becoming Ministers Emeriti for CUCC! This will be a WONDERFUL day and there will be cake. Don't miss it.

January 14 2<sup>nd</sup> Sunday after Epiphany 1 Samuel 3:1-10, 11-20 Third Time's a Charm: the Call of Samuel –What happens when it seems God is slow to respond to our being called? Samuel is called and sent away multiple times. What are we to make of this?

January 21 3<sup>rd</sup> Sunday after Epiphany Jonah 3:1-5, 10

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Avoidance is the Best Preparation: the Call of Noah – We're told not to put things off and to face our problems head on. But Noah actively avoided his call and turned out to be the most effective prophet ever.

January 28 4<sup>th</sup> Sunday after Epiphany

Deuteronomy 18:15-20

Putting Words in Your Mouth: which Prophets to Listen To -- Lots of people claim to be speaking the Word of God. In this age of strident voices, how might we have discerning ears?

February 4 5<sup>th</sup> Sunday after Epiphany

2 Kings 2:1-12

Mantel Passing in Theory and Actuality: Elijah and Elisha -- There's when a mentor passes the mantel onto their mentee, but the actual moment when the mentee assumes the lead role may come later. How do we navigate this dynamic?

February 11 Transfiguration Sunday

Mark 9:2-9

Changed from Glory into Glory: the Transfiguration of Jesus – on this last Sunday of the Epiphany season, we will visit the story of the Transfiguration of Jesus. How is God changing us for God's glory?

Blessings,

lark

Rev. Leah Robberts-Mosser



# **Our Whole Lives Sexuality Education for Older Adults**

Our Whole Lives Sexuality Education for Folks 50+ starts in January (aka, OWL for Older Adults)

OWL is the comprehensive, inclusive, wholistic sexuality education curriculum produced by our United Church of Christ and the Unitarian Universalists. OWL for Older Adults is the newest, was published in 2019, and uses exercises and techniques designed to reduce shame, normalize age-related changes, provides information about relationships, and increases awareness of sexual choices. It may help those who are 50 and older to enjoy life-affirming sexual choices (solo or partnered) and enable them to move beyond their intellect to address attitudes, values, and feelings they have about their own and others' sexuality. There are 14 workshops which Faith Community Nurse Johnalene Radek and Pastor Leah will be offering in 7 workshops this winter and spring.

As Commissioned Minister for Health and Wellness, Linda Morgan, has pointed out, OWL is necessary, important, and "not something my generation easily talked about – this makes me nervous." That mix of necessity and nerves is to be expected. If you are interested in being part of the OWL class, take time to read the information below and reach out to Johnalene or Pastor Leah with questions. You may also want to talk with folks who participated in the Adult OWL class last summer. Participants will affirm that the covenant the class made at the beginning of their time together set the right tone, boundaries, and expectations for their experience. We trust the same will happen for this course.

Please note that the age cut off is lenient. If you are in your mid to late 40s and are interested in being part of the class, please see the teachers to indicate your interest.

Look for information about registration in your weekly email and in announcements. Classes will take place in the parlor from 1 pm-3:30 pm on seven Sundays starting in January through June.

January 14 Sexuality & Values; Attitudes about Aging February 4 You, as a Sexual Being; The Sexual Body

March 3 Sexual Orientation & Gender Identity; Intimacy March 17 Sexual Consent & Boundaries; Family Matters

April 14 Sexuality & Loss; Reframing Sexuality, Disability, & Chronic Illness

May 5 Body Image; Dating as an Older Adult June 2 Safer Sex; Sex Play Beyond Basics

#### **Hospitality Team**

Taking Down of the Greens at CUCC, Sunday, January 14



What goes up, must come down. Please plan to stay after worship on Sunday, January 14 and help us take down the Christmas decorations immediately following worship. We hope many of you will stay and participate. Many hands make for light work!

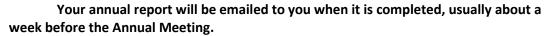
Hospitality Team

# CUCC Annual Meeting and Potluck

Sunday, January 28

As many of you know, January is annual meeting time. We will gather on Sunday, January 28th. Besides electing new officers at the meeting, the congregation also approves the budget for the next operating year.

Please join us for the annual meeting and potluck immediately following worship on Sunday, January 28<sup>th</sup>. Please bring a dish to share with serving utensils. Hospitality will provide drinks, plates, and silverware. Drop off your dish to share in the Fellowship Hall/Kitchen prior to worship, as early as 9:00am.





#### Office Schedule - NEW!



Personnel and Pastor Leah have been working to rearrange the office hours in order to grant our Office Manager, Carla Rush, more uninterrupted blocks of time while also freeing up a much-needed parking space on Monday afternoons. Beginning in January, the office will be open to the public Monday-Thursday, 9 am - 1 pm. She will have additional office hours Tuesdays, 1 - 3 pm; Wednesdays, 1 - 4 pm; Thursdays, 1 - 3 pm; an additional hour will float each week. Please know that if you call the office after 1 pm, even if Carla is in the office, you will need to leave a message. That message will be answered at the start of the next workday.

## **Interfaith Conference**

Mark your calendars and save the dates of Friday, February 23 and Saturday, February 24. The 2024 Interfaith Conference is scheduled for these days, and you will not want to miss it. Watch for conference details to be published soon.



## **Campus Ministry Queering Faith 7.0**



Campus Ministry is excited to welcome Flamy Grant to be our QF 7 speaker! Queering Faith 6 will be held in the main sanctuary Friday, April 12. Award-winning and Billboard-charting artist Flamy Grant is a shame-slaying, hip-swaying, singing-songwriting



drag queen from western North Carolina. Her 2022 debut record, *Bible Belt Baby*, reached the #1 spot on the iTunes Christian Charts (the first drag performer to achieve this feat) and was nominated for Best Pop Album at the San Diego Music Awards. She is a winner of the 2023 Kerrville Folk Festival New Folk Competition and a 2023 QueerX Award nominee for Best Drag Artist and has been featured in Rolling Stone, Entertainment Weekly, People, and more. Her music has nearly half a million streams on Spotify, Apple, and Amazon music. A powerhouse vocalist and intrepid songwriter who blends folk, gospel, and roots, Flamy drags you into a therapeutic, theatrical mix of storytelling and song.

# **Raise Right**

RaiseRight Tip #6: Reload physical gift cards

Using the RaiseRight app is super easy. (Please let us know if you'd like some help learning to do this!) But sometimes using and reloading a physical gift card can be useful. Some church members keep a physical gift card loaded up with funds so that they can send their teenaged or young adult children to the grocery store, to get gas, or pick up a pizza (hat tip to the Gersteneckers!). Or you can keep a loaded card in your wallet instead of using the app. First, check to see whether the card you are interested in has the option for shipping a physical card to your home and for the ability to "reload." For an example, see the screen for Meijer below. Purchase a physical gift card and have it sent to your home (please remember that given the high costs of doing so, CUCC does not have cards shipped to the church). Once you have the card in hand, you can add money to it at any time by clicking the "Reload" button and following the instructions.





- Reloadable card

For help with sign up or questions, contact Jen Robbennolt (<u>jennifer.robbennolt@gmail.com</u>).

To create a RaiseRight account, go to the <a href="https://www.raiseright.com">https://www.raiseright.com</a> and click on the "signup" button to begin the process of "Joining" an existing program and then enter Community United Church of Christ's enrollment code number: 279D2C266L1L9 to complete the process.

If you encounter any problems during your enrollment process, call 1-800-727-4715, option 3 for assistance or contact Jen Robbennolt at Jennifer.robbennolt@gmail.com.

The previous Raise Right Tips have been collected into one document. Please review the previous Raise Right Tips by



clicking on the attached PDF.

# **John Bandy Center**

Did you know that your personality type influences what spiritual practices (like prayer, meditation, mindfulness, gratitude, etc.) you will find most meaningful? This month, as we enter a new year, we invite you to explore a variety of practices to enrich your life in 2024. In addition to the titles featured in this month's display, you will find many more resources in the Center!



Pray Your Way: Your Personality and God—Bruce Duncan

Sabbath: Finding Rest, Renewal and Delight in Our Busy Lives—Wayne Muller

The Way of the Labyrinth: A Powerful Meditation for Everyday Life—Helen Curry (Did you know that there is a large outdoor labyrinth at Crystal Lake Park, near the Carle Hospitality House? McKinley Church also has a smaller one on the east side of the church building that is open to the public.)

The Spiritual Activist: Practices to Transform Your Life, Your Work, and Your World—Claudia Horwitz

Practicing Our Faith: A Way of Life for a Searching People—Dorothy C. Bass

Soul Feast: An Invitation to the Christian Spiritual Life—Marjorie Thompson

A Song to Sing, A Life to Live: Reflections on Music as a Spiritual Practice—Don Saliers and Emily Saliers (Yes, that Emily Saliers—of the Indigo Girls. Don is her dad and a noted theologian.)

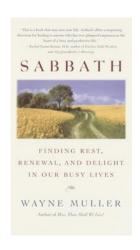
For the Beauty of the Earth: Daily Devotions Exploring Creation—various

Grateful: The Transformative Power of Giving Thanks—Diana Butler Bass

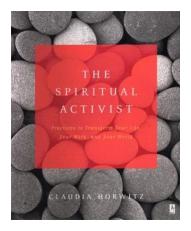
Pause, Rest, Be: Stillness Practices for Courage in Times of Change—Octavia Raheem

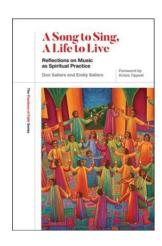
Living the Simple Life: A Guide to Slowing Down and Enjoying More—Elaine St. James

NEW THIS MONTH: We have added a basket of magazines that are free for the taking. These include like Mindful, Taste of Home, and more. We will continue to add to the selection. Please help yourself to any you want and then pass them along!









#### **Jubilee Cafe**

Jubilee Café has returned to in person dining, and this requires many additional volunteers to make Jubilee Café run smoothly. If you would be willing to volunteer, anyone older than 14 is welcome to come and help at Jubilee Café. There are still many open slots on many of the Monday nights volunteer list. Please look at the list and consider volunteering. If you are willing to volunteer, go to the sign-up link at <a href="https://tinyurl.com/mry8wbum">https://tinyurl.com/mry8wbum</a> contact Johnell at <a href="johnell.bentz@gmail.com">johnell.bentz@gmail.com</a>, for more information.

Date	Meals Served
12/4/2023	111
12/11/2023	81
12/18/2023	86
12/25/2023	0
Meals Served	278





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December 11, 2023 -- What a night at Jubilee Cafe CUCC -- new carpet and a small group of brand new volunteers! Even though we were short-staffed our volunteers from GIRLS (Genuine Intelligent Respectful Ladies Soaring) really stepped up. Everyone did an excellent job.

Our guests were so pleased with the new carpet. It was a treat to eat in a space that felt brand new. People had to come in a different way tonight because the flooring down the hall isn't quite done yet. The entrance/exit was at the opposite end of the room. I was checking in with the host when one of our regulars went to leave. I noticed him open his wallet, pull out a few bills, and stick them in the donation jar. Earlier in the night he had been telling me that he's been asking for change on the side walk. I just couldn't believe my eyes. Here's a guy who is literally begging for money but he was going to stick a few dollars in the donation jar...? What in the world.....

"You don't have to do that, love." I said.

"I know I don't, Pastor Leah. But that's not the point. And I've had a good week. I'm glad to give some of it away."

Just when I think I know everything there is to know about generosity, abundance, and God's economy, I learn something new.

Tonight, guests had their choice of pizza strata with pepperoni or our housemade vegetarian pepperoni plus mixed vegetables. Guests also had their choice of Dutch apple pie, mixed berry pie, pecan pie, pumpkin mousse, or house made plum ginger cobbler. We served 81 meals -- 58 hot meals, 23 heat at home. #fromtheground
Community UCC, Champaign, IL

## **Upcoming One-Time Events**

Mark your calendars for these CUCC events! Monday, January 1 – Wednesday, January 31



Monday, January 1, 9am-3pm: CUCC Church Office Closed, Happy New Year

Thursday, January 4, 7:00am: Men's Breakfast at Urbana Garden Family Restaurant

Sunday, January 7, 10:15am: Traditional Hybrid Worship, Epiphany and Baptism of Christ, Celebration of Pastor Connie and

Commissioned Minister Linda Morgan becoming Ministers Emeriti

Wednesday, January 10, 8:30am: Just 4 Fun BFEFFAS group breakfast at Perkins

Sunday, January 14, 10:15am: Traditional Hybrid Worship, Epiphany 2

Sunday, January 14, 11:30am: Taking Down the Greens following worship

Sunday, January 14, 1:00 - 3:00pm: OWL for Older Adults

Monday, January 15, 9:00am: Annual Reports due

Tuesday, January 16, 11:30am: CUCC Retiree's Monthly Lunch Gathering at Bunny's Tavern in Urbana

Tuesday, January 16, 6:30pm: CUCC CLB Monthly Meeting

Sunday, January 21, 10:15am: Traditional Hybrid Worship, Epiphany 3

Sunday, January 28, 10:15am: Traditional Hybrid Worship, Epiphany 4

Sunday, January 28, 11:30am: CUCC Annual Congregational Meeting and Potluck

Monday, January 29, 9:00am: Articles for February eCommunigram due

Be sure to check CUCC Facebook page for updates.







#### **Mission Ministry**

#### **Alternative Christmas Market**



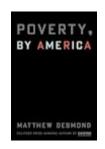
Thanks to your generosity, the Alternative Christmas Market brought in funds to purchase much needed items for our local partner organizations! Well done, Community!! Jeanne and Kristy will be shopping in the next couple of weeks with your donations and with the remainder of our budget money from 2023, and we hope to have a blessing of our gifts on the 14th of January before delivering them to those organizations. We'll be able to share exact items purchased with you then. But know that you have donated enough money for us to purchase \$385 worth of items needed by Caminos, \$375 worth of items needed by The Well Experience, \$350 worth of items needed by Trauma and Resilience Initiative/Bend the Arc, and \$385 worth of items needed by the UP Center! With those totals along with our remaining budget money, we'll have a lovely assortment of gifts to meet the needs provided to us by each group. It's inspiring to see you come together to share in this way with others in our community!! Please plan to be with us in worship if you can on the 14th, so that we can bless the gifts you have donated.

-Kristy and Jeanne



#### **Pub Theology**

Pub Theology, the Tuesday night book group, is starting a new book in January. We will be reading *Poverty by America* by Matthew Desmond. The United States, the richest country on earth, has more poverty than any other advanced democracy. Why? Why does this land of plenty allow one in every eight of its children to go without basic necessities, permit scores of its citizens to live and die on the streets, and authorize its corporations to pay poverty wages? In this landmark book, acclaimed sociologist Matthew Desmond draws on history, research, and original reporting to show how affluent Americans knowingly and unknowingly keep poor people poor. Those of us who are financially secure exploit the poor, driving down their wages while forcing them to overpay for housing and access to cash and credit.



We previously read another book by Desmond, *Evicted*. It was a fascinating read and we expect this one to be likewise. There are 80 pages of end notes! This man does his research.

If you'd like to join us for this book, show up on Tuesday evenings at 7:00pm in the Fellowship Hall. We'd love to have you join us.

#### Men's Breakfast



The Men of CUCC meet the first Thursday of each month for breakfast. Join us at 7:00am on **January** 4 for breakfast. We would love to see you at Urbana Family Garden Restaurant. Anyone who identifies as a man is welcome.

~Tom Ward Urbana, IL wardt508@comcast.net

#### **Just 4 Fun BREFFAS**



Fifteen folks gathered at Perkins on Wednesday, December 13 for fellowship and fun. Everyone is invited **Wednesday**, **January 10th** @ 8:30 a.m. for our monthly gathering at Perkins. If you would please RSVP if you're coming, it will help us know how many tables are needed. RSVP by texting or calling and leaving a message for Rocio at <a href="https://example.com/217-418-06185">217-418-06185</a>. Remember you're still welcome whether you RSVP or not. Orders will be placed by 8:45.



# **Individuals Together**

Individuals Together is CUCC's social group for persons who live alone, either part-time or full-time for any reason. If you'd like to be added to the email list for this group, please contact Linda Morgan at 217-649-3778.



# **Young Adult Fellowship Group**



The group is using GroupMe for communicating and event planning. If you would like to join the Young Adult Fellowship Group, here is a link and QR Code for the Young Adult Fellowship

GroupMe: <a href="https://rb.gy/cnrhs">https://rb.gy/cnrhs</a>



Contact Emma Winniki-Smith at <a href="mailto:inkliizii1@gmail.com">inkliizii1@gmail.com</a> if you have any questions.

# **CUCC Retiree's Monthly Lunch Group**



Eleven CUCC Retirees met Tuesday, December 19<sup>th</sup> at Red Lobster for lunch and conversation. Our original plans were to have lunch at Oishi Hibachi Steak House, however, when we arrived, they were closed. A quick call to Red Lobster, just down the street, provided a new lunch spot for the day. Yay!



Our January lunch will be **Tuesday**, **January 16th**, 11:30am at Bunny's Tavern in Urbana. If you would like to join the retiree's monthly lunch group, please email Peg Wade at <a href="mailto:peg.wade@comcast.net">peg.wade@comcast.net</a> All are welcome!



### **Worship Ministry**



Liturgy is defined as the work of the people, the community gathered for worship. This is one of the reasons Liturgists, Greeters, Ushers, the Choir, and others participate in the leadership of worship. Worship is not just the pastor's role. Many voices add richness to the worship experience for all.

To sign-up online, scan the QR Code or go to https://tinyurl.com/cuccgul

A paper copy of the sign-up sheets can also be found in the Parlor.

#### **Care Team Notes**

On December 17th, approximately 16 of us brought in-person CUCC love and holiday spirit by caroling to three of our members living in local residential facilities. We delivered a card and holiday plant and then sang Christmas carols (often in four-part harmony!) to our CUCC loved ones and other residents and staff. Thanks to Kathy Lee for leading the songs, to Pastor Leah and several members of the choir for helping to strengthen our harmonies, and to all who participated and made it such a special day for everyone. Finally, to Martha Seif and her caregiver, Amanda, thanks for providing treats to top off our adventure.



Since it is the beginning of a new year, I'd like to take this opportunity to thank the many people who have volunteered (both officially and anonymously) with our Care Team programs throughout 2023. I can't know all your names, so I won't try to create an exhaustive list here; but know that we so appreciate all the "care elves" in this congregation. Special thanks to...

- Prayer Shawl Ministry—Elena Kasper, Coordinator, and everyone who has donated material or used their time and creativity to make shawls.
- Meals Ministry ("Meal Train")—Jennifer Robbennolt, Coordinator, and everyone who provided food for the body and soul when our members needed this type of support. Also, a special thanks to Jubilee Café volunteers for the Monday evening meals they provided for some of our Meal Trains.
- Card Ministry—Peg Wade, Coordinator, and everyone who donated supplies and time to reach out and touch our members with cards and personal messages in times of need and celebration.
- Drivers' Ministry—John Osborne, Coordinator for the first part of the year, and Marilou Hinrichs, Coordinator for the remainder of the year. To everyone who provided rides and a helping hand to members needing transportation to church services, CUCC events, and medical appointments; and who made Jubilee meal deliveries for Meal Trains.
- Visitor and Music Ministries—Marilou Hinrichs, Coordinator. To those who donated music and made visits and calls to at-home members who would otherwise have been more isolated from our church community, and to Pastor Connie Bandy and Linda Morgan for organizing home communion visits.
- The professional staff/volunteers—Pastors Leah Robberts-Mosser and Connie Bandy and Faith Community Nurses Linda Morgan and Johnalene Radek for their support within all our Care Team programs and for the care they provide to all our congregational members throughout the year.

# **Health and Wellness Ministry**

There is no better time to focus on your overall well-being than at the start of the year.

Wellness is much more than physical. It is a holistic approach comprising physical, mental, and spiritual integration, fueling the body, engaging the mind, and nurturing the spirit. Attention must be given to the dimensions, as neglect of any over-time will adversely affect the others. Here are the eight dimensions of wellness:



Physical	where you care for your body and stay healthy
Intellectual	Valuing lifelong learning and responding positively to intellectual challenges
Social	Maintaining friendships and developing new ones
Spiritual	Finding purpose and overall meaning in your life
Vocational	Finding work that provides personal satisfaction
Financial	Living financially within your means
Environmental	Understand how your social, natural, and built environments impact you
Emotional	Coping effectively with life and having a strong support network

Kick the year off by taking a personalized approach to living life in a way that allows you to become your best. Keep in mind that you can't change the past or waste time about the future, set your goals for today.

Source: Stoewen DL. Dimensions of wellness: Change your habits, change your life. Can Vet J. 2017 Aug;58(8):861-862. PMID: 28761196; PMCID: PMC5508938. Adapted by Tessa Hobbs-Curley, Family Life Educator, University of Illinois Extension

Diagram: <u>The Wholeness Wheel - Portico Benefit Services</u>

## **Volunteer Opportunities**

CUCC Team	Opportunity	Contact	Contact Info	Online Sign-Up
Worship Team	Technical Help	Office Manager	info@community-ucc.org	
	Liturgist, Usher, Greeter	Office Manager	info@community-ucc.org	https://www.signupgenius.co m/go/60B0B4EAAAC2AA1FD0 -worship
Prayer Team	Team Member	Office Manager	Info@community-ucc.org	
Children's Ministry	Event Planner/Leader	Brin Schuler	mailto: ringwen4@gmail.com	
	Meal Prep, Cook,			https://tinyurl.com/JubileeCa
Jubilee Café	Clean-up	Johnell Bentz	johnell.bentz@gmail.com	<u>fe-Volunteer</u>



# **Zoom Meetings**

Event	Day	Time	Meeting ID	Passcode	Join Zoom Meeting	Dial by Your
						Location
Worship	Sun	10:15AM	391 847 803	788969	https://zoom.us/j/391847803?pwd=Z	+1 312 626 6799
					mNvaHJYZm1uUUQrdTNBd2NRZThDZz	US (Chicago)
					<u>09</u>	
Daytime Meeting	Any	Anytime	815 146 054	697698	https://us02web.zoom.us/j/81514605	+1 312 626 6799 US
					4?pwd=UmMwdW01ZFBmV0hpZmxrR	(Chicago)
					WNIUmhwdz09	
Youth Group	Sun	1:30PM	402 056 418	578953	https://zoom.us/j/402056418?pwd=Sk	+1 312 626 6799
(6 <sup>th</sup> -12 <sup>th</sup> grade)					<u>IXaFBUMIBZQ0lvNTFUNVhWeVF0QT0</u>	US (Chicago)
					<u>9</u>	
Evening Worship & Other	Any	6:30PM	847 5319	675757	https://us02web.zoom.us/j/84753197	+1 312 626 6799 US
Gatherings			7334		334?pwd=ZENQVDNjY0RQMWxNVXRj	(Chicago)
					d2w3WDFVZz09	
Choir	Wed	7:00PM	326 389 912	854849	https://zoom.us/j/326389912?pwd=ZE	+1 312 626 6799 US
					xZVWZqRkI4dFRvZEgrckVmQkY2Zz09	(Chicago)



#### Contact CUCC:

805 S. Sixth Street, Champaign, IL. 61820 | 217-344-5091 | www.community-ucc.org | email: <a href="mailto:info@community-ucc.org">info@community-ucc.org</a> Office Hours: Monday - Thursday | 9am - 3pm